

Keeping track of your medicine

It is important that you **take every dose of your medicine**. You may find it helpful to keep track of them on a medicine chart. You can also use it to help you remember any side effects you have or any you should look for.

Take the chart with you when you see your health care provider. You can use your medicine chart for reference. It can help remind you to discuss your medicine, dosage and any side effects you have had.

A medicine chart, like the example below, can also help someone else know about your medicine if something were to happen to you

Care Giver Assisting Skills

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Patient: _____ **Doctor:** _____ **Pharmacy:** _____
address: _____ **address:** _____ **address:** _____

phone #: _____ **phone #:** _____ **phone #:** _____
Allergies: _____

Prescription drugs I take:

Drug name	Why I take it	How much I take	Number of times a day I take it				Time of day I take it (hour)			Comments, side effects, how long to take, etc.
			1	2	3	4				

Over-the-counter drugs, supplements or herbal medicines I take:

Drug name	Why I take it	How much I take	Number of times a day I take it				Time of day I take it (hour)			Comments, side effects, how long to take, etc.
			1	2	3	4				

Medicine Profile

