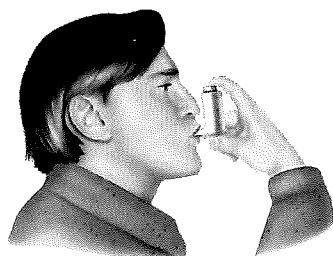




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Sticking With My Medicines— What Will Work?



Taking your asthma controller and quick-relief medicines as directed by your doctor is one of the most important things you can do to stay healthy.

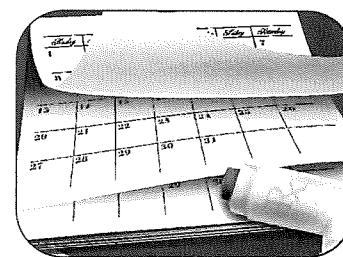
Not taking your daily asthma controller medicine as directed by your doctor means:

- Your medicines will not work the way they should.
- You will likely have more asthma flare-ups.
- The asthma flare-ups you have may be more severe.
- Your asthma may become harder to control.
- You might not function as well at home, at school, or on the job.

“*I’m so busy. Taking medicine gets in the way of my day.*”

The key is to create a routine that fits your life:

- Try taking your controller medicines with other daily habits, such as in the morning when brushing your teeth or in the evening around dinner time. Check peak flow levels at the same time.
- Ask your doctor if there is a medicine you can take less often. A simpler medicine schedule may help you.



If you forget to take your medicines often:

- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Use the counter on your asthma medicines to help you keep track of the doses you take.
- Keep your controller 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.