

# Healthy Living: Tips for Remembering Your Medication<sup>1</sup>

Linda B. Bobroff<sup>2</sup>

Medications can help control a number of diseases and conditions. But they only work when we remember to take them! Select tips from the ones listed below to help you remember to take your medication.

**Refrigerator note:** Put a picture of yourself or a loved one on your refrigerator with a note reminding you to take your medication.

**Use sticky notes:** Put reminder notes to take your medication in places where you will see them.



Figure 1. Sticky notes are a visual reminder to take your medicine.

Credits: Zoonar/Thinkstock.com

**Voice mail service:** If you have a service, record a reminder for yourself, and have the service call you every day.

**Have a grandchild call:** Ask a grandchild, or another relative, to call every day and remind you to take your medication.

**Buddy system:** Arrange with a friend to call each other every day with a reminder to “take your medication!”



Figure 2. Have a family member or friend call to remind you about taking your medications.

Credits: KatarzynaBialasiewicz/iStock/Thinkstock.com

1. La versión en español de este documento es *Vida saludable: Consejos para recordar sus medicinas* (FCS8600-Span). This document is FCS8600, one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Original publication date June 2004. Revised July 2015. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

2. Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. For more information on obtaining other UF/IFAS Extension publications, contact your county's UF/IFAS Extension office.

U.S. Department of Agriculture, UF/IFAS Extension Service, University of Florida, IFAS, Florida A & M University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Nick T. Place, dean for UF/IFAS Extension.

**Computer start-up reminder:** Have a ‘take your medicine’ reminder appear every time you turn on your computer.

**Use a weekly pill box:** These are available at pharmacies, and many supermarkets.



Figure 3. Using a pill box organizer will keep your medicines organized. Choose the type that best meets your needs.  
Credits: Tom Le Goff/Digital Vision/Thinkstock.com

**Keep them on your night table:** If you need to take your medication in the morning, this could be a good reminder.

**Keep them next to your toothbrush:** Take your medication before or after brushing your teeth.