

Focus on Taking Your Medicine

Keisha's story

Keisha just started taking a new diabetes medicine to help her blood sugar come down into her target range. She was frustrated because her blood sugar was still high. Keisha would also forget to take her medicine when she was eating dinner with her friends.



How would you help Keisha?

What can Keisha do if she forgets to take her medicine?

What are some ways that you can remember to take your medicine?

Taking your diabetes medicine will help you feel better. It is not always easy to remember to take your medicine. Call your diabetes team if you are having questions about your diabetes medicines.

Here are some tips if you forget to take your diabetes medicine.

- ▶ If it is 1-2 hours after you should have taken your pills, go ahead and take them at that time.
- ▶ If it is longer than 2 hours, don't take that dose of pills. (Remember to make a note in your diary about missing that dose of pills.)
- ▶ Never take the morning and evening dose of pills at the same time!
- ▶ Try some of these tips to remember your medicines:
 - ▶ Sticky notes on the bathroom mirror
 - ▶ Reminders next to your blood glucose meter
 - ▶ Set the alarm on your watch
 - ▶ Calendar reminders
 - ▶ Mom or Dad reminds you

See Lesson 2 of your manual for more information on diabetes medicines.