

My medication side effect tracker

Keeping track of any potential medication-related side effects you are experiencing will help inform you and your health care team if your medication therapy needs adjusting. Consult with your pharmacist and refer to package information included with your medication to find out the most common side effects associated with your medication. Use this chart to keep track of your medication side effects and share this information with your health care team at each visit. You can print extra copies if you need more pages.

Date	Medications taken *	Side effect you are experiencing	Severity of side effect (mild, medium, or severe)	Notes

* Please include all medications you are currently taking or have taken within the past 2 weeks (use more than one line if you need to).

To aid you in describing any side effects that you may be experiencing, below is a select list of possible side effects of medications:

swelling of the face, lips, tongue, or throat	difficulty breathing	difficulty swallowing	dizziness	facial flushing	fainting	fast heartbeat
heart palpitations (irregular heartbeat)	slow heartbeat	amnesia	seizure	slurred speech	abdominal pain	constipation
diarrhea	dry mouth	nausea	stomach pain	upset stomach (indigestion)	vomiting	heartburn
loss of appetite	weight gain	weight loss	cold-like symptoms	cough	flu-like symptoms	lower respiratory infection
fluid in the lungs	shortness of breath	sore throat	upper respiratory infection	aggression	agitation	anxiety
confusion	depression	hallucinations	hostility	hyperactivity	impulsivity	irritability
panic	severe restlessness	sleeplessness	weakness	back pain	leg cramps	muscle pain
shakiness (tremor)	spasm	tiredness	swelling of legs and feet	unexplained muscle pain	hair loss	frequent urination
urinary tract infection	bone pain	breast pain	chest pain (angina)	headache	joint pain	painful menstruation
blindness	blurred vision	double vision	ringing in the ears (tinnitus)	tingling sensation	allergic reaction	itching
skin rash	severe skin reactions	sweating				