



### Make it routine!

Remembering to take your medicine on a daily basis can be hard—but it doesn't *have* to be. Here are some tips and tricks for making your medicine a part of your daily life.

### If you take your medicine:

#### In The Morning

- For coffee drinkers, store your medicine near the coffee pot.
- If you work every day, keep your medicine next to your keys so that you have to take it before you leave the house.



#### At Bedtime

- Stash your medicine on a night stand or somewhere that you will see it right before you go to bed.
- If you watch TV in bed, keep your medicine next to the remote.



#### With Food

- Keep medicine on the kitchen counter, dinner table, or somewhere that you will see it when eating.
- Put a reminder note on the refrigerator.



#### On an empty stomach

- Think about other things you do on an empty stomach, like exercise. You could keep your medicine near your gym bag or tennis shoes.
- If you must take your medicine a half hour to an hour before breakfast, store your medicine on your night stand or somewhere where you will be sure to see it before you start getting ready for the day.



These are just a few examples—find ways to fit taking your medicines into *your* daily schedule. Also remember to store your medicine in a safe place, away from children and pets.