

# Medication History Log



**Creating a medication history log can help you and your doctors determine what treatment options might be best for you. Use a new medication tracker sheet for each medication you have been on, or are currently taking.**

**What medication are you taking?** \_\_\_\_\_

**Who prescribed this medication?** \_\_\_\_\_

**What is the dosage?** \_\_\_\_\_

**How do you take the medication? Is it an oral pill, an injection, cream, or other form?** \_\_\_\_\_

**What date did you start taking this medication?** \_\_\_\_\_

**What symptoms were you experiencing before you were prescribed this medication?**

**Has this medication improved any of those symptoms? If so, what improvements have you noticed?**

**Have you experienced any side effects from this medication? If so, what side effects have you experienced? When did they each start?**

**Did you stop taking this medication? If so, why did you stop taking it?**

**What date did you stop taking this medication?** \_\_\_\_\_