



## Weekly Medication Log



This tool is intended to help you to keep track of the medications you are taking each day for your depressive illness. Space is also provided to make notes about any symptoms or side effects you may be experiencing. Make sure you share this information with your healthcare provider. Together, you can review your progress and make sure you're getting the most out of your treatment plan.

### For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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Day / Date	Med #1 <u>Relexa</u> dose/ time taken	Med #2 <u>Trazodone</u> dose/ time taken	Med #3 <u>Lithium</u> dose/ time taken	Med #4 <u>Klonopin</u> dose/ times taken	<i>Have I experienced any side effects from my medications today?</i> <b>Explain</b>
Sunday	20mg/8am	50mg/9pm	300mg/8am 600mg/8pm	None	Nausea, diarrhea
Monday	20mg/8:30am	100mg/10pm	300mg/8:30am 600mg/8pm	None	Hangover, tired
Tuesday	20mg/7:30am	None	300mg/8am 600mg/8pm	1mg/10am	Dizzy
Wednesday	20mg/8am	None	300mg/9am 600mg/8pm	None	None
Thursday	20mg/9am	50mg/11pm	300mg/9am 600mg/11am	None	None
Friday	20mg/8am	None	300mg/8am 600mg/8pm	1mg/2pm	Dizzy
Saturday	20mg/9:30am	None	300mg/9:30am 600mg/8pm	None	None

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