



## Sticking With My Medicine — What Will Work?

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

### Not taking your heart failure medicine as directed by your provider means:

- Your medicine may not work the way it should.
- You may have trouble doing daily tasks.
- Your heart failure symptoms may get worse.
- You may need to go to the hospital.



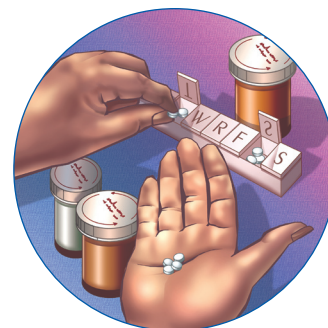
### “I sometimes forget to take my medicine every day.”

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

- 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 dinnertime.
- 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’m feeling better. Why do I need to take all these medicines?”

Taking your medicine every day may be why you feel better. If you skip your medicine, your symptoms may return or become worse. Talk with your provider before you stop taking your medicine.

**Work with your healthcare provider to find ways to take your heart failure medicine every day as directed.**

