



## Sticking With My Medicine — What Will Work?

Taking your lipid-lowering medicine(s) as directed by your healthcare provider is one of the most important things you can do to help manage high cholesterol or triglycerides.

**Not taking your lipid-lowering medicine(s) as directed by your provider could mean:**

- Your medicine may not work the way it should.
- You may increase your risk for serious health problems, like a heart attack or stroke.
- Your LDL (bad) cholesterol and triglyceride numbers may stay the same or go up; your HDL (good) cholesterol number may stay the same or go down.



### “Taking medicine gets in the way of my 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.

- Try taking your medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Talk to your provider about the best time to take your medicine. Ask if your medicine should be taken with or without food.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

**If you often forget to take your medicine:**

- 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 every day.

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

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.

**Work with your healthcare provider to find ways to take your lipid-lowering medicine(s) every day as directed.**

