

# Medication Tracker

It is very important that you take your medications every day, exactly as your doctor has prescribed. This medication tracker has two pages; the first page lists all your medications and how they should be taken, while the second page is a weekly medication diary for you to keep track that you have taken your medications properly each day.

Take this first page with you to your doctor's appointment so that they can help you complete it. Keep a copy with you and make sure that a family member or caregiver knows where it is.

**My Doctor's Name:**

**My Doctor's Phone No:**

**In Case of Emergency, Contact:**

## My Medications:

**Medication name:** \_\_\_\_\_

**Dosage (strength of pills):** \_\_\_\_\_ **I take:** \_\_\_\_\_ *pills, at* \_\_\_\_\_

**What the medicine does:** \_\_\_\_\_

**I take it:** \_\_\_\_\_ *time per day* **With:** \_\_\_\_\_

**If I miss a dose, I should:** \_\_\_\_\_

**The doctor also said:** \_\_\_\_\_

**Medication name:** \_\_\_\_\_

**Dosage (strength of pills):** \_\_\_\_\_ **I take:** \_\_\_\_\_ *pills, at* \_\_\_\_\_

**What the medicine does:** \_\_\_\_\_

**I take it:** \_\_\_\_\_ *time per day* **With:** \_\_\_\_\_

**If I miss a dose, I should:** \_\_\_\_\_

**The doctor also said:** \_\_\_\_\_

**Medication name:** \_\_\_\_\_

**Dosage (strength of pills):** \_\_\_\_\_ **I take:** \_\_\_\_\_ *pills, at* \_\_\_\_\_

**What the medicine does:** \_\_\_\_\_

**I take it:** \_\_\_\_\_ *time per day* **With:** \_\_\_\_\_

**If I miss a dose, I should:** \_\_\_\_\_

**The doctor also said:** \_\_\_\_\_

**Medication name:** \_\_\_\_\_

**Dosage (strength of pills):** \_\_\_\_\_ **I take:** \_\_\_\_\_ *pills, at* \_\_\_\_\_

**What the medicine does:** \_\_\_\_\_

**I take it:** \_\_\_\_\_ *time per day* **With:** \_\_\_\_\_

**If I miss a dose, I should:** \_\_\_\_\_

**The doctor also said:** \_\_\_\_\_

**Medication name:** \_\_\_\_\_

**Dosage (strength of pills):** \_\_\_\_\_ **I take:** \_\_\_\_\_ *pills, at* \_\_\_\_\_

**What the medicine does:** \_\_\_\_\_

**I take it:** \_\_\_\_\_ *time per day* **With:** \_\_\_\_\_

**If I miss a dose, I should:** \_\_\_\_\_

**The doctor also said:** \_\_\_\_\_

# My Goal Numbers

Use this card to write down your treatment goal numbers. Track your blood pressure numbers on the chart below and bring it with you when you visit your doctor.

| Date | Blood Pressure | Cholesterol |     |       |
|------|----------------|-------------|-----|-------|
|      |                | LDL         | HDL | Total |
|      |                |             |     |       |
|      |                |             |     |       |
|      |                |             |     |       |
|      |                |             |     |       |
|      |                |             |     |       |
|      |                |             |     |       |
|      |                |             |     |       |

**My Goal Blood Pressure**

\_\_\_\_\_

**My Goal Cholesterol**

LDL: \_\_\_\_\_ HDL: \_\_\_\_\_ Total: \_\_\_\_\_

**Notes**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What your blood pressure numbers mean

| Blood pressure numbers | What they mean | Blood pressure numbers for people with diabetes | What they mean |
|------------------------|----------------|---|----------------|
| 140/90 or higher       | High           | 130/90 or higher                                | High           |
| 130/85                 | Good           | Less than 130/85                                | Good           |
| 120/80                 | Best           | 120/80  | Best           |

## What your cholesterol numbers mean

|                          | Good       | Fair       | Bad         |
|--------------------------|------------|------------|-------------|
| <b>Total cholesterol</b> | Under 200  | 200 to 239 | 240 or over |
| <b>LDL (Bad)</b>         | Under 129* | 130 to 159 | 160 or over |
| <b>HDL (Good)</b>        | 60 or over | 40 to 59   | Under 40    |

\* Under 100 is best. If you have heart disease or diabetes, your LDL should be lower than 100.

