

What I take and what it does

EXAMPLE · FICTIONAL

Every medication, supplement and therapy in one place, with how it is actually working. Update it before each appointment, and hand it over instead of reciting it.

HOW TO USE IT

1

List everything you take, including supplements and things you buy yourself.

2

Rate whether each one helps. “Cannot tell” is a real answer and worth saying.

3

Give any change two weeks before judging it, unless a side effect is severe. Then bring this sheet.

DATE UPDATED12 March

NAMESam

ALLERGIESPenicillin (rash)

PHARMACYBoots, High Street

HELPS?	0 No change Cannot tell it is doing anything	1 A little Some benefit	2 Clearly Noticeable benefit	3 A lot Big difference
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CURRENT TREATMENTS

NAME	DOSE	WHEN time of day	SINCE	FOR WHAT	HELPS 0–3	SIDE EFFECTS	PRESCRIBED BY
Methotrexate	15 mg	Saturday evening	Nov	Joint pain	2	Tired the day after	Dr Patel
Folic acid	5 mg	Sunday	Nov	With methotrexate			Dr Patel
Naproxen	500 mg	Morning and evening	Jan	Pain and stiffness	2	Stomach pain	GP
Vitamin D	1000 IU	Morning	Sep	Low level on bloods	1		GP
Magnesium	300 mg	Night	Feb	Sleep, cramps	1		Self
Physio exercises	10 min	Morning	Jan	Stiffness	2		Physio

Changes, questions and refills

EXAMPLE · FICTIONAL

CHANGES AND WHAT HAPPENED

Started, stopped or changed dose. Two weeks later, what was different?

DATE	WHAT CHANGED started, stopped, dose	WHY	RESPONSE AFTER ABOUT TWO WEEKS
3 Feb	Methotrexate 10 → 15 mg	Stiffness not settling	Less stiffness by week 3. More tired Sundays.
20 Feb	Started magnesium	Night cramps	Cramps better. Sleep unchanged.

STOPPED TREATMENTS

So nobody suggests them again without knowing why they stopped.

TREATMENT	STOPPED	WHY
Ibuprofen	Jan	Stomach pain, swapped to naproxen

QUESTIONS FOR THE NEXT APPOINTMENT

About side effects, timing, interactions, or whether something is still needed.

Is the Sunday tiredness the methotrexate, and is

there anything for it?

Do I need something to protect my stomach while on

naproxen?

REFILLS

MEDICATION	LAST REFILL	NEXT DUE
Methotrexate	1 March	29 March
Naproxen	20 Feb	20 March