U.S. PAIN FOUNDATION

# WHAT DID I TAKE?

## My Medication & Pain Relief Tracker

When you're managing pain, it's not always easy to remember what you took, when you took it, or whether it helped. Keeping track of this information helps you know when it's OK to take another dose or another type of medication, when to wait, and what medications are helping more than others.

Use this simple tracker to keep everything in one place, especially if you take more than one medication.

**DATE:** _____

| Time taken | Medication & active ingredient | Amount or dose taken | Did it help? For how long? | Any side effects? | Other notes |
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## A Few Things to Remember

- **Record medications when you take them** rather than relying on memory.
- **Check active ingredients**, especially when using multiple medications or combination products, including cold, flu, or allergy medications.
- **Follow the directions** on each medication. This tracker does not tell you when another dose is safe.
- If your medication isn't helping or causes side effects, **talk with your healthcare provider**.

## Questions for My Pharmacist or Healthcare Provider

**KNOW WHAT YOU'RE TAKING. KNOW WHAT TO ASK. KNOW YOUR OPTIONS FOR PAIN RELIEF.**

This content is intended for educational purposes only and is not a substitute for professional medical advice. Always follow the Drug Facts label and consult your healthcare provider or pharmacist with questions about medication use.