

Day	Medications	Dosage	How Often	Date Started	Refrigerate?	Dr. who prescribed	Notes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Here is a list of some common codes used in prescription:

Sig – You’ll see this on all prescriptions; it stands for “write.” The doctor is telling the pharmacist what to prepare and how to label the container.

Bid – Take this medication twice a day.

Tid – Take this medication three times a day.

Qid – Take this medication four times a day.

Q 3 h – Take this medication every three hours.

Qd – Take this medication every day.

Prn – Take this medication as needed.

Po – Take this medication by mouth