



MEDICINE SAFETY RESOURCE SERIES

MS-01 • Version 1.1

7-Day Medicine Monitoring Diary

A practical tool for monitoring symptoms, side effects, benefits and concerns when starting a new medicine or changing a dose.

Why This Resource Matters

Patients and carers are often the first to notice changes after starting a medicine or following a dose adjustment. Keeping a simple record can help identify benefits, side effects, interactions, or concerns.

Before You Begin

Name: _____

Medicine(s): _____

Dose(s): _____

Date Started or Changed: _____

Reason for Taking the Medicine: _____

Healthcare Professional: _____



Daily Monitoring Record

Day	Took Medicine	Benefits	Symptoms / Side Effects	Mood / Sleep / Energy	Questions
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Understanding My Dose

- Has my dose changed recently?
- Have symptoms changed since the dose changed?
- Have side effects changed since the dose changed?
- Is monitoring required?
- Do I know when treatment will be reviewed?

End of Week Review

Overall I feel: ■ Better ■ Same ■ Worse

Most important change noticed:

Questions for My Healthcare Professional

1.

2.

3.

4.

5.

Medicine Safety Tip

Patients and carers are often the first to notice changes. Recording observations can support medicine reviews.