



Your Pill Diary

Today's date: _____

Drug: _____

Dose: _____

How often: _____

Your name: _____

Instructions

- Take your pills at the same time each day.
- Take your pills with 1 cup of water (250 mls).
- Swallow all pills whole. Do not chew, crush, dissolve or divide pills.
- Store at room temperature. Do not expose the pills to temperatures greater than 30°C. Do not put in the fridge.
- Bring your pill bottles and this diary to each clinic appointment.

please turn over for Pill Diary Chart →

Your Pill Diary

Day	Date	Time(s) Taken	Comments
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