

## Medication Compliance

Medication may be necessary to help you lead a heart-healthy life. Your doctor may have prescribed one or more medications to control your blood pressure, diabetes or cholesterol levels. These medications may be new to you and difficult to understand. It is important for you to feel comfortable with your doctor's recommendations and to have a full understanding of what medications you are taking and what they are for.



### Tips:

- Know the names of all your medications and their doses. It may help to write them down and keep them in a readily available place, along with your physician's phone number (in your wallet, on your refrigerator).
- Know the purpose of your medications and their possible side effects.
- Know when you are supposed to take your medications (time of day) and how often. Maintain a medication schedule and stick to it. Try to take your medications at the same time each day. This will help ensure that you do not forget them. Buying a pillbox may help.
- If you forget to take your medication, notify your doctor or follow the directions that came with the medication. Do not assume you should double your next dose to catch up. This can be dangerous.
- Do not stop taking medications or change the recommended dose without speaking with your doctor first.
- If you experience symptoms that feel out of the ordinary, notify your doctor at once.

*This resource provides brief, general information about this health care topic. It does not take the place of the instructions you receive from your health care providers. Discuss the risks and benefits of therapies with your doctor and always take medication as prescribed. For answers to other questions talk to your health care provider.*

**For more information or a referral, please call the NewYork-Presbyterian Hospital Preventive Cardiology Program at (212) 305-4866 or visit our website at:**

**<http://www.hearthealthtimes.com>.**



- Do not self-medicate with over-the-counter (non-prescribed) medications or another person's prescribed medications. This can be dangerous and could also alter the effect of your current medications. Discuss vitamins and herbal supplements with your physician and what, if any, interactions they can have with your medications.
- If you are traveling, take an extra supply of medication with you in case you lose or misplace your regular supply. Also, bring along your physician's phone number just in case.
- If you have questions or concerns about your medications, take a few minutes to write them down and bring them the next time you visit your doctor or pharmacist.

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