

My medication record

How should I use this record?

This sheet can help you keep track of your medications. It's important to understand what each medication is for and how to take it.

You can use the second table to record medications prescribed to help you during flares. Keep this record to hand and use alongside the flare toolkit.

Who can help me complete this record?

Ask your healthcare professional to help you fill in this sheet. This could be your rheumatologist, rheumatology nurse, GP, pharmacist, or another healthcare professional you see for your axial SpA.

Healthcare professional contact details

Name and telephone number:

Notes:

Name and telephone number:

Notes:

My usual medication

Name of medication	Dose	How often can I take this?	How long can I take this for?	What is this medication for?	Who prescribes this?	Notes

Medications for my flares

Name of medication	Dose	How often can I take this?	How long can I take this for?	What is this medication for?	Any medications I <u>cannot</u> take at the same time?	Any medication I <u>should</u> take at the same time?	Who prescribes this?