

# Keeping track of medicines

Did I take my medicine? If you find yourself asking that question often, try these tips to help you keep track.

- **Keep them in an accessible spot.** As long as they're out of reach of children or pets, the best place for your medicine is a place you'll see it.
- **Write it down.** Purchase a small notebook and write down each medicine as you take it. Be sure to record the date, time, and what you have taken.
- **Use technology.** Today's smartphones have alarms you can use to remember your medicines. Set separate alarms for each medicine and have them repeat daily. Don't have a smartphone? Check out "talking" pill boxes. Take the medicine as soon as the alarm goes off. Don't wait – or you may forget!
- **Know what to do if you miss a dose.** Some medicines should be "made up" at the next dose, but others should not. It may be dangerous if you forget certain life-saving medicines.

## Medicines we use the most

The most frequently prescribed medicines in the U.S. are:

- Pain relievers
- Lipid-lowering medicines (to lower cholesterol or triglycerides)
- Antidepressant medicines



## Rx FACTS

Nearly  
**50%**  
of the population used a  
prescription medicine in the last  
**30 days.**

More than  
**10%** of people use  
**5 or more**  
prescription medicines each day.

Source: Centers for Disease Control and Prevention