

# A Resource for Patients

## Taking Your Medicine as Your Doctor Prescribed

This resource is provided to you as an educational resource. It is not intended as, nor is a replacement for, medical advice and treatment from your doctor.

**Your doctor has developed a treatment plan for your major depressive disorder (MDD). It may include psychotherapy and/or medicine to help you feel better. Talk to your doctor if you have any questions throughout your treatment. You may also want to discuss your treatment plan with your family and/or caregivers.**

### Taking your medicine as your doctor ordered

It is important that you understand when and how to take your medicine. Here are some things you should know:

- Talk to your doctor if you think your medicine may not be working. Don't skip doses and never take more than your doctor ordered. It may take some time before you start to feel better.
- Know that some medicines should not be taken with certain other medicines, including vitamins, supplements, and over-the-counter drugs. Ask your doctor or pharmacist if you have questions.
- Your medicine may cause some side effects. Ask your doctor about side effects and what you should do if you have them. He or she may help manage your side effects and help you feel better.
- You should not drive until you know how your medicine affects you. For example, some medicines for MDD may make you feel sleepy, which may impair your ability to drive.



### Doctor's Orders

Take your medicine exactly as your doctor ordered.



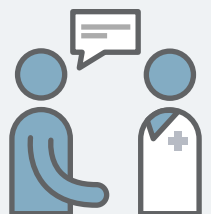
### How It Works

Ask your doctor or pharmacist how your medicine works and what to expect when it begins to take effect.



### How to Take It

Talk to your doctor about how to take your medicines—with or without food and what time of day is best.



# Tips for Better Health

## Remembering to Take Your Medicines Every Day



### Set reminders for yourself to take your medicines.

### Taking Your Medicines

If you have a smartphone, type “depression apps” to search for available apps that may help you remember to take your medicines.



- Do not give your medicine to anyone else. Your medicine is just for you.
- If you are having trouble paying for your medicines, talk to your doctor or pharmacist. There may be financial support available to help you pay for your medicines.

### Making sure you remember to take your medicine

Taking your medicine as your doctor ordered means remembering to take it regularly, preferably at the same time. Also, ask your doctor if you should take your medicines with or without food.

Here are some tips for remembering to take your medicine:

- Post notes for yourself in places where you will be sure to see them. Attach reminders to your bathroom mirror, your refrigerator, or by your front door. Post a note on your TV as well. That way, when you tune in to the news or any other show you watch every day, you’ll be reminded to take your medicine.
- Ask your pharmacist about telephonic reminders to help you remember to take your medicines.

### Following your treatment plan

Your doctor has a treatment plan that’s right for you.

Here are some tips to follow:

- Make sure you understand the part you play in your treatment plan. Know what your doctor expects of you.
- Your treatment plan will include goals for you. Be sure you know what they are and why they are important. Work with your doctor to create goals that matter to you.

# Tips for Better Health Following Your Treatment Plan

- Keep all office visits with your doctor. Don't be afraid to schedule extra office visits if needed.
- Be sure to use a journal to track your mood, side effects from medicines, and certain life events that may trigger MDD symptoms. You can write these things down in a journal or track them on your computer or smartphone using one of the many apps available to track day-to-day symptoms of MDD. This may help you gain awareness of changes in your symptoms.
- If you are comfortable, ask your partner, a family member, or a friend to go with you to your office visits to support you in your treatment.
- Call your doctor right away if you notice a change in your mood or if your thoughts or feelings change suddenly.
- Understand that it can take time to feel better.



**You may want  
to start a journal  
to help you track  
your mood.**

**Your treatment team is doing all they can to help you feel better. You should do all you can to follow your doctor's treatment plan. That's one of the ways to work toward feeling better.**

# Living With Major Depressive Disorder?

**Remember, you are not alone.  
Your treatment team is here to help.**