



DARK SIDE OF MEDICINE



MEDICINE SAFETY SERIES

MS-06

Medicine Timeline

A practical tool for recording medicine changes, dose changes, health events and concerns over time.

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Why This Resource Matters

When medicines are taken for months or years, it can become difficult to remember when medicines started, doses changed, symptoms began, or side effects appeared.

About Me

Name: _____

Date: _____

Main Health Conditions: _____

Healthcare Professional: _____

Why Am I Creating This Timeline?

- ☐ Medicine review
- ☐ New symptoms
- ☐ Side effects
- ☐ Polytherapy review
- ☐ Polypharmacy review
- ☐ Specialist appointment
- ☐ Personal record
- ☐ Other



Medicine History Timeline

Date	Medicine	Dose	Started / Changed / Stopped	Reason

Benefits Noticed

What improvements did I notice?

Side Effects or Concerns

What symptoms or concerns developed?



Significant Changes

- New diagnosis
- Surgery
- Hospital admission
- New medicine
- Dose increase
- Dose reduction
- Medicine stopped
- Other significant event

Questions for Review

- Have medicines gradually increased over time?
- Have doses changed significantly?
- Did symptoms begin after a medicine change?
- Did side effects begin after a dose change?
- Are all medicines still necessary?
- Are benefits outweighing risks?
- Could a medicine review be helpful?

Timeline Summary

What have I learned from reviewing my timeline?

Medicine Safety Tip

A timeline does not prove that a medicine caused a problem. However, it can help identify patterns and provide useful information for discussions with healthcare professionals.

Related Resources

MS-01 7-Day Medicine Monitoring Diary
MS-04 Medicine Review Preparation Pack
MS-05 Polytherapy Safety Check
MS-07 Life Course Medicine Timeline