OLLO · PERSONAL NOTES

GLP-1 dose and side-effect personal log

Use this page to copy information from your current medicine label or care-team instructions and keep personal notes to discuss with a health professional. Leave any field blank if it does not apply.

Date of note

Medicine name

Copy the name as it appears on your current label.

Label information or care-team instructions you choose to note

Copy the wording from the current source. This space does not calculate or suggest a dose.

Question for my prescriber or pharmacist

Side-effect and personal experience notes

Side effect or other experience, in my own words

Optional: include when you noticed it or how long it lasted, if you wish.

> **For personal notes only.** This log does not provide dosing instructions, assess symptoms, or show what caused an experience.
>
> Use the current medicine label and your care team's instructions as your source. Ask your prescriber or pharmacist about treatment questions.

More dose and side-effect notes

Use one entry for each note you want to keep. Copy any medicine information from the current label or instructions; do not estimate or reconstruct it.

Date of note

Medicine name
As shown on the current label, if relevant.

Label information or care-team instructions you choose to note

Side effect or other experience, in my own words
Optional: when noticed or how long it lasted.

Question for my prescriber or pharmacist

> **This sheet is not medical advice.** It does not score or interpret symptoms and does not recommend a medication change.
>
> If you feel unwell or have a concern, contact an appropriate health professional. Use emergency services for an emergency.