

# Treatment After Discharge



## Keep Your Health on Track

After you leave the hospital, you may have to change how often you take current medicines or new ones. It's important to fill any new prescriptions right away and take all your medicines exactly as your doctor recommends. If you don't, your health condition may get worse, and you could end up back in the hospital.

### Tips for Taking Medicines at Home

Before you leave the hospital, ask a family member or friend to pick up your prescription at the pharmacy. Then remember these tips:

- ◆ **Connect doses with daily activities**—like when you eat a meal or go to bed.
- ◆ **Put medicines where you'll see them**—for example, on the dinner table if you need to take them with food, or by your toothbrush if you need to take them in the morning.
- ◆ **Use daily dosing containers**—to sort your medicines for the week.
- ◆ **Keep a written or electronic schedule**—so you know which medicine to take next.
- ◆ **Refill your prescription**—and set up reminders on your phone or calendar for the next refill.

If you have trouble taking your medicines, talk to your doctor.

### Pain Medicine

Remember to take your pain medicine as prescribed. Be sure to take the right amount at the right time, and don't take it longer than you need to. When you're done, follow the instructions on the label to correctly throw out any leftover medicine.



### Fill Your Prescription

In the U.S., 20 to 30 percent of prescriptions are never filled, and 50 percent of all medicines are not taken correctly. Make sure you get your medicine after discharge and follow your doctor's instructions.

### What Keeps You from Taking Your Medicine?

**"I am confused about how or when to take my medicine."** You can ask your doctor or pharmacist questions at any time—they are there to help you.

**"I don't think it's helping. I don't see or feel a difference."** Some medicines don't have effects you can see, but it's important to keep taking them so your health stays on track.

**"It's too expensive."** Ask your doctor if a generic medicine is available. These are cheaper and often work the same.

These are normal concerns, so don't be afraid to talk to your doctor.