

### Keeping Track of Your Child's Medicine

A medicine log can help you and others who care for your child (for example, a child care provider) keep track of the medicine your child takes. This information will be useful for your doctor in case any problems with the medicine occur. Keeping track can also help avoid "double dosing" (giving too much medicine or giving medicine too often).

Medication Log for: \_\_\_\_\_

What kind of medicine did you give the child? Write down the name of the medicine(s) that is/are listed on the package.

\_\_\_\_\_

At what time did you give it (be specific)? If you gave it more than once during the day, be sure to write down each time.

\_\_\_\_\_

If you gave the medicine to the child for more than one day, write down all the dates and how many times each day.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How much medicine did you give in each dose?

\_\_\_\_\_

If you talked to a nurse, doctor or pharmacist about this medicine before giving it, what is his or her name and phone number?

\_\_\_\_\_

Did you notice anything unusual about the child after he or she took the medicine? (Examples might be a rash, trouble breathing, a headache or other symptoms that the child didn't have before taking the medicine. If you do notice anything unusual, stop using the medicine and call the doctor right away.)

\_\_\_\_\_

Phone number of child's doctor: \_\_\_\_\_

Phone number of parent/guardian: \_\_\_\_\_

Phone number of local poison control center: \_\_\_\_\_