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. Don't stop taking your medicine without first talking to your doctor.

Stick with your medicine, even if you feel better. Taking your medicine as directed is probably why you feel better. Without medicine, your symptoms will likely return. You need to keep taking your medicine so you can keep feeling better.

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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