## Three steps towards independence with your medication

- 1. Knowing the name of your medications, why you need them, and how much you need to take.
- 2. Taking them without a reminder from a parent or guardian.
- 3. Also very important is knowing when and how to get a prescription and how to fill it at the hospital or local pharmacy.

## Medication Log

Name										
Name of Medication	Date Started	Date Stopped	Dosage, Dosage Times	Special Instructions	Purpose	Size, Shape, Color	Prescri- bing Doctor	How to renew prescription	Doctor Phone Number	Side Effects?