

My Medication Checklist

When I get up, I take:

Name and dose	What it looks like	How many I take	How I take it (e.g., with water, etc.)	When I started taking it	When I stop taking it	Why I take it	Who prescribed it for me

In the afternoon, I take:

Name and dose	What it looks like	How many I take	How I take it (e.g., with water, etc.)	When I started taking it	When I stop taking it	Why I take it	Who prescribed it for me

In the evening, I take:

Name and dose	What it looks like	How many I take	How I take it (e.g., with water, etc.)	When I started taking it	When I stop taking it	Why I take it	Who prescribed it for me

Before I go to bed, I take:

Name and dose	What it looks like	How many I take	How I take it (e.g., with water, etc.)	When I started taking it	When I stop taking it	Why I take it	Who prescribed it for me

Other medicines that I do not use every day:

Name and dose	What it looks like	How many I take	How I take it (e.g., with water, etc.)	When I started taking it	When I stop taking it	Why I take it	Who prescribed it for me