

Patient Checklist – Supporting Your Nutritional Supplement Intake



GOAL: Help your body get the nutrition it needs and make your treatment easier to follow



Talk openly

- ☐ Tell your healthcare professional if you have **difficulties taking your supplement**
- ☐ Share concerns about **taste, volume, or discomfort**



Make it part of your routine

- ☐ Take your supplement at the **same time each day** (e.g. between meals, after breakfast, during TV time)



Help yourself remember

- ☐ Use **alarms, notes, or phone reminders**
- ☐ Keep your supplement **visible and easy to reach**



Listen to your body

- ☐ Notice **how you feel when** taking the supplement
- ☐ Pay attention to **appetite, digestion, and energy** levels



Get support

- ☐ Ask **family members, nurses, or caregivers** for help if needed
- ☐ Join **group or peer support activities**, if available



Stay involved

- ☐ Take an **active role** in your nutritional care
- ☐ **Follow the plan** agreed with your healthcare professional