

# TAKING YOUR MEDICATIONS



After a stroke or a mini-stroke (transient ischemic attack or TIA), your risk of having another stroke is higher



Your doctor may also start medications that help prevent a stroke



High blood pressure, high cholesterol, and uncontrolled diabetes are some of the health conditions that increase the risk of stroke



Your doctor may also prescribe medications that can help with pain, sleep or mood

The **good news** is that you can lower your chance of having a stroke by making lifestyle changes such as:



Quitting Smoking



Eating Better



Being Active

## WHAT YOU CAN DO...



- Take your medication at the same time every day
- Have a system to help you remember: set an alarm, leave yourself a note, or have a family member remind you
- Consider using a dosette or blister pack to help you set up a routine for taking your medications



- Always keep a list of your medications with you
- Remember to include a list of vitamins, natural remedies and over-the-counter medications you take



- Take all your medications unless your doctor tells you to stop
- Understand why your doctor wants you to take each medication and what to expect
- Report any side effects to your doctor or health care team so that other options can be considered
- Make an appointment with your doctor before your prescriptions run out



**TALK TO YOUR HEALTHCARE PROVIDER** IF YOU HAVE QUESTIONS ABOUT OR ARE HAVING TROUBLE TAKING YOUR MEDICATIONS