

# Medication side effects diary



Medication is sometimes called medicine or drugs.  
Medicine can be in a tablet, a pill, a drink, or an injection.



A side effect is an unpleasant effect of medication on your body or thinking.  
A side effect can make you feel unwell.



You can use this diary to write down any side effects you have from your medication.

You write things down each day in a diary.

You can ask someone to support you to use this diary.



You can show this diary to your doctor.

Your doctor can help you if you have side effects.



Your doctor can let you know what medications you take and what side effects you may have.

This information can be written on the next page.



## **My medications**

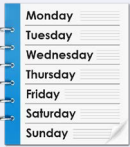
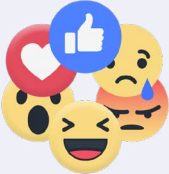




## **Possible side effects I may have from my medication**

# Medication side effects diary

Week starting:

(Add the date on Monday here)

 Day	 How I felt today	 Side effects I had	 Time of day I had the side effect
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



You can print blank copies of this page.

If you fill this out on a computer, to save this form choose **File > Save As** and rename the file.

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## Description of resource

This Medication side effects diary is from the <https://idmhconnect.health> website. The website has resources that support people with intellectual disability to get the right services and support for their mental health.

For information on how to support people to use Easy Read visit [https://www.3dn.unsw.edu.au/professionals\\_toolkit](https://www.3dn.unsw.edu.au/professionals_toolkit).



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