



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.

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	Have I experienced any side effects from my medications today? Explain
Sunday	20 mg/ 8am	50 mg/ 9 pm	300mg/8am 600mg/8pm	None	Nausea, diarrhea
Monday	20 mg/ 8:30 am	100 mg / 10 pm	300mg/8:30a 600mg/10pm	None	Hangover, tired
Tuesday	20 mg/ 7:30 am	None	300mg/7:30am 600mg/8pm	1 mg/ 10 am	dizzy
Wednesday	20 mg/ 8am	None	300mg/8am 600mg/8pm	None	None
Thursday	20 mg/ 98am	50 mg/ 11 pm	300mg/9am 600mg/11pm	None	None
Friday	20 mg/ 8am	None	300mg/8am 600mg/8pm	1 mg/ 2 pm	Dizzy
Saturday	20 mg/ 9:30am	None	300mg/9:30am 600mg/8pm	none	none

For More Information

University of Michigan Depression Center

800-475-6424

www.depressioncenter.org