



Sticking With My Medicines— What Will Work?

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Taking your COPD medicines as directed by your doctor is an important thing to do to treat your COPD.

Not taking your long-term controller medicine as directed by your doctor means:

- Your medicines will not work the way they should.
- It may be harder to take deeper breaths.
- You may have symptoms more often. The symptoms you have may be more severe.
- Simple tasks may be hard for you to do.
- Your lung function may get worse.

“*I’m so busy. Taking medicine gets in the way of my day.*”

The key is to create a routine that fits your life:

- Try taking your long-term controller medicines with other daily habits, such as in the morning when brushing your teeth or in the evening around dinner time.
- Ask your doctor if there is a medicine you can take less often. A simpler medicine schedule may help you.

If you forget to take your medicines often:

- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Keep your long-term controller medicine in a place where you will see it daily.

If you forget to refill your medicine on time:

- Mark a calendar with “Refill on [date]”. Choose a date about a week before you will run out.
- If your controller medicine has a counter, use it to keep track of the doses you have taken.
- Make sure you have enough refills to last you until your next doctor visit.
- Ask your pharmacy to send you reminders to refill your prescription.



Taking care of yourself can help prevent COPD flare-ups. Protect yourself from airway infections. Ask your doctor if you need vaccines (shots) to help prevent flu or pneumonia. Stay away from friends or coworkers who have colds or the flu.