



My Medication Routine

Some people find medication helpful when feeling low or anxious, but it is important that we take this as prescribed by our GP. Some side effects are normal, and likely short-term, however if you are concerned about side effects, or are unsure that medication is working for you, you should discuss with your GP.

What medication have I been prescribed?	
What dosage have I been prescribed (mg)?	
How often should I be taking my medication?	
How often do I take my medication?	
How do I feel about taking my medication?	
Is my medication working?	
Am I experiencing any side effects?	

It can be helpful to note down when you are taking your medication on a day to day basis.

Day	Time	How did I feel after taking my medication?	If I didn't take my medication today, what stopped me from doing this?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			