

My Medication Log

Name: _____ Allergies: _____

Primary care doctor: _____ Phone number: _____

Keep track of both prescribed and over-the-counter medications in the table below. Remember some over-the-counter medications can affect a chronic condition such as diabetes or hypertension. Consult with your doctor before making any changes to your medication regimen or taking an over-the-counter medication and update your doctor if any new symptoms arise.

Medication or supplement name	Dosage	When and how to take	Note any side effects

Questions to ask my doctor: