My Medication List

Use this chart to keep track of all your medications. Write down the name, dosage, and time of day to take each medication. This includes any different types of insulin that you take. Make a copy to keep in a binder so you can carry it with you.

NAME OF MEDICATION	DOSAGE	WHEN TO TAKE IT	WITH OR WITHOUT FOOD

Adapted from the Diabetes Go-To Guide created by Krames in collaboration with the American Diabetes Association.

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