

Medicine Plan



How can I keep track of my diabetes medicines?

Your treatment plan may include many medicines. Staying organized can help you keep track of them all. You may want to make a simple medicine chart that answers the questions below:

- What is the name of my medicine?
- What dose am I taking every day?
- Why am I taking this medicine?
- What time of day should I take this medicine?
- How many times a day should I take this medicine?

If you are unsure of the answers to these questions, talk with your healthcare provider.

How can I remember to take my medicines?

- If you take pills, you can try using a pillbox that has a compartment for each day of the week. Fill the boxes with your medicines at the start of each week. Keep it where you will see it
- Set an alarm on your cell phone or alarm clock
- Make a calendar to write down when to take your medicine(s) each day. Keep it in a place where you are sure to see it
- Ask a friend or family member to remind you

- Refill your prescription before you run out

You may be taking more than one medicine to manage your diabetes. This can be a challenge. But taking your medicines as prescribed each day is important. Your medicine may not work the way it should if you do not take it as prescribed. It may also cause side effects. Talk with your healthcare provider if you have questions about your medicines or your treatment goals.

One goal of taking diabetes medicine is to help better manage your blood sugar. It's important to set up a routine for your medicines. Managing your blood sugar may help you avoid health problems caused by diabetes, such as problems with your heart, eyes, and kidneys. This worksheet can help you learn about managing your diabetes medicines.

How can my pharmacist help me?

Ask your pharmacist:

- If you can set up automatic refills
- If you can have a list of all your medicines
- Before you take any prescription medicines for other conditions, over-the-counter medicines, supplements, or vitamins together with your diabetes medicine
- To put your medicine in a bottle with an easy-to-open cap and a label that has larger, easy-to-read type
- For enough medicine to last you during a trip



What if I have questions about my medicine?

It is okay to have questions or concerns about your diabetes treatment. Just be sure to talk with your healthcare provider about them. These talks can help you stay on track with your treatment.

The chart below can help you think about any questions or concerns you may have. Place a check mark next to the concerns that apply to you. Add any other questions you may have. Use the talking points in the second column to help you talk with members of your healthcare team.

My concerns	My talking points
<input type="checkbox"/> I've trouble remembering to take my medicine.	<ul style="list-style-type: none"> • Ask my healthcare provider for tips to help me remember.
<input type="checkbox"/> I'm worried about the side effects.	<ul style="list-style-type: none"> • Ask what side effects I might have. • Ask how long the side effects may last. • Ask how I can lower my chance of having side effects. • Ask how I can manage side effects if they happen. • Tell my healthcare provider right away if I have side effects.
<input type="checkbox"/> I'm having trouble paying for my medicine.	<ul style="list-style-type: none"> • Ask my healthcare provider about programs that can help me pay for my medicine.
<input type="checkbox"/> I'm not sure the medicine is working.	<ul style="list-style-type: none"> • Talk with my healthcare provider about tracking my blood sugar levels and my recent results. • Ask about other tests that could be done to learn if my medicine is helping me. • Ask my healthcare provider about making changes to my treatment plan.
<input type="checkbox"/> My blood sugar has been low, and I don't feel well.	<ul style="list-style-type: none"> • Tell my healthcare provider right away if I notice signs of low blood sugar (hypoglycemia). These include feeling dizzy or shaky, sweating, and having tingling around my mouth. • Ask my healthcare provider how to best manage low blood sugar.
<input type="checkbox"/> I've never taken an insulin injection (shot) before. I'm nervous about doing it at home.	<ul style="list-style-type: none"> • Tell my healthcare provider if I am nervous or don't know how to give myself a shot. • Ask my healthcare provider to help me take my first insulin shot in the office.
<input type="checkbox"/> _____	<input checked="" type="checkbox"/> _____ <input checked="" type="checkbox"/> _____



Remember—taking your medicine the right way every day is the best way to work toward your diabetes goals. For more information about taking medicine, visit the Food and Drug Administration website at: <https://www.fda.gov/drugs/resources-drugs/information-consumers-and-patients-drugs>