



Dr. Andrea Murphy, Assistant Professor, School of Nursing, Dalhousie University; Research Associate, Sun Life Financial Chair in Adolescent Mental Health
Dr. David Gardner, Associate Professor, Department of Psychiatry & College of Pharmacy, Dalhousie University
Dr. Stan Kutcher, Professor of Psychiatry; Sun Life Financial Chair in Adolescent Mental Health and Director, WHO Collaborating Center in Mental Health Training and Policy Development, Dalhousie University

Copyright © 2008. All rights reserved.
No part of this publication can be reproduced without prior written consent of the authors.

MEDICATIONS FOR MENTAL SYMPTOMS AND ILLNESSES

This table gives a “big picture” look at the classes or groups of medications and examples in each group. It is not a complete list. The medications are colour coded by group. Talk to your prescriber or pharmacist for more information on medications not on this list.

Classes of drugs	Common group names	Common examples	
		Generic name	Trade name
Antianxiety and sleep medications	Benzodiazepines Antihistamines Antidepressants Natural Health Products Other	alprazolam clonazepam diazepam lorazepam oxazepam temazepam diphenhydramine trazodone melatonin zopiclone	Xanax Rivotril Valium Ativan Serax Restoril Benadryl Desyrel Melatonin Imovane
Antidepressants	Selective serotonin reuptake inhibitors (SSRIs) Tricyclic antidepressants (TCAs) Others	citalopram escitalopram fluoxetine fluvoxamine paroxetine sertraline amitriptyline clomipramine imipramine bupropion duloxetine venlafaxine mirtazapine	Celexa Cipralext Prozac Luvox Paxil Zoloft Elavil Anafranil Tofranil Wellbutrin Cymbalta Effexor Remeron
Antipsychotics	Conventional (typical) antipsychotics Modern (atypical) antipsychotics	chlorpromazine flupenthixol haloperidol loxapine perphenazine pimozide zuclopenthixol clozapine olanzapine paliperidone quetiapine risperidone ziprasidone	Largactil Fluanxol Haldol Loxapac Trilafon Orap Clopixol Clozaril Zyprexa Invega Seroquel Risperdal Zeldox

MEDICATIONS TABLE CONTINUED...

Classes of drugs	Common group names	Common examples	
		Generic name	Trade name
Mood stabilizers	Anticonvulsants Other	carbamazepine lamotrigine oxcarbazepine topiramate valproate divalproex valproic acid lithium	Tegretol Lamictal Trileptal Topamax Depakene Epival Carbolith Duralith
Stimulants and related medications	Stimulants Others	dextroamphetamine/ amphetamine salts methylphenidate modafinil atomoxetine clonidine	Dexedrine/Adderall Ritalin, Concerta, Biphentin Alertec Strattera Catapres



Remember – medications are used to help you get better. You need to know about how they can help and what problems they might cause. It is your body and your mind!

ANTIANXIETY AND SLEEP MEDICATIONS

Commonly used for:

Problems with sleep, anxiety, and agitation. These **medications** can also be used to treat some **side effects** caused by antipsychotics.

How these medications work:

Antianxiety and sleep **medications** have been found to work on several chemicals (or “neurotransmitters”) and their targets (or “receptors”) in the brain. The main chemical many of these drugs affect is called GABA. GABA has a “calming” effect and this effect is increased by benzodiazepines and a similar medication called zopiclone.

How do I know if it is working?

Before you start to take an antianxiety or sleep **medication** you should talk to your **prescriber** about the symptoms you have (e.g. nervousness, lack of sleep, **panic** feelings) and when your symptoms should start to improve. Your prescriber and other **health providers** should come up with a plan of how to track these symptoms with you (**SEE PAGES 41 TO 46 AS WELL AS YOUR MED ED PASSPORT**). It is a good idea to write down your symptoms and activities so that you and your **health providers** can tell if the medication is helping.

SIDE EFFECTS:

Common: The picture on the next page shows some common **side effects** that can occur with antianxiety and sleep **medications**. Show this picture to your **prescriber** and discuss the side effects that may apply to the medication prescribed for you. Ask your prescriber to tell you about any uncommon but potentially harmful side effects that can happen. Talk about when and how to watch for side effects and about what to do if side effects happen. You can make notes about this information in your **MED ED PASSPORT**.

Uncommon but could be serious or harmful:

Withdrawal reactions can happen if you take an antianxiety or sleep **medication** regularly and then stop it suddenly.

Seizures and confused thinking are rare problems that can happen if the medication is stopped suddenly after it has been used for a long time.



When and who to ask for help:

You should ask for help any time you have a question about your illness, symptoms, or **medication**. It is very important that you ask for help if you think you are having **side effects** or feel that medications are not working. If you take an antianxiety or sleep medication, you should ask your **health providers** about a plan for regular appointments to see how you are doing on your medication. You should also ask about who to call in an emergency.

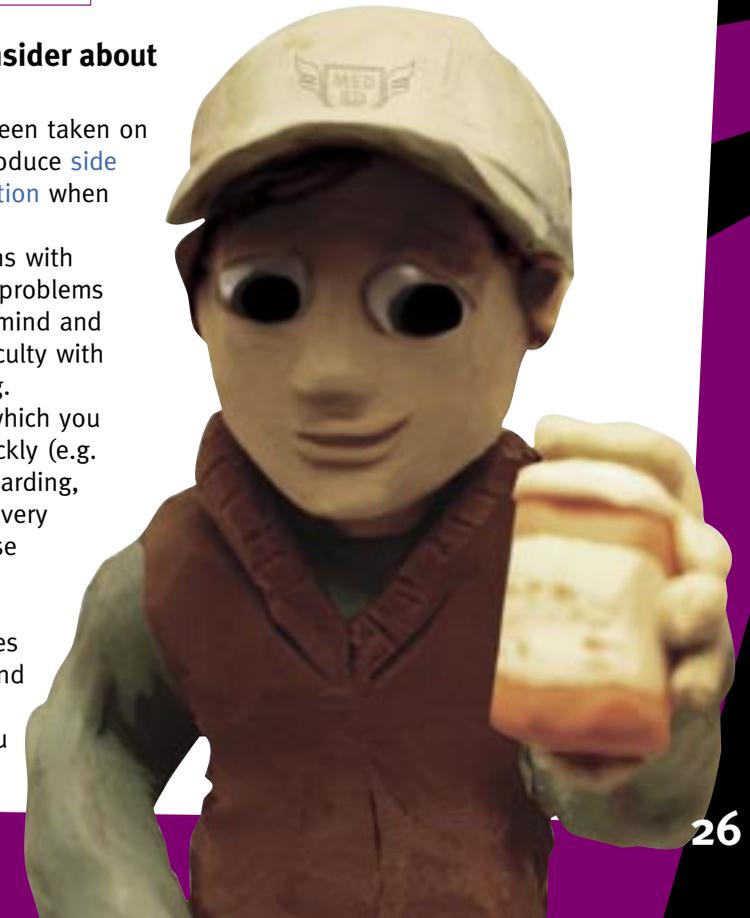
Important things to consider about these medications:

If these **medications** have been taken on a regular basis, they can produce **side effects** or a **withdrawal reaction** when stopped quickly.

Taking these medications with alcohol can lead to serious problems including slowness of your mind and body, intoxication, and difficulty with common sense and thinking.

Any other activities in which you need to think and react quickly (e.g. driving, bike riding, snowboarding, skateboarding, etc.) can be very dangerous while taking these medications.

Talk to your **health providers** about any activities in which you need quick mind and body responses. They can tell you if and when you can do these activities.



ANTIDEPRESSANTS

ANTIDEPRESSANTS

Commonly used for:

Problems with mood (e.g. [depression](#)), anxiety disorders (e.g. generalized anxiety disorder, [obsessive compulsive disorder](#), [panic disorder](#), post traumatic stress disorder), [eating disorders](#), and sleep problems. These [medications](#) also have many other uses. Please talk to your [prescriber](#) or pharmacist for more information on other uses.

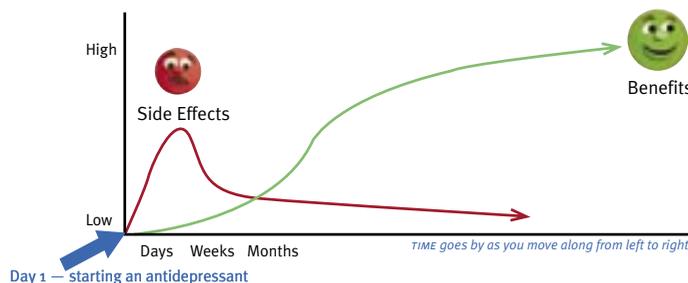
How these medications work:

Antidepressants have been shown to increase the activity of several chemicals (or “neurotransmitters”) and targets (or “receptors”) in the brain. Examples of some of the chemicals are serotonin and noradrenaline.

How do I know if it is working?

Before you start to take an antidepressant, you should talk to your [prescriber](#) about the symptoms you have and when they should start to improve. Your prescriber and other [health providers](#) should come up with a plan of how to track these symptoms with you ([SEE PAGES 41 TO 46](#)). It is a good idea to write down symptoms and activities so that you and your health providers can tell if the [medication](#) helps make them better.

It is important to know that antidepressants can cause some [side effects](#) before you notice that your symptoms are getting better. This picture shows that after starting an antidepressant the side effects ([red line](#)) are more likely to happen at first and will eventually go down in time. The benefits ([green line](#)) of the medication also increase as time goes by (e.g. improving mood, sleep, energy, reducing anger).



SIDE EFFECTS:

Common: The picture on the next page shows some common [side effects](#) that can happen with some of the antidepressants. Different groups of antidepressants have different side effects.



Show this picture to your [prescriber](#) and discuss which side effects may apply to the medication prescribed for you. Ask your prescriber to tell you about any uncommon but potentially harmful side effects that can happen. Talk about when and how to watch for side effects and about what to do if side effects happen. You can make notes about this information on pages 69 to 74, or in your [MED ED PASSPORT](#).

Uncommon but could be serious or harmful:

Changes in mood including unusual happiness, feeling irritable, cranky, or feeling excited.

Thoughts about hurting yourself or suicide.

Abnormal bleeding.

Serotonin syndrome which can have symptoms such as fever, sweating, problems with reflexes, shaking, problems with balance and movements, and confusion.

When and who to ask for help:

You should ask for help any time you have a question about your illness, symptoms, or [medication](#). It is very important that you ask for help if you think you are having [side effects](#) or feel that your medication is not working. If you take an antidepressant, you should ask your [health providers](#) about a plan for regular appointments to see how you are doing on your medication. You should also ask about who to call in an emergency.

Important things to consider about these medications:

In recent years, there has been a lot of news about the side effects and risks of antidepressants. If you have thoughts of hurting yourself before starting or during treatment with an antidepressant, it is important to tell [health providers](#), especially your [prescriber](#). These medications can help to decrease these thoughts in most people. Uncommonly, these feelings can become stronger or more intense early in treatment for some people.

It is important to talk to [health providers](#) about the benefits and risks of treatment.

Do not stop these medications quickly or “cold turkey” as side effects or a [withdrawal reaction](#) can happen. Although this reaction is not dangerous it can make a person feel very unwell.

ANTIPSYCHOTICS

Commonly used for:

Symptoms of [psychosis](#) such as [hallucinations](#) and [delusions](#), and psychotic illnesses such as [schizophrenia](#), delusional disorders, psychotic depression, mania, and [Tourette's syndrome](#). They are also used to treat some kinds of aggression.

How these medications work:

Antipsychotics have been shown to work on several chemicals (or “neurotransmitters”) and targets (or “receptors”) in the brain. The most common chemical that antipsychotics work on is dopamine. These [medications](#) decrease the activity of dopamine.

How do I know if it is working?

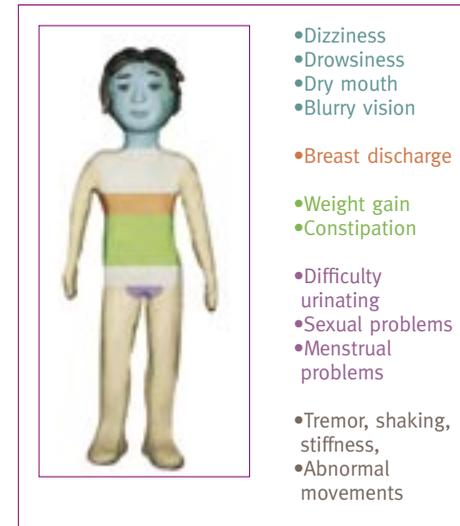
Before you start to take an antipsychotic it is important to talk to your [prescriber](#) about the symptoms you have and when they should start to improve. Your prescriber and other [health providers](#) should come up with a plan of how to track your symptoms with you ([SEE PAGES 41 TO 46](#)). It is a good idea to write down symptoms and activities so that you and health providers can tell if the medication helps make them better.

Some symptoms can be harder to treat than others. For example, hearing voices, seeing things, “high” mood, and paranoid thoughts can often be well treated with antipsychotics. It can be harder to treat other things such as lack of interest in school or friends and difficulty focusing. As antipsychotics begin to work, symptoms such as hearing voices can lessen over days to weeks, almost like “turning the volume down”. Symptoms do not go away immediately, like “turning off a light switch”. Some symptoms, like a lack of interest in life, can take months to treat.

SIDE EFFECTS:

Common: The picture on the next page shows some common [side effects](#) that can happen with some of the antipsychotics. Different groups of antipsychotics have different side effects. Show this picture to your [prescriber](#) and discuss the side effects that may apply to the [medication](#) prescribed for you. Ask your prescriber to tell you about any uncommon but potentially harmful side effects that can happen. Talk about when and how to watch for side effects and about what to do if side effects happen. You can make notes about this information on pages 69 to 74, or in your [MED ED PASSPORT](#).

ANTIPSYCHOTICS



Uncommon but could be serious or harmful:

Sudden cramping of muscles called dystonic reactions can happen with these [medications](#). The signs of a dystonic reaction include severe muscle spasms or contractions of the neck or jaw that typically happen shortly after the medication is started. It can be very scary for the person who has it. You need to get help at once for this reaction. There is a treatment that stops the reaction. Once it has stopped, there are usually no long lasting-problems.

Another [side effect](#) that is rare but very serious is called neuroleptic malignant syndrome (or NMS).

A person can have stiff muscles, sudden confusion, a high fever, and problems with blood pressure and heart rate. Get help at once if you have some or all of these symptoms because you will need treatment in a hospital.

Some antipsychotics cause an increase in appetite and weight gain as well as problems with blood sugar that can lead to [diabetes](#). Some people have an increase in their cholesterol when taking an antipsychotic. You and your [prescriber](#) should discuss when and how to watch for these side effects.

When and who to ask for help:

You should ask for help any time you have a question about your illness, symptoms, or [medication](#). It is very important that you ask for help if you think you are having [side effects](#) or feel that your medications are not working. If you take an antipsychotic, you should ask your [health providers](#) about a plan for regular appointments to see how you are doing on your medication. You should also ask about who to call in an emergency.

Important things to consider about these medications:

These [medications](#) can come as a regular tablet, a liquid, or as a wafer that melts on your tongue. Also, they can be given by injection into a muscle. These injections, known as depot injections, are usually given by a nurse or doctor every 2 to 4 weeks.

Commonly used for:

Bipolar disorder (manic-depression), mania, **depression**, rapid and unwanted changes in mood, agitation, and aggression.

How these medications work:

Mood stabilizers work on many chemicals (or “neurotransmitters”) and targets (or “receptors”) in the brain. Some of these chemicals are glutamate and inositol.

How do I know if it is working?

Before you start a mood stabilizer it is important to talk to your **prescriber** about the symptoms you have and when they should start to improve. Your prescriber and other **health providers** should come up with a plan of how to track your symptoms with you (SEE PAGES 41 TO 46). It is a good idea to write down symptoms and activities so that you and health providers will be able to tell if the medication helps make them better. The time it takes for mood stabilizers to work depends on the person and their symptoms. These **medications** can take days to weeks to work.

SIDE EFFECTS:

Common: The picture on the following page shows some common **side effects** that can happen with some of the mood stabilizers. Different mood stabilizers have different side effects. Show the picture to your **prescriber** and discuss the side effects that apply to the **medication** prescribed for you. Ask your prescriber to tell you about any uncommon but potentially harmful side effects that can happen. Talk about when and how to watch for side effects and about what to do if side effects happen. You can make notes about this information on pages 69 to 74, or in your **MED ED PASSPORT**.

Uncommon but could be serious or harmful:

Some of the mood stabilizers can cause rare but serious **side effects**.

Valproate can cause blood problems and people should be told to watch for things like bleeding or bruising easily. Some blood problems can also occur with carbamazepine.

Carbamazepine, oxcarbazepine, and lamotrigine can cause a severe skin rash with fever and muscle breakdown. Going to the hospital for treatment can be needed. On rare occasions this can be fatal.

If you get a fever while taking a mood stabilizer, call your **prescriber** right away.



- Dizziness
- Drowsiness
- Double vision
- Acne
- Hair thinning
- Memory difficulties
- Dry mouth
- Fatigue
- Trouble sleeping
- Low thyroid
- Increased thirst

- Upset stomach
- Diarrhea
- Vomiting
- Loss of appetite
- Weight gain

- Increased urinating

- Tremor
- Clumsiness
- Muscle cramps
- Sweating
- Skin rash

When and who to ask for help:

You should ask for help any time you have a question about your illness, symptoms, or **medication**. It is very important that you ask for help if you think you are having **side effects** or feel that your medications are not working. If you take a mood stabilizer, you should ask your **health providers** about a plan for regular appointments to see how you are doing on your medication. You should also ask about who to call in an emergency.

Important things to consider about these medications:

Some of the mood stabilizers such as lithium can interact with **medications** that are sold without a **prescription**

(e.g. pain relievers like ibuprofen—Advil®). These **drug interactions** can be serious and make a person very sick. It is important to ask **prescribers** or pharmacists about taking any other medications with mood stabilizers.



STIMULANTS AND RELATED MEDICATIONS

Commonly used for:

Attention Deficit Hyperactivity Disorder (ADHD), aggression, and problems with social interactions.

How these medications work:

Medications for ADHD have been found to work on several chemicals (or “neurotransmitters”) and targets (or “receptors”) in the brain. Examples of the names of some of the chemicals are noradrenaline, serotonin, and dopamine.

How do I know if it is working?

Before you start to take a stimulant medication it is important to talk to your prescriber about the symptoms you have and when they should start to improve. Your prescriber and other health providers should come up with a plan of how to watch these symptoms with you (SEE PAGES 41 TO 46). It is a good idea to write down symptoms and activities so that you and health providers can tell if the medication helps make them better.

SIDE EFFECTS:

Common: The picture on the next page shows some common side effects that can occur with the stimulants. Show this picture to your prescriber and discuss the side effects that may apply to the medication prescribed for you. Ask your prescriber to tell you about any uncommon but potentially harmful side effects that can happen. Talk about when and how to watch for side effects and about what to do if side effects happen. You can make notes about this information on pages 69 to 74, or in your MED ED PASSPORT.

Uncommon but could be serious or harmful:

Stimulant medications can cause a fast or pounding heart beat in some people.

Stimulants have also caused weight loss and slowed growth in some people. The weight loss and growth can come back to normal once you stop the medication. Talk to your prescriber and other health providers about how to watch for these symptoms.



STIMULANTS AND RELATED MEDICATIONS



- Dizziness
- Drowsiness
- Fatigue
- Trouble sleeping
- Behavioural problems

- Upset stomach
- Diarrhea
- Vomiting
- Loss of appetite
- Weight loss

- Sweating

- Muscle tics

When and who to ask for help:

You should ask for help any time you have a question about your illness or medication. It is very important that you ask for help if you think you are having side effects or feel that your medications are not working. If you take a stimulant you should ask your health providers about a plan for regular appointments to check on how you are doing on your medication. You should also ask who to call in an emergency.

Important things to consider about these medications:

Some people who take stimulants have

withdrawal reactions in between doses.

There are many different dosage forms for stimulant medications so it is important to check directions on how to take medications with your prescriber and pharmacist.

In recent years, there has been a lot of news about the risks of stimulants in youth. It is important to talk to health providers about the benefits and risks of treatment. There is also a lot of false information about stimulants on the Internet. Discuss this information with health providers if you are worried about it.



If you have a question about your medication after the regular business hours of your prescriber or pharmacist, most communities and cities will have one or more pharmacies that are open 24 hours a day. Pharmacists can help answer questions about medications and give advice. Do not hesitate to call if you have a question.

Medication questions and checklist to ask your prescriber

What is this checklist for?

- Getting important information about **medications** from your prescribers.
- Helping explain medications to other people such as teachers or other **health providers** (e.g. nurses, therapists) because medications can affect many aspects of life.

What the checklist does and does not have:

- Does have: questions about what the medication is used for, what **side effects** can happen, and how to take the medication.
- Does not have: everything that could be known about medications. For example, your doctor may not know if you have a drug plan to pay for the medication. If medication cost is a concern, talk to your **prescriber** and pharmacist.

When do I use this checklist?

- Use this checklist at each visit. Remember, a medication is a really important part of your treatment. You need to have as much information as possible about it.
- Tell your **prescriber** about this checklist at the start of the visit and that you may need their help to fill it out. This is a good way to help you and your prescriber talk about your medication.



It is always a good idea to keep an up-to-date list of your medications with you in a safe place such as your wallet or your parent's wallet. See pages 59 to 64 or in your Med Ed Passport on pages 31 to 38 for examples.

Medication questions and checklist to ask your prescriber

Follow-up with pharmacist

✓	Question	Notes and tasks to do	✓
	What is the name of the medication?		
	What is this medication for?		
	Tell me about the symptoms this medication will help with.		
	How long will it take for the medication to start working?		
	What are the common side effects of this medication? When do they happen?		
	Tell me about any serious side effects that can happen.		
	What should I do if side effects happen?		
	Is there any reason I should stop the medication?		
	Should I avoid any foods or alcohol?		
	Will this medication affect any other medications that I take?		
	Will this medication affect other diseases I have?		
	Do I need blood tests while I take this medication? [†] (If yes, go to PAGE 40 for blood testing questions).		
	How much will this medication cost?		
	Can I take this medication if I'm pregnant?		
	What are my other treatment options?		
	What is likely to happen if I don't take this treatment?		
	When is my next appointment with you?		
	Who writes the refills for this medication if I need them?		
	What should I do if I have an emergency? Who should I call? What is the phone number?		
	Other Questions		

Medication questions and checklist to ask your pharmacist

What is this checklist for?

- Getting important information about **medications** from your pharmacist who gives you the medication and checks how you are doing on the medication.

What the checklist does and does not have:

- Does have: questions about things such as what the medication is used for, the **side effects** that can happen, and how to take the medication.
- Does not have: everything that you could want to know about medications. Each person will want to know different things. For example, the pharmacist may or may not know that a person has had a side effect from a medication. In order to make sure they know this information, you can ask that it be written down on your pharmacy computer profile.

When do I use this checklist?

- At each visit to your pharmacist. Remember, a medication is a really important part of your treatment. You need to have as much information as possible about it.
- Tell your pharmacist about this medication checklist at the start of the visit or when you pick up your **prescription**. Tell the pharmacist if you need help to fill out the checklist. Telling the pharmacist about the list ahead of time will give more time to discuss important questions about medications.
- If possible, use a private counselling room with the pharmacist so that you can talk about your medications in a quiet place.



It is good to work with one pharmacist who knows you and your medications well. If you cannot always see the same pharmacist, it is important to get all of your medications at the same pharmacy so that the pharmacists know the medications that you take, how you react to medications, and if you could be at risk of any drug interactions.

Medication questions and checklist to ask your pharmacist

Follow-up with prescriber

✓	Question	Notes and tasks to do	✓
	What is the name of the medication?		
	How (e.g. with or without food) and when (e.g. number of times or best time of day) should I take the medication?		
	Can you tell me the symptoms this medication is supposed to treat?		
	Please tell me how long will it take for the medication to work.		
	What are the common side effects of this medication? When do they happen?		
	Tell me about any serious side effects that can happen.		
	What should I do if side effects happen?		
	Is there any reason I should stop the medication?		
	Should I avoid any foods or alcohol?		
	Will this medication affect any other medications that I take?		
	Will this medication affect other diseases I have?		
	Does my drug plan cover this medication? How much does it cost?		
	When is the next refill due?		
	What phone number can I call if I have a question for you? What are your store hours?		
	Other Questions		

BLOOD TEST CHECKLIST

† Use this checklist if you answered “**yes**” to the question: “**Do I need blood tests while I take this medication?**” on the CHECKLIST DOC.

Blood tests are done when taking some [medications](#).

Reasons for blood tests include:

- a check for side effects (e.g. is the medication causing problems with your blood or other organs in the body)
- a check of how much medication is in the body
- a check to see if a change in the medication [dose](#) is needed
- a check for [drug interactions](#)

What is this checklist for?

- Getting important information about blood tests for medications from [prescribers](#).



BLOOD TEST CHECKLIST

✓	Question	Notes and tasks to do
	Why are blood tests needed?	
	What does the test look at? (e.g. medication levels, cells)?	
	What time of day is the blood test done?	
	How often do I have the blood test?	
	Can I take medication on the day of the blood test?	
	Should I avoid anything the day I have the test? (e.g. foods, other medications)	
	How do I find out about the results? Should I keep track of my results?	
	Are there symptoms to watch for that would tell me to get a blood test? (e.g. if I have a side effect)?	
	Who should I call if I cannot get blood tests when I am supposed to?	
	Where should I go to get blood tests? Is there a list of places where blood tests are done in this community?	
	If the people who do the blood test ask where to send the results, what should I tell them?	
	Other Questions	



SYMPTOM TRACKER



Write down 3 symptoms that bother you. Rate each symptom using the happy and sad face scale. Talk with your health providers about how often to do this (such as once a week). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
SYMPTOM 1:			
Dates	worse	no change	better
SYMPTOM 2:			
Dates	worse	no change	better
SYMPTOM 3:			
Dates	worse	no change	better

SYMPTOM TRACKER



Write down 3 symptoms that bother you. Rate each symptom using the happy and sad face scale. Talk with your health providers about how often to do this (such as once a week). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
SYMPTOM 1:			
Dates	worse	no change	better
SYMPTOM 2:			
Dates	worse	no change	better
SYMPTOM 3:			
Dates	worse	no change	better

ACTIVITY TRACKER



Write down 3 things or activities that you would like to do better but can't because you feel unwell. These can be things like grades at school, hanging out with friends, playing music, or playing soccer. Rate each activity using the happy and sad face scale. Talk with your health providers about how often to do this (such as once a month). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
ACTIVITY 1:			
Dates	worse	no change	better
ACTIVITY 2:			
Dates	worse	no change	better
ACTIVITY 3:			
Dates	worse	no change	better

ACTIVITY TRACKER



Write down 3 things or activities that you would like to do better but can't because you feel unwell. These can be things like grades at school, hanging out with friends, playing music, or playing soccer. Rate each activity using the happy and sad face scale. Talk with your health providers about how often to do this (such as once a month). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
ACTIVITY 1:			
Dates	worse	no change	better
ACTIVITY 2:			
Dates	worse	no change	better
ACTIVITY 3:			
Dates	worse	no change	better

SIDE EFFECT TRACKER

Write down the 5 side effects that bother you most. Rate each side effect using the happy and sad face scale. Talk with your health providers about when to do this (such as once a week). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
SIDE EFFECT 1:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 2:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 3:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 4:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 5:			
Dates	worse	no change	better
			
			
			
			

SIDE EFFECT TRACKER

Write down the 5 side effects that bother you most. Rate each side effect using the happy and sad face scale. Talk with your health providers about when to do this (such as once a week). Take this or your Med Ed Passport to each visit with your health providers.

Current medication names and doses:			
SIDE EFFECT 1:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 2:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 3:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 4:			
Dates	worse	no change	better
			
			
			
			
SIDE EFFECT 5:			
Dates	worse	no change	better
			
			
			
			

