



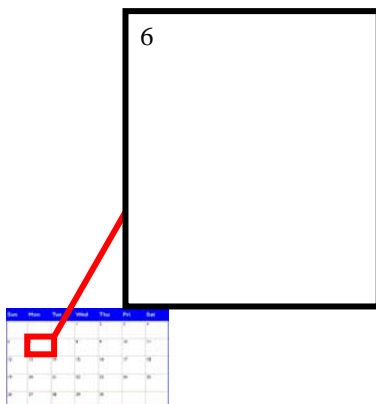
Making and Using a Medicine Calendar

Making a calendar to track your medicine use can ...

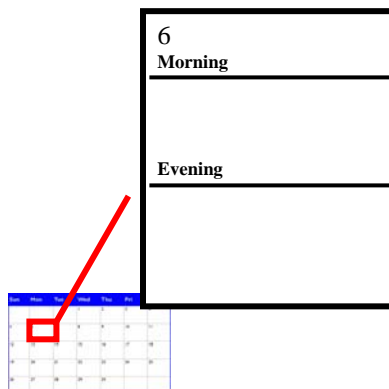
- 1) help you remember to take your medicine
- 2) show you when you have missed a dose
- 3) serve as a record you can share with your doctor

Supplies: Blank calendar, Pen/pencil, Your medicine bottles

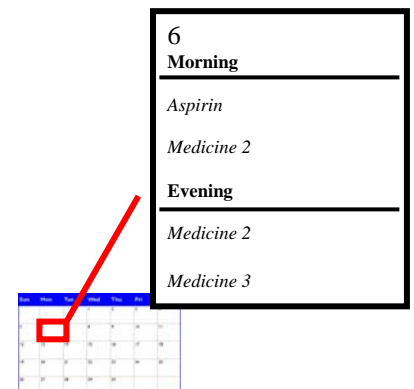
Step 1: Get a blank calendar.



Step 2: In the box for the first day of each week, list the different times you take your medicines.



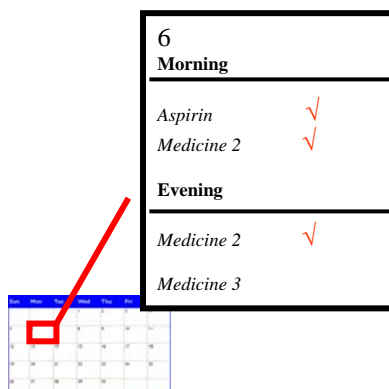
Step 3: Then, list all of the medicines you take at each time of day.



Step 3: When you wake up each morning, check your medicine calendar to see when you need to take your medicines for the day.



Step 4: Put a check by your medicines as you take them.



Step 5: If you miss a dose of your medicine, look at the time you missed the dose. Then, look at the time now. Ask yourself, is the time now closer to my last dose of medicine or my next dose? If it is closer to the last dose, take your medicine. If it is closer to the next dose, skip the dose and take your next dose like you are supposed to.

Be sure to post your calendar in your kitchen, office, or another visible place as a reminder to take your medicine.