



## Sticking With My Medicines— What Will Work?

You and your doctor can work as a team to help make life with heart failure easier. Taking your heart failure medicine as directed by your doctor is one of the most important things you can do to stay healthy.



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

- Your medicines will not work the way they 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:

- Where possible, take your medicines with other daily habits, like in the morning when brushing your teeth or in the evening with dinner. Talk to your doctor about a routine.
- Ask your doctor if there are medicines you can take less often. A simpler medicine schedule may help you.

### If you forget doses often:

- 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 daily.



### If you forget to refill your medicine on time:

- Mark a calendar with “Refill on [date]”. Choose a date about a week before you will run out.
- Make sure you have enough refills to last you until your next doctor 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 medicines, your symptoms will likely return or become worse. Stick with your medicine so you can stay healthy and out of the hospital.