

CANCER TREATMENT MEDICATION TRACKER

A simple printable sheet for treatment, tablets, injections, side effects, and questions

Why this tracker exists

Cancer treatment can come with a lot to remember. This tracker gives you one place to keep medication, dose changes, missed doses, side effects, refill notes, and questions for your pharmacist or medical team.

It is not medical advice. It is a practical support sheet for the space between appointments.

My current medications

Medication	Dose	Time	What it is for	Prescribed by	Notes

Weekly medication check

Day	Morning	Afternoon	Evening	Night	Notes
Monday	■	■	■	■	
Tuesday	■	■	■	■	
Wednesday	■	■	■	■	
Thursday	■	■	■	■	
Friday	■	■	■	■	
Saturday	■	■	■	■	
Sunday	■	■	■	■	

Medication changes

Date	Medication	What changed?	Who advised it?	Notes

Missed dose notes

Do not guess or double up unless your medical team or pharmacist has told you to.

Date	Medication	Dose missed	Time missed	What I did next

Side effects or changes I have noticed

Use plain language. You do not need perfect medical wording. You need a clear record of what changed.

Date	What changed?	When did it start?	Better, worse, or same?	What helped?

Questions for my pharmacist or medical team

Medication questions

Side effect questions

Missed dose or interaction questions

Prescription and refill notes

Medication

How much I have left

**When I need more
Who I contact for repeat
prescriptions**

Pharmacy

Collection or delivery details

Important contacts

Oncology team

Nurse specialist

GP

Pharmacy

Out-of-hours service

**Emergency number
Person who can help collect
medication**

A note about safety

This tracker is not medical advice. Always follow instructions from your medical team, pharmacist, or prescribing doctor. If you are unsure about a dose, side effect, or whether to stop, start, or change medication, contact a qualified medical professional. If symptoms are severe, sudden, frightening, or worsening, seek urgent medical help.

**The appointment takes an hour.
The waiting takes everything else.**

Version 1.0 | Free Support Library | Not medical advice