

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.

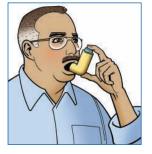
If you forget to refill your medicine on time:

- 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.			\bigcirc	\bigcirc	\bigcirc
2 I run out of my medicine because I don't get refills on time.				\bigcirc	\bigcirc
3 My use of alcohol gets in the way of taking my medicines.*			\bigcirc	\bigcirc	\bigcirc
4 I worry about how medicine will affect my sexual health.			\bigcirc	\bigcirc	\bigcirc
5 I sometimes forget things that are important to me.*			\bigcirc	\bigcirc	\bigcirc
6 I have felt sad, down, or blue during the past month.*		\bigcirc	\bigcirc	\bigcirc	\bigcirc
Attitudes and Beliefs					
7 I feel confident that each one of my medicines will help me.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
8 I know if I am reaching my health goals.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
Help From Others					
9 I have someone I can call with questions about my medicines.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
Talking With Healthcare Team					
10 I understand my doctor's/nurse's instructions about the medicines I take.	\bigcirc	\bigcirc	\bigcirc		
11 My doctor/nurse and I work together to make decisions.	\bigcirc	\bigcirc			
12 I am able to read and understand pill bottle labels.	\bigcirc	\bigcirc		\bigcirc	
Taking Medicines					
13 Taking medicines more than once a day is inconvenient.			\bigcirc	\bigcirc	\bigcirc
14 I have to take too many medicines a day.			\bigcirc	\bigcirc	\bigcirc
15 It is hard for me to swallow the pills I have to take.			\bigcirc	\bigcirc	\bigcirc
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?			\bigcirc	\bigcirc	\bigcirc
17 Skipped or stopped taking a medicine because you didn't think it was working?				\bigcirc	\bigcirc
18 Skipped or stopped taking a medicine because it made you feel bad?				\bigcirc	\bigcirc
19 Skipped, stopped, not refilled, or taken less medicine because of the cost?				\bigcirc	\bigcirc
20 Not had medicine with you when it was time to take it?				$\overline{\bigcirc}$	$\overline{\bigcirc}$
* May warrant further discussion with healthcare provider.			~		

* May warrant further discussion with healthcare provider.

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



My Medicines—How Can I Get the Most From Them?

Fill out a medicine chart like the one below and talk with your doctor or pharmacist. This will help you take the right dose, at the right time. Include all medicines that you take for all reasons.

- Always keep your quick-relief (rescue) medicine with you. It will give you quick relief when your symptoms get worse.
- You may think you can stop using your long-term controller medicine once you feel fine. But your long-term medicine is the most likely reason why you feel fine. Your airways still need it every day to treat COPD and control your symptoms.

Name and Strength of Medicine	How Much I Take	When I Take It	l Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

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