

GLP-1 MEDICATION CARDS

Keep your GLP-1 treatment plan organized — fill in the details your doctor or pharmacist gives you.

This card is a personal organization tool only. It does not provide dosing or medical advice — always follow the prescription, schedule, and instructions given to you by your doctor or pharmacist.

MY MEDICATION CARD

FIELD	MY DETAILS
Medication name	
Prescribing doctor	
Prescribed dose (per doctor)	
Injection day & time	
Pharmacy & refill date	
Doctor / pharmacist phone	

COMMONLY PRESCRIBED GLP-1 MEDICATIONS (REFERENCE ONLY)

A quick reference of brand names you may hear from your care team. Confirm your exact medication and dose with your doctor or pharmacist.

BRAND NAME	TYPICAL FORM	MY DOCTOR CONFIRMED?
Ozempic	Weekly injection	
Wegovy	Weekly injection	
Mounjaro	Weekly injection	
Trulicity	Weekly injection	
Victoza	Daily injection	
Rybelsus	Daily oral tablet	

INJECTION SITE ROTATION LOG

Common sites: abdomen, thigh, upper arm. Rotate sites as directed by your doctor.

WEEK	SITE USED
1	
2	
3	

SIDE EFFECTS / NOTES LOG

DATE	WHAT I NOTICED