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.