

Weekly Drug Chart:

If you find it hard to keep on top of what to take when, particularly if you are drowsy then ask your partner to fill this chart in and set alarms on your phone for medication time. Tick when you've taken your dose.

	Morning		Lunchtime		Tea time		Bedtime	
	Medication and dose	Taken √	Medication and dose	Taken √	Medication and dose	Taken √	Medication and dose	Taken √
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								

