Taking Medicine—What Gets in the Way?

Think about all of the medicines you take. Mark one answer for each item below.

### Lifestyle

1. I just forget to take my medicines some of the time.
2. I run out of my medicine because I don’t get refills on time.
3. My use of alcohol gets in the way of taking my medicines.*
4. I worry about how medicine will affect my sexual health.
5. I sometimes forget things that are important to me.*
6. I have felt sad, down, or blue during the past month.*

### Attitudes and Beliefs

7. I feel confident that each one of my medicines will help me.
8. I know if I am reaching my health goals.

### Help From Others

9. I have someone I can call with questions about my medicines.

### Talking With Healthcare Team

10. I understand my doctor’s/nurse’s instructions about the medicines I take.
11. My doctor/nurse and I work together to make decisions.
12. I am able to read and understand pill bottle labels.

### Taking Medicines

13. Taking medicines more than once a day is inconvenient.
14. I have to take too many medicines a day.
15. It is hard for me to swallow the pills I have to take.

### Have You...

16. Taken a medicine more or less often than prescribed?
17. Skipped or stopped taking a medicine because you didn’t think it was working?
18. Skipped or stopped taking a medicine because it made you feel bad?
19. Skipped, stopped, not refilled, or taken less medicine because of the cost?
20. Not had medicine with you when it was time to take it?

* May warrant further discussion with healthcare provider.

If you checked any answers in the darker blue boxes, talk with your healthcare provider.