

## MEDICATION TRACKER

If you have side effects that are mild and you are not sure what is causing it would be worth keeping a record of your medications for a few days. Try using this **"MEDICATION TRACKER"** to record your side effects.

### SIDE EFFECT SCALE

1 2 3 4 5 6 7 8 9 10



**NO SIDE EFFECT**

**THE WORST I HAVE EXPERIENCED**

Keep a record of your side effects for a few days and use the 1-10 scale above. You can look back to see if your side effects are getting better or not. It is also worth making a couple of notes of anything that you do that is not your usual routine i.e. eating or drinking something different or not feeling right (e.g. cold, tummy bug). **You can then discuss this with your doctor or nurse as required.**

Side effects (i.e. dizziness, nausea, tiredness)	Date	Time of day	Score on side effect scale (1-10)	Comments/Notes