

Pharmacy Facts



by **David Carter**
Pharmacist/Owner

The pharmacists' concern about their patients extends beyond the pharmacy counter. We know that providing patients with medicine won't do much good if you don't take it the way you're supposed to. If you are taking several medications, our task is an even bigger challenge. Here are a few tips to help you stay on treatment:

- Call your answering machine or send yourself an e-mail to remind you of medication times.
- Color-code your medicine bottles for AM or PM, or use a compartmental pill box.
- Connect to something you do routinely every day, to take your medication at the same time.

We also suggest that you refill prescriptions **BEFORE** they run out, to help you stay on schedule.



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