Pill daily log

Make a record of each pill after you take it. Two weeks fit on one page.

Medicine name, as on my label

Wait before eating, from my label

Two weeks starting

Date	Time taken	How I felt, food or anything else to remember

Question for my prescriber or pharmacist

Pill daily log

Make a record of each pill after you take it. Two weeks fit on one page.

Medicine name, as on my label: From my pharmacy label

Wait before eating, from my label: Copied from my label

Two weeks starting: Monday 2 November

Date	Time taken	How I felt, food or anything else to remember
Mon 2 Nov	7:05 am	Felt fine. Breakfast at home.
Tue 3 Nov	6:50 am	Early start for work.
Wed 4 Nov	7:10 am	A little queasy mid-morning.
Thu 5 Nov	7:00 am	
Fri 6 Nov	7:15 am	Tired in the afternoon.
Sat 7 Nov	8:30 am	Walk with a friend.
Sun 8 Nov	8:20 am	
Mon 9 Nov	7:05 am	Felt much the same as usual.
Tue 10 Nov	7:00 am	Wrote down a question for my visit.
Wed 11 Nov	7:10 am	
Thu 12 Nov	6:55 am	Busy day. Lunch was late.
Fri 13 Nov	7:05 am	
Sat 14 Nov	8:40 am	Slept in.
Sun 15 Nov	8:10 am	Felt comfortable all day.

Question for my prescriber or pharmacist

Is there anything else that would help to note each day?

My dose steps

Copy each step from your own prescription and label. Instructions differ between medicines.

Medicine name, as on my label

Prescribed by

Date I copied this

My steps

Copy each step word for word. Add a new row whenever your prescriber changes something.

Step	Strength, as on my label	How and when to take it, as on my label	From	Until
1				
2				
3				
4				
5				
6				

Other instructions on my label

Copy them exactly, including anything about food, drink or other medicines.

Instructions differ between medicines. Follow your prescriber and your label.

Daykin pre-fills nothing on this chart. Ask your pharmacist if anything is unclear.

My dose steps

Copy each step from your own prescription and label. Instructions differ between medicines.

Medicine name, as on my label	Prescribed by	Date I copied this
Copied from my label	My doctor	Monday 2 November

My steps

Copy each step word for word. Add a new row whenever your prescriber changes something.

Step	Strength, as on my label	How and when to take it, as on my label	From	Until
1	As printed on my label	Copied word for word from my label	The date I start	My next review
2	A new step, if my prescriber adds one	Copied from my new label		
3				
4				
5				
6				

Other instructions on my label

Copy them exactly, including anything about food, drink or other medicines.

Copied from my label, word for word.

Instructions differ between medicines. Follow your prescriber and your label.

Daykin pre-fills nothing on this chart. Ask your pharmacist if anything is unclear.

Refill countdown

Tick off each tablet and see when to ask for your next pack.

Medicine name, as on my label

Pack started on

Tablets in this pack

Repeats left on my prescription

My pharmacy

Ask for my next pack by

My countdown

Tick a box for each tablet you take. Shade any boxes beyond your pack size. Mark the day to ask for more.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Before I run out

- [ ] Check how many repeats are left on my prescription
- [ ] Book an appointment if I need a new prescription
- [ ] Ask my pharmacy to have my next pack ready

Notes

Refill countdown

Tick off each tablet and see when to ask for your next pack.

Medicine name, as on my label	Pack started on	Tablets in this pack
From my pharmacy label	Sunday 1 November	30

Repeats left on my prescription	My pharmacy	Ask for my next pack by
2	Corner pharmacy	Friday 20 November

My countdown

Tick a box for each tablet you take. Shade any boxes beyond your pack size. Mark the day to ask for more.

1 ✓ 1 Nov	2 ✓ 2 Nov	3 ✓ 3 Nov	4 ✓ 4 Nov	5 ✓ 5 Nov	6 ✓ 6 Nov	7 ✓ 7 Nov
8 ✓ 8 Nov	9 ✓ 9 Nov	10 ✓ 10 Nov	11	12	13	14
15	16	17	18	19	20 Ask today	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35

Before I run out

- [x] Check how many repeats are left on my prescription
- [ ] Book an appointment if I need a new prescription
- [ ] Ask my pharmacy to have my next pack ready

Notes

The pharmacy asked me to call two days ahead.