This easy-to-use app sets reminders for users to take their medication.

The £1.99 version allows users to schedule the number of days to take the medicine, take photos, and customise the sound of the reminders and removes ads.

The free option can still be useful, but ads do pop up occasionally. Also, for users who have several medicines to take, the non-paying option can be limiting as it can only add one medicine reminder at any one time.

While this app is nothing new, and there are plenty of pill reminders apps on the market, it is a quick way to manage medicines and pills, particularly for patients who have trouble remembering to take them.

Community nurses could guide patients to keep tabs on their next dose. Sexual health nurses could also guide patients to remind them to take contraceptive pills.

Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.

Reviewed by Layla Haidrani, RCNi editorial assistant