Medication Log

Keep this list accessible, so that you will remember to bring it with you to any health care appointment. Any time you start a new medication or change a dosage, update the list.

NAME

DOB

NOTES (SIDE EFFECTS, ALLERGIES, ETC.)

Medication Name	Dosage Amount	Dosage Frequency	How to Take Medication	Medication Appearence	Reason for Medication	Prescriber	Date Started/ Stopped
Metformin*	500 mg*	Twice a day*	With a full glass of water*	Small white oval pill*	Diabetes*	Dr. Sarah Mills*	Start: 8/16/2020*

*Example chart information

Questions for Your Healthcare Provider

Before you begin taking a new medication, it's important to talk to your health care provider about the specific medication and possible side effects that can occur.

ask anytime!

- What is the name of the medicine?
- Is this a brand name or generic name?
- Are there less expensive medications for my blood pressure?
- What are the risks of not taking this medication?
- How and when do I take this medication, and for how long?
- Should I take it with food or on an empty stomach?
- What foods, drinks, other medicines, or activities should I avoid while taking this medicine?
- What happens if I miss a dose?
- How will I know that my medication is working?
- What are common side effects?
- What should I do if I have any of these side effects?
- What is my blood pressure goal?
- What is a blood pressure cuff and can the cost be covered by my insurance?