



Rx

Medication Diary



“Using the diary encouraged me to research my meds further which really helped me in discussions with my psychiatrist. I was able to discuss pros and cons of coming off one medication to go onto another. I was also able to discontinue one medication due to negative side effects.”

“It was helpful to have the emojis in the logs to see patterns of behaviour emerging in my sleep, mood & appetite. It showed me ‘red flags’ when I was not so well and starting to deteriorate.”

“The diary helped me to identify a problem with my medication that led to me being removed from that medication. I felt it empowered me to be and want to be more involved.”

What is a **Medication Diary** & why will it help you?

This diary aims to help you to make the best of your medication and enables you to see if it is working well for you.

It increases the level of information you have to hand when you talk to your prescriber and reminds you of any concerns you may have that you wanted to discuss with them.

Medication can be really helpful but only if it's the right one for you. The more information you can capture in this diary, the better your chances of finding a suitable medication with the least side effects for you. You don't have to use it every day if that doesn't work for you. Discuss and agree with your prescriber how you're going to use it so that they know what the aim of your diary is.

If you can, keep track of what you take, when and how it made you feel or if you have side effects that concern you. Agree with your prescriber how long, after taking your medication, you note down details of its effects and side effects – this can vary depending on your medication.

Using the information in your diary during discussions with your prescriber will ensure that you are listened to and have a say in any decisions made about your care.

How to use the **Medication Diary**

To start out, jot down and discuss with your doctor a few of the basics, such as:

What does a good day look like for you?

A large, empty rectangular box with a thin green border, intended for the user to write their response to the question above.

What does a bad day look like for you?

A large, empty rectangular box with a thin green border, intended for the user to write their response to the question above.

What are you hoping to achieve with this treatment?



Are there specific symptoms or problem areas that you would like to address?

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How to rate your Sleep, Mood & Appetite

Very Poor	Poor	Average	Good	Very Good
1	2	3	4	5

Date/Time	Medication Effect inc. symptoms / side effects	Rate your Mood (1-5)	Rate your Appetite (1-5)	# Hrs Slept that night	Rate your Sleep (1-5)	Any other stimulants or medications taken that day e.g. alcohol, caffeine, cigarettes, pain meds, sleep aids, over-counter meds, protein supplements

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Any other Comments:

This is your opportunity to note down anything else that's concerning you or that you'd like to monitor that isn't included in the chart. This could include:

- If you felt that the medication made you feel better or worse
 - describe how
- Were you able to achieve things that were previously challenging
- Were there any other side affects (emotional or physical) you were not happy about e.g. thoughts of self harm, voices, suicidal thoughts, constipation, IBS, skin rash, reduced/ increased sex drive

Sometimes it's easier for others to spot things that you don't, so consider asking a partner/friend if there are any comments they can make here that might help?

Any other Comments:

Notes

Any other Comments:

Things to discuss



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Our values



Respectful



Open



Collaborative



Compassionate



Consistent