Medication Log

All of your healthcare providers need to know about all of the medications that you take. Get the information for this list off the prescription labels that are on each of the bottles or containers. Keep this list updated as your medications change. Bring a copy of your most up to date list to each of your appointments.

NAME AND **PURPOSE** Medication name, what its used for	**DOSAGE** Amount taken	**START** Date	**FREQUENCY** How often it's taken	**SIDE EFFECTS OR REACTIONS**	**STOPPED** Date	**PRESCRIBING DR. AND SPECIALTY**
EXAMPLE: Avapro – High blood pressure	300 Mg	10/15/12	1 x day	Makes me tired	10/30/12	Dr. Monty Family Physician

NOTES:

*Adapted from the LIVESTRONG© Guidebook Planner and Journal

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