Monthly medicine calendar

Hints for Heart Health

Before you use the calendar, make copies of it for each month of the year. Use a pencil when filling it in. This way, you can easily make changes to it if your treatment changes. On the calendar, list each of your medicines. Write down the times of the day you need to take each one. Then, write how much to take (for example, 2 pills). When you take each medicine, place a check mark in the box for the day.

Month _____ Every day, check off the medicines as you take them.

Medicine name & strength (dosage)	How much to take	When to take	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Talk to your doctor if you have any questions about your medicine or about using this calendar.

This material was developed by GlaxoSmithKline.

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