



American Heart Association®

Healthy for Good™

# Managing Medicine

To help you feel better and keep your heart failure from getting worse you need to take your heart failure medications as directed by your doctor, all of the time.

## How much do you know about your medications?

This checklist will help you find out what you need to learn about your medications.

True	False	I know the names and doses of all my medications.
True	False	I know which side effects to report to my healthcare provider.
True	False	I know how long I need to stay on all my medications.
True	False	I know what foods or other medications to avoid when taking my medications.
True	False	I told my doctor about all the medications, vitamins, herbs and other over-the-counter medications I take

If you selected **True** for at least four items, it's a sign that you're taking control of your medications. Discuss with your doctor or pharmacist any items you circled as **False**.

## REMEMBERING YOUR MEDICATIONS

These tips will help you remember to take your medications. Choose what will work best for you.

- Take medications at the same time every day.
- Ask people close to you to help remind you.
- Use colored labels on your medicine bottles to make it easier. For example, red can be morning, yellow for afternoon and blue for bedtime.
- Put a reminder note on your refrigerator or medicine cabinet.
- Use a medication tracker like the one on the back of this sheet.



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For more tools and information on managing heart failure visit: [www.heart.org/NorthBayHeartFailure](http://www.heart.org/NorthBayHeartFailure)



# Medicine Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

NAME OF MEDICINE	COLOR	WHAT'S IT FOR?	DOSE	HOW OFTEN & WHAT TIME	PRESCRIBING DOCTOR	PHARMACY PHONE NO.	SPECIAL INSTRUCTIONS	REFILL DATE
Aspirin	White	Blood thinner	1 pill/ 81 mg	Once daily at night	Dr. Jones	888-888-8888	Take with food	9/1/18

**Additional Suggestions:**

- Notify your pharmacist or doctor for refills several days **BEFORE** you run out.
- Simplify your refill process by getting all your medications from one pharmacy. This will also help your pharmacist identify any possible interactions.