

## Simple strategies for medication use

### Keeping track of your medication is vital



A common reason people don't take their medication is because they simply forget. Also, taking many different medications at the same time is difficult. There are simple strategies you can use to help you manage your medications wisely.

1. Use a daily pill dispenser or request pre-dispensed blister packs
2. Link your medications to daily routines, such as meals or bedtime
3. Keep your medications visible, in a cool and dry location
4. Ask your family member or friend to help you get organized
5. Ask your pharmacy to help with easy-to-open lids
6. Ask your pharmacy to use large print on the containers
7. Use a magnifying glass to read the small print on non-prescription bottles
8. Keep a current medication list nearby at all times, and one in your wallet
9. Put your medication list in a sealed bag in the freezer for emergencies
10. Return medication you are not taking to the pharmacy for proper disposal