

# Phosphorus Binder Reminder Techniques

---

*Here are some additional suggestions patients have told us helps them remember to take their phosphorus binders:*

- Carry your binders in a small container on your key ring.
- Put them in front of your door at night so you have to step over them in the morning.
- Place them in the middle of the table where you have your meals.
- For men: keep them in an envelope and keep the envelope in the pocket with your car keys.
- Put a favorite picture of yourself or a love one on the refrigerator with a note attached that says, “Remember to take your binders”.
- Place your favorite hard candy in a bag with your binders and reward yourself each time you remember to take your binders.
- Ask one or more of your children or grandchildren to call you every day to remind you (it is also a great way to stay in touch).
- Download a free pill reminder app for your smart phone (if you need help contact your phone provider).
- Put your binder pill bottle in the shoes you will be wearing so when you put them on in the morning you will be reminded.

