

Pain medication dosage tracker

In order to help your team adjust your child’s medications, it may be helpful to keep track of the doses of pain medications given at home. Regularly scheduled medications should be given at set times but “breakthrough” or “as needed” doses may vary. By tracking the number of as needed doses required, the team may be better able to adjust the regularly scheduled medications.

			Week of:						
Pain medications:	Dose:	Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long-acting opioids (e.g. MS-Contin, M-Eslon, Hydromorph-Contin):									
Short-acting opioids (e.g. Morphine):									
Other medications [e.g. Gabapentin, Acetaminophen (Tylenol), Ibuprofen (Advil)]:									

Do not keep any medicines that are no longer needed. Check with your pharmacist about the best way to dispose of leftover medicines. These should usually be returned to the hospital or a pharmacy for safe disposal.

