



# Medication Tracker

It's important to take your medications—whether prescription, over-the-counter, or dietary/herbal supplements—exactly as your health care provider has instructed you to do so. A good way to stay on top of your medications is to keep a medication tracker that lists all your medications, when to take them, and how to take them. **Keep this medication tracker on your refrigerator or inside your medicine cabinet to help you track the medication.**

If you are having difficulties with side effects or medication interactions, talk with your health care provider. Don't stop taking your medications unless your health care provider tells you to do so.

Medication	Dose	How Often	When	Special Instructions