



240 Snelling Avenue South ~ St. Paul, MN 55105
 Phone 651 698-8859 Fax 651 698-0005

M.A.P. My Meds-daily medication flowchart

Scheduled Medications

	Medication	Strength	Morning	Noon	Evening	Bedtime	Purpose
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							

	As Needed Medications	Strength	Morning	Noon	Evening	Bedtime	Purpose
1							
2							
3							
4							

	Supplements & OTC	Strength	Morning	Noon	Evening	Bedtime	Purpose
1							
2							
3							
4							
5							
6							
7							

Comments: _____



240 Snelling Avenue South ~ St. Paul, MN 55105
 Phone 651 698-8859 Fax 651 698-0005

M.A.P. My Meds-daily medication flowchart

Scheduled Medications

Medication	Strength	Morning	Noon	Evening	Bedtime	Purpose
1 <i>Lisinopril</i>	<i>10mg</i>	<i>1</i>				blood pres
2 <i>Metformin</i>	<i>500mg</i>	<i>1</i>		<i>1</i>		diabetes
3 <i>Hydrochlorothiazide</i>	<i>25mg</i>	<i>1</i>				water pill
4 <i>Simvastatin</i>	<i>20mg</i>				<i>1</i>	cholesterol
5 <i>Alendronate</i>	<i>70mg</i>	<i>1 (only on Saturday morning)</i>				bone density
6						
7						
8						
9						

SAMPLE

10						
11						
12						
13						
14						
15						
16						
18						
19						
20						
21						

As Needed Medications

Medication	Strength	Morning	Noon	Evening	Bedtime	Purpose
1 <i>Acetaminophen (Tylenol)</i>	<i>500mg</i>					pain
2						
3						

Supplements & OTC

Medication	Strength	Morning	Noon	Evening	Bedtime	Purpose
1 <i>Aspirin (baby)</i>	<i>81mg</i>					blood thinner
2 <i>Calcium</i>	<i>500mg</i>					bone density
3 <i>Fish Oil</i>	<i>1200mg</i>					heart/joints
4						
5						
6						
7						

Comments: Only take alendronate on Saturday morning, ½ hour prior to other meds and breakfast
