



Sticking With My Medicine— What Will Work?

Taking your COPD medicine as directed by your healthcare provider is one of the most important things you can do to help manage your COPD.

Not taking your daily maintenance medicine as directed by your provider means:

- Your medicine may not work the way it should.
- It may be harder to breathe.
- You may have symptoms more often, and the symptoms you have may be more severe.

“*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 daily maintenance medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

If you often forget to take your medicine:

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

If you often forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- If your COPD medicine has a dose counter, use it to keep track of the number of doses you have left.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.



Work with your healthcare provider to find ways to take your COPD medicine every day as directed.

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