Medicine planner

This medicine planner will help you to keep track of all your medicines and to take them at the right time and at the right dose.

Instructions:

- Fill in this table with details of the medicines you take.
- Keep this sheet in a visible place near where you store your medicines. Take it with you when you travel.
- If you stop taking a medicine or start taking a new medicine, remember to update this list.
- If you have any questions about your medicines or completing this form, speak to your doctor or pharmacist.

Medication	Strength	Directions	AM	PM	Medicine for	Description	Doctor
Example: Famvir	500 mg	One tablet twice a day	1	1	Antiretroviral	Round white tablet	Dr Smith