






One way to remember when and how to take your medicine is to use memory tricks—try some of these to not only help you remember to take your medicines but also help make taking them a routine:

- Right away, repeat the directions for how to take the medicine to yourself five times—even ten. Whisper them. Say them out loud. Read them. Sing them. 
- Make a mental picture of yourself taking the medicine. Focus on this picture all the way home from your visit. Take one minute when you get home to see yourself following your new habit. Do nothing else. Just stand or sit and see this mental picture.
- Think of something to connect with taking your medication. Some people call this a peg or a hook to hang your new habit on. It could be a rhyme (like “My med’s for me; take it times three”), an acronym (T.I.N. or “Take It Now”), or an image of a hot bowl of soup (if you’ll take your medicine with food). 
- Come up with a simple rhyme such as “one in the morning and one at night will keep my body working right.” This way you’ll at least remember you have to take two per day, in the morning and at night. Remembering when you take your medicine will be an important step while developing the habit of taking it.
- Use a mental link that’s meaningful to you. For instance, if someone is supposed to take a medicine called furosemide (fur-OH-suh-mide) in the morning, and they’re not a “morning person” it might help them to remember the phrase “furious in the morning.” This ties the name of the medicine to how they feel when they wake up and the time of day they are supposed to take the medicine. 

Source: AARP, reprinted with permission