My Medicines—How Can I Get the Most From Them?

Fill out the medicine chart below for all the medicines you take. This will help you know how, when, and why you take each medicine. Make sure you know the name, exact shape, color, and any words on your medicine.

- Mark medicine refill dates on a calendar.
- Use reminder notes to remember to take your medicines.
- Stick with your medicine, even when you reach your lipid goals. Without medicine, your lipid numbers may go up again.
- Always talk to your doctor before making any changes to your medicine schedule.

Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

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