My Medicines—How Can I Get the Most From Them?

Fill out the medicine chart below for all the medicines you take. This will help you know how, when, and why you take each medicine. Make sure you know the name, exact shape, color, and any words on your medicines.

Be patient with your medicine. It may take a few weeks to start feeling better. It may take even longer to get the full benefits. It is important to stick with your medicines to keep episodes from coming back.

Be careful with "natural" treatments. Nutritional supplements are not proven to treat bipolar disorder. Some herbs, minerals, and supplements affect the way other medicines work. Talk to your doctor before making any changes to your treatment.

Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

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