Tips for Taking Your Pills

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Tips for Taking Your Pills

Description
This patient education handout shares strategies for remembering to take your medications.

Keywords
occupational therapy, managing medications, remembering pills

Disciplines
Occupational Therapy | Rehabilitation and Therapy

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Tips for Taking Your Pills

Use your pill box every day.

Some pills need time – days or weeks – to work the way they need to.

- If you feel like your pills are not working, talk to your doctor about your concerns.

Color code your pill box lid.

Use dot stickers or a permanent marker to color code the times of day on your pill box lid. This makes it easier to read the labels on your pill box lids. Example: mark all AM lids yellow (like a sunrise); mark all PM lids dark blue (like a night sky).

Find a spot in your home to keep your pills.

Keep your pills and the things you need to take them in one place that is easy to see and reach, such as cup, water, pill chart and pen. Examples: by the bathroom sink, next to coffee pot, on the table next to your favorite chair.

My best location: ________________________________

Everything I need:

_____________________________________________

Use a check-off chart.

Keep the chart next to your pills, somewhere that you will see it easily and often. Examples: bathroom mirror, next to favorite chair. It helps if the chart is large enough to easily see if you have missed your pill time.

Where I will hang my chart: ________________________________

Keep a pen or pencil with your chart.
Set a daily alarm for each of your pill times.

- Cell phones or special watches have alarms that can be set to ring at the same time every day. More than one alarm time can be set so you can have one alarm set for each pill time.
- Keep your alarm near you so you will hear when it rings.
- Many alarms can be set so that if you do not act it will sound again.
- Turn off your alarm after you have taken your pills.
- Your occupational therapist, family member, or a friend may be able to help you set your alarms.

Other things I can do to help remember to take my pills:

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Notes/Questions:

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