

**DID YOU  
KNOW...**

**DRUGS DON'T WORK IF YOU  
DON'T TAKE THEM**



Your doctor prescribes a drug; you go to the pharmacy and get the prescription filled; then you take the drug as instructed. Seems easy enough. But often it doesn't turn out this way. Studies have shown that as many as half of Canadians prescribed medications don't take them as directed and many don't even fill their prescriptions in the first place.

## THE CONSEQUENCES CAN BE SERIOUS

**You could:**

- + Feel worse
- + Develop complications or additional illnesses
- + Have to visit the ER or be admitted to the hospital
- + Become disabled and unable to work

## WHAT YOU CAN DO TO HELP YOURSELF

- + Talk to your doctor if you don't understand exactly what the medication is or does. Be honest if you haven't been taking your prescription and why; there might be an alternative.
- + Ask your pharmacist how, when and for how long you should take the prescription as well as about any possible side effects and what you can do about them.
- + If you have trouble remembering to take the medication, use your watch, computer or cell phone to set up reminders. Or create a schedule to put up where you'll see it.
- + If you forget to get a refill, find out whether your pharmacy has a reminder service.
- + If you take several pills, try a pill box that holds a week's supply.

While it's common to be forgetful and taking medications can be confusing, it's important for your health to get your prescription filled then take the **right dosage** at the **right time** for the **right length of time**.