



Week 1: Take one pill by mouth with a glass of water at breakfast each day. **Keep track of your progress by writing the dates below.**

Breakfast							
Lunch							
Dinner							
	Day 1__	Day 2__	Day 3__	Day 4__	Day 5__	Day 6__	Day 7__

Week 2: Take one pill by mouth with a glass of water at breakfast and lunch each day (two pills total per day).

Breakfast							
Lunch							
Dinner							
	Day 1__	Day 2__	Day 3__	Day 4__	Day 5__	Day 6__	Day 7__

Week 3: Take one pill by mouth with a glass of water at breakfast , lunch and dinner each day (three pills total per day). Stay on this dose until you see us at your 1 month follow-up visit.

Breakfast							
Lunch							
Dinner							
	Day 1__	Day 2__	Day 3__	Day 4__	Day 5__	Day 6__	Day 7__

Questions or Concerns? If you have questions or concerns, or feel you may be having side effects as you start to take the medication, please call us at _____