



Sticking With My Medicine — What Will Work?

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



Not taking your diabetes medicine as directed by your provider means:

- Your medicine may not work the way it should.
- Your blood sugar may go up.
- You may be at risk for serious health complications.

“I don't have time to take my medicine every 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:

- What you eat and when you eat has an effect on how your diabetes medicine works. Talk to your provider about a routine for taking your diabetes medicine.
- Your medicine routine may need to be timed with your meals, snacks, and/or physical activity.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

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.

“I feel fine. Why do I need to take all this medicine?”

You may feel fine today because high blood sugar does not always cause symptoms. But you need to take your medicine every day to try to help prevent serious health problems over time.

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

