

Safe Haven Connect CIC · Registered CIC

Medication Record

Organise Your Medicines, Reviews & Health Information

Welcome

Taking medication can become more complicated over time, especially if you manage more than one health condition or have regular medication changes. Keeping accurate records can help you stay organised, improve communication with healthcare professionals and support safer care.

This Medication Record has been designed to help you keep all your medication information in one place. Whether you're managing your own medicines or supporting someone else, this planner can be a useful companion for appointments, hospital visits and everyday life.

Use this workbook as often as you need and update it whenever your medications or health information changes.

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Why Keep a Medication Record?

A medication record can help you:

Keep an up-to-date list of your medicines.

Reduce the risk of medication errors.

Remember when prescriptions need renewing.

Track side effects or concerns.

Share accurate information with healthcare professionals.

Prepare for GP, pharmacy or hospital appointments.

Support carers or family members involved in your care.

Before You Begin

Remember to include:

Prescription medications

Over-the-counter medicines

Vitamins

Herbal remedies

Supplements

Inhalers

Creams and ointments

Eye or ear drops

Injections

Keeping this information current can save valuable time during medical appointments or emergencies.

Personal Details

Full Name

Preferred Name

Date of Birth

NHS Number (Optional)

Address

Telephone

Emergency Contact

Name

Relationship

Telephone

GP Surgery

Practice Name

Telephone

Preferred Pharmacy

Name

Telephone

Address

Reflection

Keeping a clear and accurate medication record can make appointments easier, improve communication with your healthcare team and help you feel more confident in managing your health.

Next: Section 1 – My Medical Conditions, Allergies & Current Medication, where you'll record your diagnoses, allergies, current prescriptions, dosages and the reasons for taking each medication.

Section 1 – My Medical Conditions, Allergies & Current Medication

Having an accurate record of your health conditions and medications can help reduce errors, improve communication with healthcare professionals and ensure you receive the safest possible care.

Update this section whenever anything changes.

My Medical Conditions

Tick any conditions that apply.

- ☐ Diabetes
- ☐ High Blood Pressure
- ☐ Heart Disease
- ☐ Stroke
- ☐ Asthma
- ☐ COPD
- ☐ Epilepsy
- ☐ Arthritis
- ☐ Osteoporosis
- ☐ Kidney Disease
- ☐ Liver Disease
- ☐ Thyroid Condition
- ☐ Cancer
- ☐ Mental Health Condition
- ☐ Learning Disability
- ☐ Autism
- ☐ ADHD
- ☐ Dementia
- ☐ Other

Additional Health Conditions

Allergies & Intolerances

Medication Allergies

Medication	Reaction
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Food Allergies

Food	Reaction
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Other Allergies

☐ Latex

☐ Adhesives

☐ Penicillin

☐ Nuts

☐ Bee or Wasp Stings

☐ Dust

☐ Pollen

☐ Other

Current Medication Record

Medication	Strength	Dose	When Taken	Reason for Taking
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Medication Instructions

For example:

Take with food

Take on an empty stomach

Morning only

Evening only

Avoid alcohol

Refrigerate after opening

My instructions:

Medical Devices I Use

☐ Inhaler

☐ Insulin Pen

☐ Blood Glucose Monitor

☐ Blood Pressure Monitor

☐ CPAP Machine

☐ Oxygen

☐ Hearing Aid

☐ Glasses

☐ Walking Stick

☐ Walking Frame

☐ Wheelchair

☐ Other

My Healthcare Professionals

Professional Name Telephone

GP

Consultant

Practice Nurse

Community Nurse

Pharmacist

Other

Important Information Healthcare Professionals Should Know

Reflection

Keeping an up-to-date record of your health conditions, allergies and medications can improve communication with your healthcare team and help ensure you receive safe, effective care wherever you are.

Next: Section 2 – Daily Medication Schedule & Medication Administration Record (MAR), including medication timings, daily tick charts, PRN (as required) medicines, missed doses and medication reminders.

Section 2 – Daily Medication Schedule & Medication Administration Record (MAR)

A regular medication routine can help ensure medicines are taken safely and consistently. This section is designed to help you keep track of your daily medications, record missed doses and identify any patterns that you may wish to discuss with your healthcare team.

My Daily Medication Schedule

Medication	Morning		Lunch	Evening	Bedtime	Notes
☐	☐	☐	☐			
☐	☐	☐	☐			
☐	☐	☐	☐			
☐	☐	☐	☐			
☐	☐	☐	☐			
☐	☐	☐	☐			

Weekly Medication Tracker

Day	Morning	Lunch	Evening	Bedtime
Monday	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday ☐	☐	☐	☐	
Saturday	☐	☐	☐	☐
Sunday	☐	☐	☐	☐

PRN (As Required) Medication Record

Medication	Reason	Time Taken	Did It Help?
			☐ Yes ☐ No
			☐ Yes ☐ No
			☐ Yes ☐ No
			☐ Yes ☐ No

Missed Dose Record

Date	Medication	Reason Missed	Action Taken
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Medication Changes

Date	Medication	Change	Reason
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Prescription Renewal Tracker

Medication	Date Ordered	Date Collected	Next Due
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Medication Reminders

Tick any reminders that would help you.

☐ Pill organiser

☐ Phone reminder

- ☐ Smart watch reminder
- ☐ Wall calendar
- ☐ Family reminder
- ☐ Carer reminder
- ☐ Pharmacy reminder service
- ☐ Repeat prescription service
- ☐ Other

My Medication Routine

The things that help me remember my medication are:

Concerns or Questions

Write down anything you'd like to discuss with your GP, pharmacist or healthcare professional.

Reflection

Taking medication as prescribed is an important part of managing many health conditions. If you accidentally miss a dose or have concerns about your medication, seek advice from your pharmacist, GP or the healthcare professional responsible for your treatment rather than making changes on your own.

Next: Section 3 – Side Effects, Monitoring & Medication Reviews, including side effect tracking, blood test results, health monitoring, medication reviews and questions for your healthcare team.

Section 3 – Side Effects, Monitoring & Medication Reviews

Regular medication reviews help ensure that your treatment remains safe and effective. This section allows you to record side effects, monitor your health and prepare for appointments with your healthcare team.

Side Effects Tracker

Date	Medication	Side Effect	How Severe? (1–10)	Action Taken
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Common Side Effects

Tick any that you have experienced.

- ☐ Drowsiness
- ☐ Dizziness
- ☐ Nausea
- ☐ Vomiting
- ☐ Constipation
- ☐ Diarrhoea
- ☐ Dry mouth
- ☐ Headaches
- ☐ Rash
- ☐ Weight gain
- ☐ Weight loss
- ☐ Increased appetite
- ☐ Reduced appetite
- ☐ Poor sleep
- ☐ Tremor
- ☐ Swollen ankles
- ☐ Mood changes
- ☐ Other

Health Monitoring

Date Blood Pressure Pulse Weight Blood Sugar (if applicable)

Blood Tests & Monitoring

Date	Test	Result	Follow-Up Needed
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Medication Review Appointments

Date	Healthcare Professional	Outcome	Next Review
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Vaccinations

Keep a record of important vaccinations.

Vaccine	Date Received	Booster Due
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Flu

COVID-19

Pneumonia

Shingles

Other

Questions for My Healthcare Team

Before your next appointment, write down any questions you would like to ask.

1.

2.

3.

4.

5.

My Medication Goals

I would like to:

- ☐ Improve my medication routine
- ☐ Better understand my medication
- ☐ Reduce missed doses
- ☐ Discuss side effects
- ☐ Review my prescription

- ☐ Improve my overall health
- ☐ Ask about alternative treatments
- ☐ Other

Notes

Reflection

Your medication needs may change over time. Regular reviews with your GP, pharmacist or specialist can help ensure your treatment continues to meet your needs. Keeping clear records of side effects, monitoring results and questions can help you make the most of every appointment.

Next: Section 4 – Medication Safety, Emergency Information & Resources, including safe storage, travelling with medication, emergency contacts, useful health information, final notes, disclaimer, About Safe Haven Connect CIC and copyright page.

Section 4 – Medication Safety, Emergency Information & Resources

Taking medication safely is an important part of protecting your health. This section provides space to record important information, emergency contacts and practical reminders to help you manage your medication with confidence.

Medication Safety Checklist

Tick the statements that apply to you.

- ☐ I know what each medication is for.
- ☐ I know when to take my medication.
- ☐ I understand how to take each medication safely.
- ☐ I know what side effects to look out for.
- ☐ I know who to contact if I have concerns.
- ☐ I attend regular medication reviews.
- ☐ I check my medication before taking it.
- ☐ I keep an up-to-date medication list.

Safe Storage Checklist

- ☐ Store medication in a cool, dry place (unless advised otherwise).
- ☐ Keep medication out of reach of children and pets.
- ☐ Check expiry dates regularly.
- ☐ Return unused or expired medication to a pharmacy.
- ☐ Never share prescription medication with others.
- ☐ Keep medicines in their original packaging where possible.
- ☐ Follow any storage instructions provided by your pharmacist.

Travelling with Medication

Before travelling, remember to:

- ☐ Pack enough medication for your trip.
- ☐ Carry medication in its original packaging.
- ☐ Bring a copy of your prescription if needed.
- ☐ Keep medication in your hand luggage when flying.
- ☐ Check storage requirements for your medication.
- ☐ Carry emergency contact details.
- ☐ Take a copy of your medication record.

Emergency Medical Information

Blood Group (if known)

Medical Alert Bracelet or Necklace

- ☐ Yes
- ☐ No

If yes, details:

Emergency Contacts

Contact	Relationship	Telephone
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Important Healthcare Contacts

Service	Contact Number
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GP Surgery	
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Pharmacy	
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Hospital Consultant	
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Community Nurse	
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Specialist Team	
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NHS 111	111
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Emergency Services	999
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My Medication Questions

Use this page to record questions between appointments.

Personal Notes

Final Reflection

Managing medication is an important part of looking after your health. Keeping accurate records, attending regular reviews and asking questions when you're unsure can help you feel more confident and support safer care.

Remember, your healthcare team is there to help. If you have concerns about your medication or notice unexpected side effects, speak to your GP, pharmacist or specialist rather than making changes on your own.

Disclaimer

This planner has been created by Safe Haven Connect CIC to help people organise information about their medications and healthcare.

It is intended for educational and organisational purposes only and does not replace medical advice, diagnosis or treatment from a qualified healthcare professional.

Always follow the advice of your GP, pharmacist or specialist regarding your medication. Never stop or change prescribed medication without professional guidance. If you experience severe side effects or believe you are having a medical emergency, call 999 immediately.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making health and mental wellbeing support more accessible.

We provide free workbooks, planners, self-help resources, educational tools and practical information to help people take an active role in managing their wellbeing.

Website:

<https://safehavenconnect.org>

Free Workbook Library:

<https://safehavenconnect.org/workbooks>

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