

MEDICATION RECORD



Remember that it is **very important** that you **communicate openly** with your prescribing doctor or psychiatrist. In general, if you don't respond well to one type of medication, you may tolerate and respond to a different type. Use this worksheet to record the types of medication you are currently taking, the dosage, and what side effects you might be experiencing. You might also want to take note of how you feel after taking the medication, whether or not it has been effective. Once you've recorded all this information, discuss your medication treatment with your doctor, especially if you are concerned about the way you feel. This information could also be valuable as a record of the medications you have taken in the past.

Use the space at the bottom of the page to write down some questions about your medication or illness you might want to ask your doctor.

	Name/Type of Medication	Dosage	Side Effects
Current			
Past			

Questions I might have for my doctor/mental health practitioner:
