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# Medications Tracker

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ GP: \_\_\_\_\_ Medicare: \_\_\_\_\_

Month:..... Year:.....		Mon.....				Tues .....				Wed.....				Thurs.....				Fri.....				Sat.....				Sun.....			
Medication / Reason	Dosage	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
<i>ie. Ventolin inhaler – asthma – No script, over the counter</i>	<i>As Needed</i>	✓	✓																										

Many of us find medical appointments and surgery anxiety provoking. We know that preparation can go a long way to soothing our anxiety. We suggest you print this off and fill it in before your surgery so you remember your meds and times to take them (you can print off multiples and use them daily if required and tick off your medications as you ingest them). It is also good to have your medication regime in print for your medical staff on admission so there are no mix ups!

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