TAKING YOUR MEDICINES

Be sure to take all of your medicines every day!

- Diabetes pills and insulin help you keep your blood sugar in a good range. If you don’t take your medicine, your blood sugar will go too high.

- High blood sugar can make you feel sick. It can damage your eyes, kidneys, heart, feet, and legs.

- You may also need to take medicine for your blood pressure or cholesterol.

- Don’t stop your medicine unless your doctor or nurse tells you to stop.

Sometimes people stop taking insulin or other medicine because:

- Some diabetes medicines can make you feel bad. If you take Metformin, it can cause upset stomach, especially the first few days. Be sure to always take it with food.

- Insulin and other diabetes medicines can make your blood sugar go too low. Some people are afraid their diabetes medicine will make their blood sugar go too low.

- Some people are afraid to give themselves a shot of insulin.

- Keeping track of all your medicines can be hard.

- You may have a hard time paying for your medicine.
Taking Your Medicines

Sometimes people stop taking insulin or other medicine because:

- You may forget to take your medicine.
- Cholesterol medicines can cause muscle aches or muscle weakness. Check with your doctor or nurse if you notice this.
- Some blood pressure medicines can make you feel dizzy or can make it harder to have sex. Talk to your doctor or nurse if you have these problems.

Take Your Medicine Safely

- Try to take your medicine at the same time every day or with a meal – whichever way your doctor or nurse told you to take it.
- Don’t skip meals.
- Don’t stop taking your medicine unless your doctor or nurse tells you to. Call your doctor if your medicines:
  - Don’t have refills left
  - Make you feel sick
  - Make your blood sugar drop too low
  - Cost too much
- Don’t share your medicines with others and don’t take anyone else’s medicine.
- Take your medicine bottles to every doctor visit.
Take Your Insulin Safely

- Check with your doctor or nurse about the best place to store your insulin. Never let it freeze or get too hot.

- Never share your needles with anyone.

- Keep new and used needles in a safe place away from children.

- Check your blood sugar before you give your insulin.

- Try not to skip meals.
I CAN DO IT!

If I take my medications every day, my diabetes and other health problems will probably get better.

I will pick a goal from the list below to start this week and continue until I talk about it with my doctor, nurse, or dietician.

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ I will use a pill box to help me keep track of my medicine.

☐ I will keep a list of my medicines in my wallet or purse.

☐ I will tell my doctor if I cannot pay for my medicines.

☐ I will tell my doctor if my medicine makes me feel sick.

☐ I will ask my family, friends, or doctor for help if I am having trouble keeping track of my medicines.