

# **MEDICATION ADHERENCE – IMPROVING HEALTH OUTCOMES**

A Resource from the American College of Preventive Medicine

**A Guide for Patients**



# Prescription medicines can work wonders...

Doctor, I don't feel very well today.



You seem to have too many pills left over. Are you taking these pills every day?

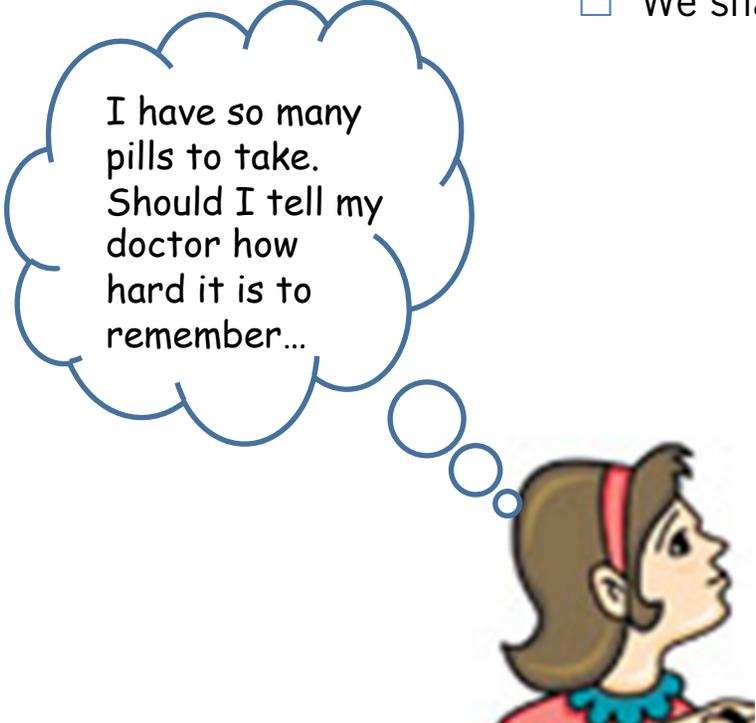


**...IF YOU FOLLOW DIRECTIONS**

# QUIZ: Do You Take Your Medicine As Directed?

Put a check in the box

- I have not filled a prescription
- I have not refilled a prescription
- I forgot to take my medicine
- I took my medicine early or late
- Sometimes I skip or stop taking my pills
- I save medicine to use later
- When I feel better, I stop taking pills
- We share medicine in the family



I have so many pills to take. Should I tell my doctor how hard it is to remember...



I know how hard it is for you. I want to help. For pills to do their job you need to take the right amount, at the right time, for the number of days on the label.

I have some suggestions on how to make it easier.

# Here are some tips to help you remember when and why you are taking medicine

Know the name of each pill and when you should take it.

Read the label each time you take medicine.

Take it the same time every day such as when you brush your teeth or get ready for bed.

Try using a pill minder



Ask me before you stop or change how often you take a medicine.

Ask your pharmacist about pill reminders.

Tell me why you might not want to take these pills.



**Not taking your medicine or taking too much can be harmful.**

**You may get sicker.**

**It might cost more to make you feel better.**

**You may end up in the hospital.**

**You may die.**



# ACPM

American College of  
Preventive Medicine

For more information and useful links, visit the  
American College of Preventive Medicine website  
at [www.acpm.org](http://www.acpm.org).

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The logo for the Pharmaceutical Research and Manufacturers of America (PhRMA). It features the word "PhRMA" in a stylized, serif font. The "P" is large and bold, with a vertical line through it. The "h" is smaller and more decorative. The "RMA" is in a bold, serif font.