My Medication List

Use this chart to keep track of all your medications. Write down the name, dosage, and time of day to take each medication. If you use insulin, include all types that you are using. Make a copy to keep in a binder so you can carry it with you.

Name of medication	Dosage	When to take it	With or without Food

This workbook is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.
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