



If people didn't follow directions, games would never be played, shelves would never get built and buried treasure would never be found. And if you don't follow the directions for taking your medicine, it might not work the way it's supposed to—or worse, you could get sicker or develop other problems.

### **Why follow the directions?**

- Taking your medication as prescribed is the best way to make your medicine work the way it is supposed to
- Taking your medicine at the same time every day helps keep it in your system—your body uses medicine like a car uses gas, so it's important to fill up before you're on “empty”
- Certain medicines make it easier for you to perform your normal daily functions
- Taking your medication regularly may reduce your risk of hospitalization or other medical procedures, saving you time and money
- Your medicine may be preventing other serious health problems—or even death

### **What can happen if you don't follow the directions?**

- Stopping your medication without the approval of healthcare provider (HCP) could make your symptoms return or make your condition worse
- Increasing or decreasing dosage could cause serious health problems
- Depending on the medicine you take, missing even one dose may result in side effects such as dizziness, headaches or nausea
- Splitting or crushing pills may reduce their effectiveness—ask your HCP or pharmacist if you can split or crush your medicine
- Taking your medication with any food, beverages or vitamins not recommended by your HCP or pharmacist could result in your medication not working properly

Your HCP prescribed your medication for a reason—you need it! Taking your medication as prescribed helps your medicine work for you.