

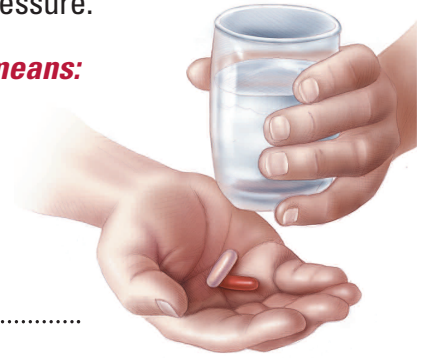


Sticking With My Medicine — What Will Work?

Taking your blood pressure medicine as directed by your healthcare provider is one of the most important things you can do to help manage your high blood pressure.

Not taking your blood pressure medicine as directed by your provider means:

- Your medicine may not work the way it should.
- Your blood pressure may go up.
- You may be at risk for serious health problems, like a heart attack or stroke.



“Taking medicine gets in the way of my day.”

Taking more than one medicine at different times each day can be hard. The key is to create a routine that fits your life.

- Try taking your medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinner time.
- Talk to your provider about the best time to take your medicine. Ask if your medicine should be taken with or without food.

If you often forget to take your medicine:

- Use a pill box marked with the days of the week. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it every day.

If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



Work with your healthcare provider to find ways to take your blood pressure medicine every day as directed.