

Take Your Medications as Directed

It is important to take your medications correctly to make sure they can be as effective as possible in improving your health. Follow your treatment plan, ask questions, and work with your health care team to solve any problems.



Understand your medications

- What is the name of the medication?
- Is this the brand or generic name?
- What is the medication supposed to do?
- How and when do I take it, and for how long?
- What should I do if I miss a dose?



Remember your medications

- Take your medication at the same time every day.
- Take medications along with other daily events, like brushing your teeth.
- Ask people close to you to help remind you.
- Use a pill container to help keep medications organized.
- Get some colored labels and stick them on your bottles to simplify your routine.



Stay safe

- Always keep medications away from heat, light, and moisture.
- Tell your doctor if you have any side effects or if you don't think your medication is making a difference.
- Ask your pharmacist's advice before crushing or splitting tablets.
- Don't share your medication with anyone else. What's right for you could be deadly for them.
- Do not stop taking any medications without talking to a health care provider first.

Taking your medications as directed is one of the best decisions you can make for your health.

Learn more:

Visit [Taking Control of Your Medications](#)

www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines/taking-control-of-your-medicines