

Track My Medicine

EXAMPLE ONLY

Date	Medication	Breakfast	Lunch	Dinner	Bedtime	Notes
Monday June 12	Example: Tylenol 650mg every 4 hours	Taken at: 8:00am	Taken at: 12:00pm	Taken at: 4:00pm	Taken at: 8:00pm	Take with food
Mon 6/12	Blood thinner - 2x/day	7:00 am			8:00 pm	Take for 35 days
	Motrin 200mg every 4 hours	7:00 am	Noon	4:30 pm	9:00 pm	Slight nausea so take with food
	Acetaminophen 500mg every 4 hours	10:00 am	2:15pm	6:25 pm	10:05 pm	
	Pain medicine 1mg every 4 hours if I'm having pain	6:05 am	11:30 am		9:40 pm	
	Anti-nausea pill			5:15 pm		YES! Definitely helps!
	Antibiotic 2x/day	7:00 am			7:05 pm	Take until finished
	Stool Softener - once daily per box	7:00 am				