

My Medication Log

- List <u>all</u> of the medication you take.
- Keep this with you and bring it to every doctors appointment.

Date: __ /__ /___

Name and dose of medication	What is this/what does it do?	How Much and what time?				
		Morning	Noon	Evening	Bedtime	Reminder: When do I usually take it?
rample: exofenadine 180mg	Example: Antihistamine	Example: 1 pill at 10am				Example: After every meal / before bed