

Starting a new medicine

Fill in what you can. Skip what doesn't apply. Log a few days before your first dose, so you have a 'before'.

Medicine:

Dose:

Start date:

Prescribed by:

What I hope it helps:

Pharmacy:

If you're starting Veozah (fezolinetant)

Liver blood tests: before starting, then monthly for the first 3 months, then at months 6 and 9 (FDA prescribing information, Dec 2024).

Stop and contact your doctor or specialist right away if you notice: new tiredness, less appetite, nausea or vomiting, itching, yellow skin or eyes, pale stools, dark urine, or belly pain.

Week 1

Flushed face: 0 = none, 10 = all day. Sleep quality: 1 = rough, 5 = great.

Date	Dose taken?	Hot flashes (count)	Times woken	Flushed face 0-10	Hours slept	Sleep 1-5	Side effects / notes

Week 2

Flushed face: 0 = none, 10 = all day. Sleep quality: 1 = rough, 5 = great.

Date	Dose taken?	Hot flashes (count)	Times woken	Flushed face 0-10	Hours slept	Sleep 1-5	Side effects / notes

Week 3

Flushed face: 0 = none, 10 = all day. Sleep quality: 1 = rough, 5 = great.

Date	Dose taken?	Hot flashes (count)	Times woken	Flushed face 0-10	Hours slept	Sleep 1-5	Side effects / notes

Week 4

Flushed face: 0 = none, 10 = all day. Sleep quality: 1 = rough, 5 = great.

Date	Dose taken?	Hot flashes (count)	Times woken	Flushed face 0-10	Hours slept	Sleep 1-5	Side effects / notes

Lab results

Copy results from your report. Your doctor or specialist reads them with you.

Date	Test	Result	Unit	Normal range on report	Notes

Write them down as they come up.