

When You Miss One

What to do with the worry after a missed dose, and who to ask about it.

WHEN TO USE THIS

Use this after you realize you missed one.

Do not double up and do not guess. Call your pharmacy or prescriber and ask - they expect this question.

What did you miss, and when did you notice?

What got in the way?

Who did you ask, and what did they tell you?

What would stop it happening the same way next time?

This happens to nearly everyone. Ask, write the answer down, carry on.