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Name of patient: _____ Medication Name: _____

Dosage (remember 3 globules = 1 dose) _____

Circled Foods to avoid (for duration of medication): Cold Foods, Cold Drinks. Hot Foods, Hot Drinks, Alcohol, Coffee, Fruits, Spices, Sour Foods, Sweet Foods (incl Sugar, Sweets), Fats, Pork, Milk, Lemon, Vegetable acids, Wine, Vinegar,

Circled Foods to take (for duration of medication): Cold Foods, Cold Drinks. Hot Foods, Hot Drinks, Alcohol, Coffee, Fruits, Spices, Sour Foods, Sweet Foods (incl Sugar, Sweets), Fats, Pork, Milk, Lemon, Vegetable acids, Wine, Vinegar,

Date of next appointment: _____ **Please VISIT/ CALL to give an update (circle as required)**

Month	Comments	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
	Med taken																																	
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Notes: +ve means positive change, -ve means negative change and N/C means no change.

Med taken: If you have to take it three times a day, then make three ticks, if twice then 2 ticks etc

How to take Homoeopathic medications: Tablets/ Pills/ Globules:

- Take it at least 15mins BEFORE or 15mins AFTER meals
- Do NOT swallow or bite it. Keep it preferably under your tongue where it will dissolve in a few minutes, or just suck it like a sweet. For babies (kids under 2 years give 2 globules) or elderly patients who are unable to suck the medication, you can give it crushed and dissolved in a 5ml spoon (teaspoon), preferably a plastic spoon. To crush it, place the medication in one spoon and use the bottom of the other spoon to crush it, then add some warm water to dissolve the power and feed it to them.
- Do NOT pick the medication with your hand. Place the medication into the cap of the bottle it came in and put it straight into your mouth. The oils and dirt from your hand could weaken the medication.
- It is preferably to avoid Coffee when taking homoeopathic medication. Otherwise make sure Coffee is not taken around medication time.
- Do not leave the medication near any strong smelling products like Vicks etc.