

weekly medication/therapies tracking chart

You should follow your treatment plan until your doctor tells you to stop. If you stop taking your medicines when you begin to feel better, it can cause a flare.

There is no cure for IBD. The goal of treatment is **remission**. Remission means that you feel better and have no signs of inflammation. The best way to get to remission is to follow your treatment plan. This is called **adherence**.

Here are some ways to help you follow your treatment plan and stay consistent with your medications/therapies:

- Track the name, dosage, and side effects of medications/therapies
- Set an alarm on your phone for daily medications/therapies
- Use a phone app for tracking medications/therapies
- Use a calendar to track when the next dose is due for your medications/therapies

medication / therapy:	dose instruction			
	time:	time:	time:	time:
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

medication / therapy:	dose instruction			
	time:	time:	time:	time:
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Sunday				

medication / therapy:	dose instruction			
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