

MEDICATION TRACKER

It can be hard to remember when – or if – you took your last pill when you're in pain or feeling exhausted. This printable tracker takes the guesswork out of managing your medications.

Introduction

You will likely talk with your surgeon and maybe your anesthetist before surgery. They will ask what medications you're already taking and if you have any drug allergies. This helps them identify interactions between drugs they may use in your surgery and recovery. It's also important to tell them about any herbal or vitamin supplements you take. And if you use recreational drugs, it's important they know this too. There can be serious interactions between certain drugs, vitamins, and herbs.

How to Use the Tracker

- Use the space below to write down what you are taking now, before your surgery. (Use the back if you run out of room.)
- The next pages of the Tracker are blank. This lets you record all the medications you need to take after surgery, so you don't miss a dose or take too much by accident. Some pharmacies offer free blister packaging of individual pills for people who take a lot of medications. You can print the blank Tracker pages so they're ready to use when you get home from the hospital.

Medications I Take Now

Medication/supplement name	Dosage/Amount	I take this for

MEDICATION TRACKER

Medication/supplement name	Day	Time taken am/pm	Dosage/amount taken	Time for next dose	Comments

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