Keeping track of any potential medication-related side effects you are experiencing will help inform you and your health care team if your medication therapy needs adjusting. Consult with your pharmacist and refer to package information included with your medication to find out the most common side effects associated with your medication. Use this chart to keep track of your medication side effects and share this information with your health care team at each visit. You can print extra copies if you need more pages.

<table>
<thead>
<tr>
<th>Date</th>
<th>Medications taken*</th>
<th>Side effect you are experiencing</th>
<th>Severity of side effect (mild, medium, or severe)</th>
<th>Notes</th>
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* Please include all medications you are currently taking or have taken within the past 2 weeks (use more than one line if you need to).

To aid you in describing any side effects that you may be experiencing, below is a select list of possible side effects of medications:

- Swelling of the face, lips, tongue, or throat
- Difficulty breathing
- Difficulty swallowing
- Dizziness
- Facial flushing
- Fainting
- Fast heartbeat
- Heart palpitations (irregular heartbeat)
- Slow heartbeat
- Amnesia
- Seizure
- Slurred speech
- Abdominal pain
- Constipation
- Diarrhea
- Dry mouth
- Nausea
- Stomach pain
- Upset stomach (indigestion)
- Vomiting
- Heartburn
- Loss of appetite
- Weight gain
- Weight loss
- Cold-like symptoms
- Flu-like symptoms
- Lower respiratory infection
- Fluid in the lungs
- Shortness of breath
- Sore throat
- Upper respiratory infection
- Agitation
- Anxiety
- Confusion
- Depression
- Hallucinations
- Hostility
- Hyperactivity
- Impulsivity
- Irritability
- Confusion
- Depression
- Hallucinations
- Hostility
- Hyperactivity
- Impulsivity
- Irritability
- Panic
- Severe restless
- Sleeplessness
- Weakness
- Back pain
- Leg cramps
- Muscle pain
- Shakiness (tremor)
- Spasm
- Tiredness
- Swelling of legs and feet
- Unexplained muscle pain
- Hair loss
- Frequent urination
- Urinary tract infection
- Bone pain
- Breast pain
- Chest pain (angina)
- Headache
- Joint pain
- Painful menstruation
- Blindness
- Blurred vision
- Double vision
- Ringing in the ears (tinnitus)
- Tingling sensation
- Allergic reaction
- Itching
- Skin rash
- Severe skin reactions
- Sweating
- Severe skin reactions
- Sweating

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