

TIPS FOR TAKING YOUR

DIABETES MEDICATIONS



KNOW YOUR MEDICATIONS

There are many different types of medications for people with diabetes. Some help control blood sugar and some are to prevent complications of having diabetes. Insulin, other injectable medications, and pills can help lower blood sugar. Aspirin, blood pressure medication, and cholesterol-lowering medication work by reducing your risk of complications.

All of your medications come with their own instructions, and they can affect you differently depending on when and how you take them. Sometimes it takes a while to figure out which ones work best for your body. It's important to follow your doctor's instructions and then pay attention to how you react to each new medication or treatment. You should know the names, doses and instructions for your medications. You should also understand why you are taking them. Your doctor, pharmacist and diabetes educator want to help you learn about your medications and keep track of them, so don't be afraid to ASK for help!

ASK ...your doctor, pharmacist or diabetes educator why you are taking each of your medications.

ASK ...your diabetes educator to help you fit your medication routine into your daily schedule. Bring all medications, labels or photos of labels with you when you go to appointments.

ASK ...a family member to come with you to appointments and take notes about any medications. Also ask someone to remind you to take your medications if you have a hard time remembering.

ASK ...your doctor, pharmacist or diabetes educator about vitamin/mineral supplements, dietary aids, or other non-prescription (OTC) products that you use.

TIPS FOR REMEMBERING TO TAKE YOUR MEDICATIONS ON TIME

- **Take your medication at the same time each day. Make sure it is the right time for that medication. Set a daily routine.**
- **Link your medications with another daily activity. For example:**
 - **Place your medications (or a reminder note) near your toothbrush.**
 - **Put a glass of water next to your medication to be ready for your morning dose.**
 - **Place your medication bottles next to the toaster or on the dining table.**
- **Schedule reminders on your phone or ask family or friends to remind you.**
- **Use pill boxes with sections for each day. Fill these each week and keep them out in a place where you will notice them.**
- **Put sticky notes on the refrigerator or in other places where you will see them.**



Ask for help if you have problems fitting your medications into your everyday life!

Here to help with: Medications, Supplies, Support.

www.fredsmeds.com/diabetes



MEDICATIONS CHECKLIST



There is a lot to remember when you are trying to lead a healthy life with diabetes. Your questions are important and so is keeping track of your answers. Jot them down on this checklist, and you'll have the information you need to take your medications the best and safest way possible. Bring the checklist with you to every visit with your diabetes care team, and ASK EVERY QUESTION. Your doctor, pharmacist and diabetes educator are here to help!

What is this medication for? _____

Does it contain anything I am allergic to? _____

How will it help me? _____

When and how often do I take it? _____

What should I do if I miss a dose? _____

Should I take it with or without food? _____

How long do I need to take it? _____

Are there any side effects to watch for? _____

Are there any precautions with this medication? _____

How should I store this medication? _____

Do you have any written instructions I can take home with me? _____

