

# About remembering to take your medicine and refill your prescription

It's important that you take your medicine every day. If you stop taking it, your symptoms are more likely to come back. So be sure not to run out of medicine. Keep track of how many pills you have left. When your supply is running low, get your next refill from the pharmacy. If you have no refills left, call your doctor right away to ask about getting a new prescription.

Below are suggestions that can help you remember to take your medicine and refill your prescription:

- **Take your medicine at the same time every day**, such as at mealtimes
- **Use pillboxes labeled with the days of the week.** This way, you can see if you've been remembering to take your medicine
- **Set your daily cell phone alarm** to go off at the time(s) you should take your medicine
- **Keep a medicine diary.** You can also use this diary to track the progress of your treatment plan
- **Enter reminders in a calendar.** Use a paper calendar or your e-mail or cell phone calendar
- **Sign up for a reminder service.** Receive text messages reminding you to take your medicine and to refill your prescriptions. Ask your pharmacist which service he or she recommends
- **Call your pharmacy or prescription provider.** Some offer free e-mail refill alerts