

KEEPING TRACK

MY MEDICATION JOURNAL

➡ **Cancer-related therapies must be taken exactly as prescribed to be fully effective.** Use this document to track each dose, including any missed doses. Make additional copies as needed. Share with your doctor during follow-up appointments.

MY DIAGNOSIS

Cancer Type/Subtype	
Stage/Grade	
Biomarkers (if any)	

MY HEALTH CARE TEAM CONTACTS

TYPE OF CONTACT	NAME	PHONE/E-MAIL
Oncologist/Specialist		
Nurse Navigator		
Primary Care Physician		
Pharmacy		

MY MEDICATION TRACKER

DATE	MEDICATION	DOSAGE/ FREQUENCY	NOTE THE TIME YOU TOOK YOUR LAST DOSE				DETAILS OF ANY SIDE EFFECT
8/15/23	Drug name	350 mg once every 4 hours	8 a.m.	12 p.m.			Mild diarrhea an hour later.

WHAT TO WATCH FOR

Ask your doctor about any side effects or symptoms that require immediate assistance and note them here:
