



DIABETES MEDICATION MANAGEMENT CHECKLIST

- Know your medications**
Understand what each medication is for.
- Know your timing**
Be clear on when each dose should be taken. Use the same time, routine or cue every day.
- Follow food instructions**
Take medications with or without food as advised.
- Have a reminder system**
Use alarms, pill boxes, apps, or medication reminder charts.
- Know missed-dose steps**
Know what to do if you forget a dose.
- Watch for side effects**
Notice symptoms like stomach upset, drowsiness, weight changes, etc.
- Avoid running out**
Refill medications before they are finished.
- Carry an updated list**
Bring your medication list to every routine or emergency hospital visit.

PERSONAL NOTES:

IMPORTANT: This checklist supports daily self-care and doesn't replace medical advice. Always follow guidance from your healthcare provider.