



Taking Diabetes Medicines



People with diabetes often need to take medicines to help keep blood sugar at a healthy level.



Take your medicines as it says on the labels. Ask your medical provider about any concerns, such as:

- When to take medicine
- How much medicine to take
- What to do when your blood sugar is low
- What to do if you miss a meal
- What to do when you are sick
- What are common side effects



Refill your medicines before they run out.

Medicines can usually be refilled one week before they run out. Look at the labels on the medicines to check for refills. If there are no refills, contact your medical provider.



Let your medical providers know about all the medicines you take, as well as how much and how often you take them.

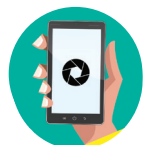
Below are some ways you can help keep your medical providers up to date:



Take all your medicines with you to each medical visit.



Keep a list of all your medicines. Get a list from your pharmacy or make your own.



Use your cell phone to snap a picture of each medicine label to show your medical providers.

Remember to include other things you take, such as over-the-counter medicines, vitamins, and supplements.



Tips to Help You Remember to Take Medicines



Ask family members and friends to remind you.



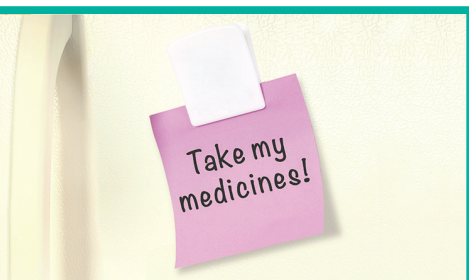
Use a calendar to mark when you take medicines.



Set an alarm as a reminder.



Use a pill box.



Put a note on your refrigerator or mirror.



Consider taking medicines at the same time you do daily activities.

Be Safe with Medicines

- Keep all medicines out of the reach of children.
- Sharing medicines can be harmful. Only take medicines prescribed for you.
- Talk to your medical provider before you stop taking any of your medicines.
- Ask your health care team how to safely:
 - Store medicines
 - Get rid of unused medicines
 - Dispose of used needles and syringes



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
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Take a picture with your cell phone.
Look at the picture later as a reminder!

