

Remembering to Take Your Diabetes Medications¹

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As a person with diabetes, you know how important it is to take your medications as prescribed by your doctor. Whether you take oral or injectable medications, they help you manage your blood glucose best *when you take them at the right time*. Use these tips to help you remember to take your diabetes medications on time.

Post-It Notes

Put reminder notes where you will see them regularly—on your bathroom mirror, next to the toilet paper, on the refrigerator (unless it already is cluttered!), or anywhere else where you will see and notice the reminder.



In the Refrigerator

Keep refrigerated medications at eye level. Be sure they do not get pushed to the back of a shelf. Keep them in a colorful plastic container that will be noticeable when you open the door.

Computer

Have a "Take Your Medication" message pop up when you turn on your computer.



Friendly Reminders

Ask a friend or family member to be your "buddy." Call or email each other every day with a "take your medication" reminder. Maybe a grandchild would like a special job to help you remember your meds.

Smart Phone



Set your telephone alarm for the time of day when you are most likely to forget to take your medication.

Location, Location, Location

Keep your medications where you will see them (unless they need refrigeration). Put them next to your toothbrush, on the kitchen table, on your meal tray if you use one, or wherever you will see them every day at the appropriate times.

Pill Box

Put your medications in a pill box with sections for each time you need to take them. Mark sections with **AM** or **PM** or specific times for each medication.

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