



Sticking With My Medicines— What Will Work?

takingmeds.com

Taking your COPD medicines as directed by your doctor is one of the most important things you can do to stay healthy.

Not taking your long-term controller medicine as directed by your doctor means:



- Your medicines will not work the way they should.
- It may be harder to take deeper breaths.
- You may have symptoms more often. The symptoms you have may be more severe.
- Simple tasks may be hard for you to do.
- Your lung function may get worse.

“*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 long-term controller medicines with other daily habits, such as in the morning when brushing your teeth or in the evening around dinner 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 COPD medicines to help you keep track of the doses you take.
- Keep your long-term 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.





Taking care of yourself can help prevent COPD flare-ups. Protect yourself from airway infections. Ask your doctor if you need vaccines (shots) to help prevent flu or pneumonia. Stay away from friends or coworkers who have colds or the flu.





Taking Medicine—What Gets in the Way?


Think about all of the medicines you take. Mark one answer for each item below.

 Lifestyle	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1 I just forget to take my medicines some of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I run out of my medicine because I don't get refills on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 My use of alcohol gets in the way of taking my medicines.*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 I worry about how medicine will affect my sexual health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I sometimes forget things that are important to me.*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 I have felt sad, down, or blue during the past month.*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 Attitudes and Beliefs	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
7 I feel confident that each one of my medicines will help me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 I know if I am reaching my health goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 Help From Others	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
9 I have someone I can call with questions about my medicines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 Talking With Healthcare Team	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
10 I understand my doctor's/nurse's instructions about the medicines I take.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 My doctor/nurse and I work together to make decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 I am able to read and understand pill bottle labels.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

 Taking Medicines	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
13 Taking medicines more than once a day is inconvenient.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14 I have to take too many medicines a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15 It is hard for me to swallow the pills I have to take.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Have You...	In the last week	In the last month	In the last 3 months	More than 3 months ago	Never
16 Taken a medicine more or less often than prescribed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17 Skipped or stopped taking a medicine because you didn't think it was working?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18 Skipped or stopped taking a medicine because it made you feel bad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19 Skipped, stopped, not refilled, or taken less medicine because of the cost?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20 Not had medicine with you when it was time to take it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* May warrant further discussion with healthcare provider.

If you checked any answers in the dark blue boxes, talk with your doctor or healthcare professional.

