

Medication Tracking

Tracking medications with this [Medication Chart \(download here\)](#) helps caregivers and your hospice team know exactly the care your loved one has received and helps the next caretaker or hospice care team member to pick up where you left off.

Medicine given in the right dosage amount at the right time is crucial to its effectiveness and can keep your loved one safe and comfortable. Because there may be multiple caregivers helping care for your loved one, it is critical to keep track of medications so that your loved one's medication works effectively. Missing a medication dose, or receiving an incorrect dose may cause dangerous side effects and complications.

Here are some tips on how to best keep track of medication:

- **Drug name:** Write the name of the drug. Include both its common name and the chemical name on the bottle, like Tylenol (acetaminophen).
- **Appearance:** Write the color and form, like pink circular pill, clear injectable liquid, or white cream. Medications may appear different from one prescription to the next. Keeping track of what a medication looks like can reduce the chance of giving the wrong medicine.
- **Amount given:** Be as specific as possible. Instead of writing 1 pill, write 1 pill - 250 milligrams.
- **Time:** Write the time given and whether it was before or after 12:00 noon. Use AM or PM.
- **Symptom relief:** Record why the medication was given. Was it for pain, nausea, shortness of breath?