MY Medication Chart

You can keep track of all prescription and over the counter medications, vitamins and herbs on this sheet.

Bring this along when you see your doctor or pharmacist to keep them updated on what you take.

What I take	Why I take it	Type of medication *(circle one)*	How Much	When	Special Notes
Metformin	*Help control my blood glucose*	Tablet Injection Liquid Patch	*1000mg or 1 tablet*	*Every day with breakfast & dinner*	*Sample*
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