CapsPlan

Name	**Anna Beispiel**
Date of birth	**12 Mar 1988**
Period	**1 Jun 2026 – 25 Sep 2026**
Created on	**26 Sep 2026**
Filters	**none, all medications and statuses**

98%	94%	798	19	6
Adherence	On time (±30 min)	Taken	Skipped	Medications

Medication overview

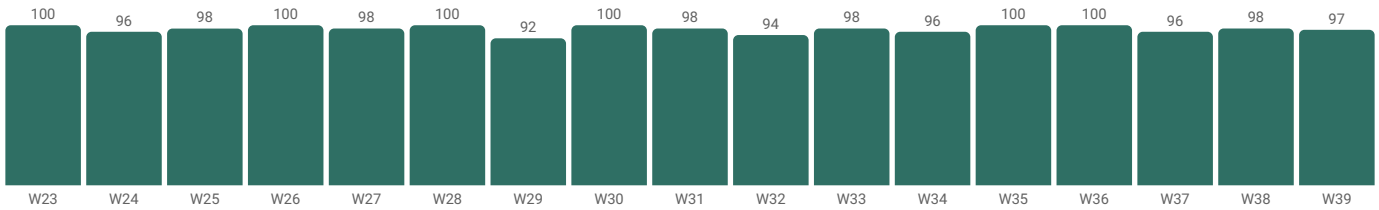
Medication	Active ingredient	Schedule	Adherence	On time
Mestinon Tablet	Pyridostigmin	07:00 60 mg · 11:00 60 mg · 15:00 60 mg · 20:00 60 mg	98%	93%
Azathioprin Tablet	Azathioprin	08:00 100 mg · 20:00 50 mg	98%	94%
Vitamin D3 + K2 Capsule	Colecalciferol, Menachinon-7	08:00 2000 IU	96%	98%
Thomapyrin Tablet	Acetylsalicylsäure, Paracetamol, Coffein	as needed · 9× in this period	—	—
Ibuprofen Tablet	Ibuprofen	as needed · 5× in this period	—	—
Vitamin C Tablet	Ascorbinsäure	as needed · 7× in this period	—	—

Therapy changes

30 Aug 2026 Mestinon: intake times changed from 07:00, 11:00, 15:00, 19:00 to 07:00, 11:00, 15:00, 20:00

20 Jul 2026 Vitamin D3 + K2: dose increased from 1000 IU to 2000 IU (+1000 IU)

Adherence per week



Highlights

Skipped and never-confirmed doses, with that day's note.

Date	Planned	Medication	Status	Note of the day
25 Sep 2026	15:00	Mestinon	Skipped	Insgesamt gute Wochen: wenig Schwankungen, Termine eingehalten.
16 Sep 2026	08:00	Azathioprin	Skipped	—
11 Sep 2026	08:00	Vitamin D3 + K2	Skipped	—
10 Sep 2026	11:00	Mestinon	Skipped	—
27 Aug 2026	19:00	Mestinon	Snoozed	—
22 Aug 2026	08:00	Azathioprin	Skipped	Muskelkater nach Radtour, Mestinon-Abstände eingehalten. Kein Problem.
20 Aug 2026	19:00	Mestinon	Skipped	—
13 Aug 2026	08:00	Azathioprin	Skipped	—
8 Aug 2026	15:00	Mestinon	Skipped	—
7 Aug 2026	08:00	Vitamin D3 + K2	Skipped	Halskratzen und Abgeschlagenheit, Vitamin C gestartet, Temperatur 37,4.
6 Aug 2026	11:00	Mestinon	Skipped	—
1 Aug 2026	08:00	Vitamin D3 + K2	Skipped	—
17 Jul 2026	20:00	Azathioprin	Skipped	Ab 14 Uhr deutlich schwächer (Augenlider, Kauen). Nach der Heimfahrt schnell besser.
17 Jul 2026	11:00	Mestinon	Skipped	Ab 14 Uhr deutlich schwächer (Augenlider, Kauen). Nach der Heimfahrt schnell besser.
16 Jul 2026	15:00	Mestinon	Skipped	Städtetrip Hamburg: Tabletten im Zug im Rucksack vergessen, Mestinon um 15 Uhr ausgelassen.
13 Jul 2026	08:00	Vitamin D3 + K2	Skipped	—
1 Jul 2026	20:00	Azathioprin	Skipped	—
20 Jun 2026	08:00	Vitamin D3 + K2	Skipped	—
19 Jun 2026	15:00	Mestinon	Snoozed	Mittagsschlaf verschlafen, Mestinon nachmittags verschoben und dann nicht mehr bestätigt.
14 Jun 2026	15:00	Mestinon	Skipped	Zahnarzt: Wurzelbehandlung. Danach Ibuprofen gegen die Schmerzen.
11 Jun 2026	11:00	Mestinon	Skipped	—

As-needed medication

Thomapyrin

9× in this period · avg. 0.5 per week · last on 23 Sep 2026

Jun 2026: 2× Jul 2026: 3× Aug 2026: 2× Sep 2026: 2×

Intakes

23 Sep 10:45 1 Sep 19:20 18 Aug 08:05 3 Aug 14:30 21 Jul 17:05 21 Jul 11:10 6 Jul 18:05 22 Jun 07:40 9 Jun 20:15

Ibuprofen

5× in this period · avg. 0.3 per week · last on 14 Sep 2026

Jun 2026: 2× Jul 2026: 1× Sep 2026: 2×

Intakes

14 Sep 17:25 7 Sep 21:40 28 Jul 13:35 15 Jun 08:20 14 Jun 21:10

Vitamin C

7× in this period · avg. 0.4 per week · last on 19 Sep 2026

Jun 2026: 1× Aug 2026: 4× Sep 2026: 2×

Intakes

19 Sep 08:10 18 Sep 08:15 10 Aug 08:05 9 Aug 08:10 8 Aug 08:00 7 Aug 08:05 28 Jun 08:10

Mestinon

Adherence: 98% | 457/466 taken

First intake: 1 Jun 2026 | Last intake: 25 Sep 2026 · 07:00 Ø +7 min · 11:00 Ø +6 min · 15:00 Ø +5 min · 19:00 Ø +5 min · 20:00 Ø +3 min

Date	Planned	Actual	Deviation	Status	Dose
25 Sep 2026	20:00	19:51	−9 min	Confirmed	60 mg
25 Sep 2026	15:00	—	—	Skipped	60 mg
25 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
25 Sep 2026	07:00	07:00	±0 min	Confirmed	60 mg
24 Sep 2026	20:00	19:57	−3 min	Confirmed	60 mg
24 Sep 2026	15:00	15:04	+4 min	Confirmed	60 mg
24 Sep 2026	11:00	11:11	+11 min	Confirmed	60 mg
24 Sep 2026	07:00	07:02	+2 min	Confirmed	60 mg
23 Sep 2026	20:00	20:00	±0 min	Confirmed	60 mg
23 Sep 2026	15:00	15:06	+6 min	Confirmed	60 mg
23 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
23 Sep 2026	07:00	07:03	+3 min	Confirmed	60 mg
22 Sep 2026	20:00	20:05	+5 min	Confirmed	60 mg
22 Sep 2026	15:00	15:03	+3 min	Confirmed	60 mg
22 Sep 2026	11:00	11:07	+7 min	Confirmed	60 mg
22 Sep 2026	07:00	07:20	+20 min	Confirmed	60 mg
21 Sep 2026	20:00	20:12	+12 min	Confirmed	60 mg
21 Sep 2026	15:00	15:04	+4 min	Confirmed	60 mg
21 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
21 Sep 2026	07:00	07:03	+3 min	Confirmed	60 mg
20 Sep 2026	20:00	20:48	**+48 min**	Confirmed	60 mg
20 Sep 2026	15:00	15:11	+11 min	Confirmed	60 mg
20 Sep 2026	11:00	11:00	±0 min	Confirmed	60 mg
20 Sep 2026	07:00	07:00	±0 min	Confirmed	60 mg
19 Sep 2026	20:00	20:00	±0 min	Confirmed	60 mg
19 Sep 2026	15:00	14:57	−3 min	Confirmed	60 mg
19 Sep 2026	11:00	11:00	±0 min	Confirmed	60 mg
19 Sep 2026	07:00	06:53	−7 min	Confirmed	60 mg
18 Sep 2026	20:00	19:10	**−50 min**	Confirmed	60 mg
18 Sep 2026	15:00	15:50	**+50 min**	Confirmed	60 mg
18 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
18 Sep 2026	07:00	07:01	+1 min	Confirmed	60 mg
17 Sep 2026	20:00	20:10	+10 min	Confirmed	60 mg
17 Sep 2026	15:00	15:01	+1 min	Confirmed	60 mg
17 Sep 2026	11:00	11:07	+7 min	Confirmed	60 mg
17 Sep 2026	07:00	08:30	**+90 min**	Confirmed	60 mg
16 Sep 2026	20:00	20:08	+8 min	Confirmed	60 mg
16 Sep 2026	15:00	15:08	+8 min	Confirmed	60 mg

16 Sep 2026	11:00	11:06	+6 min	Confirmed	60 mg
16 Sep 2026	07:00	07:10	+10 min	Confirmed	60 mg
15 Sep 2026	20:00	20:10	+10 min	Confirmed	60 mg
15 Sep 2026	15:00	15:01	+1 min	Confirmed	60 mg
15 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
15 Sep 2026	07:00	07:07	+7 min	Confirmed	60 mg
14 Sep 2026	20:00	20:11	+11 min	Confirmed	60 mg
14 Sep 2026	15:00	14:46	−14 min	Confirmed	60 mg
14 Sep 2026	11:00	10:46	−14 min	Confirmed	60 mg
14 Sep 2026	07:00	07:08	+8 min	Confirmed	60 mg
13 Sep 2026	20:00	20:10	+10 min	Confirmed	60 mg
13 Sep 2026	15:00	14:58	−2 min	Confirmed	60 mg
13 Sep 2026	11:00	11:05	+5 min	Confirmed	60 mg
13 Sep 2026	07:00	06:47	−13 min	Confirmed	60 mg
12 Sep 2026	20:00	20:00	±0 min	Confirmed	60 mg
12 Sep 2026	15:00	15:07	+7 min	Confirmed	60 mg
12 Sep 2026	11:00	11:17	+17 min	Confirmed	60 mg
12 Sep 2026	07:00	06:06	**−54 min**	Confirmed	60 mg
11 Sep 2026	20:00	20:15	+15 min	Confirmed	60 mg
11 Sep 2026	15:00	15:08	+8 min	Confirmed	60 mg
11 Sep 2026	11:00	11:04	+4 min	Confirmed	60 mg
11 Sep 2026	07:00	06:54	−6 min	Confirmed	60 mg
10 Sep 2026	20:00	20:15	+15 min	Confirmed	60 mg
10 Sep 2026	15:00	15:01	+1 min	Confirmed	60 mg
10 Sep 2026	11:00	—	—	Skipped	60 mg
10 Sep 2026	07:00	06:39	−21 min	Confirmed	60 mg
9 Sep 2026	20:00	20:03	+3 min	Confirmed	60 mg
9 Sep 2026	15:00	14:41	−19 min	Confirmed	60 mg
9 Sep 2026	11:00	10:57	−3 min	Confirmed	60 mg
9 Sep 2026	07:00	07:04	+4 min	Confirmed	60 mg
8 Sep 2026	20:00	19:59	−1 min	Confirmed	60 mg
8 Sep 2026	15:00	15:09	+9 min	Confirmed	60 mg
8 Sep 2026	11:00	10:56	−4 min	Confirmed	60 mg
8 Sep 2026	07:00	07:02	+2 min	Confirmed	60 mg
7 Sep 2026	20:00	19:57	−3 min	Confirmed	60 mg
7 Sep 2026	15:00	14:57	−3 min	Confirmed	60 mg
7 Sep 2026	11:00	11:10	+10 min	Confirmed	60 mg
7 Sep 2026	07:00	07:00	±0 min	Confirmed	60 mg
6 Sep 2026	20:00	20:18	+18 min	Confirmed	60 mg
6 Sep 2026	15:00	15:45	**+45 min**	Confirmed	60 mg
6 Sep 2026	11:00	11:17	+17 min	Confirmed	60 mg

6 Sep 2026	07:00	07:19	+19 min	Confirmed	60 mg
5 Sep 2026	20:00	20:03	+3 min	Confirmed	60 mg
5 Sep 2026	15:00	14:53	−7 min	Confirmed	60 mg
5 Sep 2026	11:00	10:58	−2 min	Confirmed	60 mg
5 Sep 2026	07:00	06:53	−7 min	Confirmed	60 mg
4 Sep 2026	20:00	20:05	+5 min	Confirmed	60 mg
4 Sep 2026	15:00	15:01	+1 min	Confirmed	60 mg
4 Sep 2026	11:00	11:00	±0 min	Confirmed	60 mg
4 Sep 2026	07:00	06:57	−3 min	Confirmed	60 mg
3 Sep 2026	20:00	19:53	−7 min	Confirmed	60 mg
3 Sep 2026	15:00	14:58	−2 min	Confirmed	60 mg
3 Sep 2026	11:00	10:59	−1 min	Confirmed	60 mg
3 Sep 2026	07:00	07:04	+4 min	Confirmed	60 mg
2 Sep 2026	20:00	19:44	−16 min	Confirmed	60 mg
2 Sep 2026	15:00	14:52	−8 min	Confirmed	60 mg
2 Sep 2026	11:00	11:03	+3 min	Confirmed	60 mg
2 Sep 2026	07:00	07:02	+2 min	Confirmed	60 mg
1 Sep 2026	20:00	19:59	−1 min	Confirmed	60 mg
1 Sep 2026	15:00	14:52	−8 min	Confirmed	60 mg
1 Sep 2026	11:00	11:11	+11 min	Confirmed	60 mg
1 Sep 2026	07:00	07:07	+7 min	Confirmed	60 mg
31 Aug 2026	20:00	20:05	+5 min	Confirmed	60 mg
31 Aug 2026	15:00	15:05	+5 min	Confirmed	60 mg
31 Aug 2026	11:00	11:08	+8 min	Confirmed	60 mg
31 Aug 2026	07:00	07:01	+1 min	Confirmed	60 mg
30 Aug 2026	20:00	20:00	±0 min	Confirmed	60 mg
30 Aug 2026	15:00	15:38	**+38 min**	Confirmed	60 mg
30 Aug 2026	11:00	11:10	+10 min	Confirmed	60 mg
30 Aug 2026	07:00	06:59	−1 min	Confirmed	60 mg
29 Aug 2026	19:00	19:00	±0 min	Confirmed	60 mg
29 Aug 2026	15:00	15:11	+11 min	Confirmed	60 mg
29 Aug 2026	11:00	10:49	−11 min	Confirmed	60 mg
29 Aug 2026	07:00	07:02	+2 min	Confirmed	60 mg
28 Aug 2026	19:00	19:17	+17 min	Confirmed	60 mg
28 Aug 2026	15:00	15:10	+10 min	Confirmed	60 mg
28 Aug 2026	11:00	11:00	±0 min	Confirmed	60 mg
28 Aug 2026	07:00	07:12	+12 min	Confirmed	60 mg
27 Aug 2026	19:00	—	—	Snoozed	60 mg
27 Aug 2026	15:00	15:04	+4 min	Confirmed	60 mg
27 Aug 2026	11:00	10:58	−2 min	Confirmed	60 mg
27 Aug 2026	07:00	07:08	+8 min	Confirmed	60 mg

26 Aug 2026	19:00	19:02	+2 min	Confirmed	60 mg
26 Aug 2026	15:00	15:02	+2 min	Confirmed	60 mg
26 Aug 2026	11:00	11:03	+3 min	Confirmed	60 mg
26 Aug 2026	07:00	07:10	+10 min	Confirmed	60 mg
25 Aug 2026	19:00	18:57	−3 min	Confirmed	60 mg
25 Aug 2026	15:00	15:09	+9 min	Confirmed	60 mg
25 Aug 2026	11:00	10:53	−7 min	Confirmed	60 mg
25 Aug 2026	07:00	06:59	−1 min	Confirmed	60 mg
24 Aug 2026	19:00	19:00	±0 min	Confirmed	60 mg
24 Aug 2026	15:00	15:13	+13 min	Confirmed	60 mg
24 Aug 2026	11:00	11:06	+6 min	Confirmed	60 mg
24 Aug 2026	07:00	07:15	+15 min	Confirmed	60 mg
23 Aug 2026	19:00	18:56	−4 min	Confirmed	60 mg
23 Aug 2026	15:00	14:59	−1 min	Confirmed	60 mg
23 Aug 2026	11:00	11:11	+11 min	Confirmed	60 mg
23 Aug 2026	07:00	07:07	+7 min	Confirmed	60 mg
22 Aug 2026	19:00	18:56	−4 min	Confirmed	60 mg
22 Aug 2026	15:00	15:09	+9 min	Confirmed	60 mg
22 Aug 2026	11:00	11:06	+6 min	Confirmed	60 mg
22 Aug 2026	07:00	07:11	+11 min	Confirmed	60 mg
21 Aug 2026	19:00	19:08	+8 min	Confirmed	60 mg
21 Aug 2026	15:00	15:04	+4 min	Confirmed	60 mg
21 Aug 2026	11:00	11:14	+14 min	Confirmed	60 mg
21 Aug 2026	07:00	06:51	−9 min	Confirmed	60 mg
20 Aug 2026	19:00	—	—	Skipped	60 mg
20 Aug 2026	15:00	15:00	±0 min	Confirmed	60 mg
20 Aug 2026	11:00	10:55	−5 min	Confirmed	60 mg
20 Aug 2026	07:00	07:01	+1 min	Confirmed	60 mg
19 Aug 2026	19:00	19:09	+9 min	Confirmed	60 mg
19 Aug 2026	15:00	15:05	+5 min	Confirmed	60 mg
19 Aug 2026	11:00	10:50	−10 min	Confirmed	60 mg
19 Aug 2026	07:00	07:08	+8 min	Confirmed	60 mg
18 Aug 2026	19:00	18:59	−1 min	Confirmed	60 mg
18 Aug 2026	15:00	14:52	−8 min	Confirmed	60 mg
18 Aug 2026	11:00	11:11	+11 min	Confirmed	60 mg
18 Aug 2026	07:00	07:10	+10 min	Confirmed	60 mg
17 Aug 2026	19:00	18:10	**−50 min**	Confirmed	60 mg
17 Aug 2026	15:00	15:01	+1 min	Confirmed	60 mg
17 Aug 2026	11:00	11:10	+10 min	Confirmed	60 mg
17 Aug 2026	07:00	06:58	−2 min	Confirmed	60 mg
16 Aug 2026	19:00	19:14	+14 min	Confirmed	60 mg

16 Aug 2026	15:00	14:45	−15 min	Confirmed	60 mg
16 Aug 2026	11:00	11:01	+1 min	Confirmed	60 mg
16 Aug 2026	07:00	07:09	+9 min	Confirmed	60 mg
15 Aug 2026	19:00	19:02	+2 min	Confirmed	60 mg
15 Aug 2026	15:00	15:43	**+43 min**	Confirmed	60 mg
15 Aug 2026	11:00	11:10	+10 min	Confirmed	60 mg
15 Aug 2026	07:00	07:11	+11 min	Confirmed	60 mg
14 Aug 2026	19:00	19:08	+8 min	Confirmed	60 mg
14 Aug 2026	15:00	15:00	±0 min	Confirmed	60 mg
14 Aug 2026	11:00	10:20	**−40 min**	Confirmed	60 mg
14 Aug 2026	07:00	07:06	+6 min	Confirmed	60 mg
13 Aug 2026	19:00	18:56	−4 min	Confirmed	60 mg
13 Aug 2026	15:00	14:29	**−31 min**	Confirmed	60 mg
13 Aug 2026	11:00	11:02	+2 min	Confirmed	60 mg
13 Aug 2026	07:00	07:16	+16 min	Confirmed	60 mg
12 Aug 2026	19:00	18:55	−5 min	Confirmed	60 mg
12 Aug 2026	15:00	15:11	+11 min	Confirmed	60 mg
12 Aug 2026	11:00	11:03	+3 min	Confirmed	60 mg
12 Aug 2026	07:00	07:11	+11 min	Confirmed	60 mg
11 Aug 2026	19:00	18:59	−1 min	Confirmed	60 mg
11 Aug 2026	15:00	15:08	+8 min	Confirmed	60 mg
11 Aug 2026	11:00	10:59	−1 min	Confirmed	60 mg
11 Aug 2026	07:00	07:02	+2 min	Confirmed	60 mg
10 Aug 2026	19:00	19:02	+2 min	Confirmed	60 mg
10 Aug 2026	15:00	15:00	±0 min	Confirmed	60 mg
10 Aug 2026	11:00	11:05	+5 min	Confirmed	60 mg
10 Aug 2026	07:00	07:07	+7 min	Confirmed	60 mg
9 Aug 2026	19:00	19:56	**+56 min**	Confirmed	60 mg
9 Aug 2026	15:00	16:00	**+60 min**	Confirmed	60 mg
9 Aug 2026	11:00	11:06	+6 min	Confirmed	60 mg
9 Aug 2026	07:00	07:02	+2 min	Confirmed	60 mg
8 Aug 2026	19:00	19:13	+13 min	Confirmed	60 mg
8 Aug 2026	15:00	—	—	Skipped	60 mg
8 Aug 2026	11:00	11:00	±0 min	Confirmed	60 mg
8 Aug 2026	07:00	07:06	+6 min	Confirmed	60 mg
7 Aug 2026	19:00	19:10	+10 min	Confirmed	60 mg
7 Aug 2026	15:00	15:10	+10 min	Confirmed	60 mg
7 Aug 2026	11:00	10:14	**−46 min**	Confirmed	60 mg
7 Aug 2026	07:00	07:05	+5 min	Confirmed	60 mg
6 Aug 2026	19:00	19:00	±0 min	Confirmed	60 mg
6 Aug 2026	15:00	16:20	**+80 min**	Confirmed	60 mg

6 Aug 2026	11:00	—	—	Skipped	60 mg
6 Aug 2026	07:00	08:10	**+70 min**	Confirmed	60 mg
5 Aug 2026	19:00	19:11	+11 min	Confirmed	60 mg
5 Aug 2026	15:00	15:02	+2 min	Confirmed	60 mg
5 Aug 2026	11:00	11:53	**+53 min**	Confirmed	60 mg
5 Aug 2026	07:00	06:50	−10 min	Confirmed	60 mg
4 Aug 2026	19:00	19:06	+6 min	Confirmed	60 mg
4 Aug 2026	15:00	15:10	+10 min	Confirmed	60 mg
4 Aug 2026	11:00	10:55	−5 min	Confirmed	60 mg
4 Aug 2026	07:00	07:00	±0 min	Confirmed	60 mg
3 Aug 2026	19:00	19:07	+7 min	Confirmed	60 mg
3 Aug 2026	15:00	14:57	−3 min	Confirmed	60 mg
3 Aug 2026	11:00	11:12	+12 min	Confirmed	60 mg
3 Aug 2026	07:00	07:00	±0 min	Confirmed	60 mg
2 Aug 2026	19:00	19:01	+1 min	Confirmed	60 mg
2 Aug 2026	15:00	15:00	±0 min	Confirmed	60 mg
2 Aug 2026	11:00	11:04	+4 min	Confirmed	60 mg
2 Aug 2026	07:00	07:00	±0 min	Confirmed	60 mg
1 Aug 2026	19:00	18:55	−5 min	Confirmed	60 mg
1 Aug 2026	15:00	15:01	+1 min	Confirmed	60 mg
1 Aug 2026	11:00	10:55	−5 min	Confirmed	60 mg
1 Aug 2026	07:00	07:00	±0 min	Confirmed	60 mg
31 Jul 2026	19:00	18:59	−1 min	Confirmed	60 mg
31 Jul 2026	15:00	14:48	−12 min	Confirmed	60 mg
31 Jul 2026	11:00	11:00	±0 min	Confirmed	60 mg
31 Jul 2026	07:00	07:07	+7 min	Confirmed	60 mg
30 Jul 2026	19:00	19:09	+9 min	Confirmed	60 mg
30 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
30 Jul 2026	11:00	11:14	+14 min	Confirmed	60 mg
30 Jul 2026	07:00	07:04	+4 min	Confirmed	60 mg
29 Jul 2026	19:00	19:02	+2 min	Confirmed	60 mg
29 Jul 2026	15:00	15:02	+2 min	Confirmed	60 mg
29 Jul 2026	11:00	11:01	+1 min	Confirmed	60 mg
29 Jul 2026	07:00	07:04	+4 min	Confirmed	60 mg
28 Jul 2026	19:00	19:07	+7 min	Confirmed	60 mg
28 Jul 2026	15:00	15:00	±0 min	Confirmed	60 mg
28 Jul 2026	11:00	10:53	−7 min	Confirmed	60 mg
28 Jul 2026	07:00	07:09	+9 min	Confirmed	60 mg
27 Jul 2026	19:00	19:18	+18 min	Confirmed	60 mg
27 Jul 2026	15:00	15:00	±0 min	Confirmed	60 mg
27 Jul 2026	11:00	11:02	+2 min	Confirmed	60 mg

27 Jul 2026	07:00	07:11	+11 min	Confirmed	60 mg
26 Jul 2026	19:00	19:03	+3 min	Confirmed	60 mg
26 Jul 2026	15:00	15:05	+5 min	Confirmed	60 mg
26 Jul 2026	11:00	11:09	+9 min	Confirmed	60 mg
26 Jul 2026	07:00	06:59	−1 min	Confirmed	60 mg
25 Jul 2026	19:00	19:01	+1 min	Confirmed	60 mg
25 Jul 2026	15:00	15:03	+3 min	Confirmed	60 mg
25 Jul 2026	11:00	11:01	+1 min	Confirmed	60 mg
25 Jul 2026	07:00	06:55	−5 min	Confirmed	60 mg
24 Jul 2026	19:00	19:08	+8 min	Confirmed	60 mg
24 Jul 2026	15:00	15:01	+1 min	Confirmed	60 mg
24 Jul 2026	11:00	10:56	−4 min	Confirmed	60 mg
24 Jul 2026	07:00	06:53	−7 min	Confirmed	60 mg
23 Jul 2026	19:00	18:55	−5 min	Confirmed	60 mg
23 Jul 2026	15:00	15:07	+7 min	Confirmed	60 mg
23 Jul 2026	11:00	10:58	−2 min	Confirmed	60 mg
23 Jul 2026	07:00	07:09	+9 min	Confirmed	60 mg
22 Jul 2026	19:00	19:19	+19 min	Confirmed	60 mg
22 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
22 Jul 2026	11:00	11:06	+6 min	Confirmed	60 mg
22 Jul 2026	07:00	07:13	+13 min	Confirmed	60 mg
21 Jul 2026	19:00	18:56	−4 min	Confirmed	60 mg
21 Jul 2026	15:00	15:16	+16 min	Confirmed	60 mg
21 Jul 2026	11:00	11:03	+3 min	Confirmed	60 mg
21 Jul 2026	07:00	07:06	+6 min	Confirmed	60 mg
20 Jul 2026	19:00	19:14	+14 min	Confirmed	60 mg
20 Jul 2026	15:00	14:45	−15 min	Confirmed	60 mg
20 Jul 2026	11:00	11:03	+3 min	Confirmed	60 mg
20 Jul 2026	07:00	07:16	+16 min	Confirmed	60 mg
19 Jul 2026	19:00	19:14	+14 min	Confirmed	60 mg
19 Jul 2026	15:00	15:05	+5 min	Confirmed	60 mg
19 Jul 2026	11:00	11:06	+6 min	Confirmed	60 mg
19 Jul 2026	07:00	06:48	−12 min	Confirmed	60 mg
18 Jul 2026	19:00	19:12	+12 min	Confirmed	60 mg
18 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
18 Jul 2026	11:00	11:01	+1 min	Confirmed	60 mg
18 Jul 2026	07:00	06:58	−2 min	Confirmed	60 mg
17 Jul 2026	19:00	20:15	**+75 min**	Confirmed	60 mg
17 Jul 2026	15:00	15:23	+23 min	Confirmed	60 mg
17 Jul 2026	11:00	—	—	Skipped	60 mg
17 Jul 2026	07:00	07:30	+30 min	Confirmed	60 mg

16 Jul 2026	19:00	19:18	+18 min	Confirmed	60 mg
16 Jul 2026	15:00	—	—	Skipped	60 mg
16 Jul 2026	11:00	12:50	**+110 min**	Confirmed	60 mg
16 Jul 2026	07:00	07:06	+6 min	Confirmed	60 mg
15 Jul 2026	19:00	19:08	+8 min	Confirmed	60 mg
15 Jul 2026	15:00	15:03	+3 min	Confirmed	60 mg
15 Jul 2026	11:00	11:08	+8 min	Confirmed	60 mg
15 Jul 2026	07:00	07:09	+9 min	Confirmed	60 mg
14 Jul 2026	19:00	18:52	−8 min	Confirmed	60 mg
14 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
14 Jul 2026	11:00	11:10	+10 min	Confirmed	60 mg
14 Jul 2026	07:00	06:57	−3 min	Confirmed	60 mg
13 Jul 2026	19:00	19:00	±0 min	Confirmed	60 mg
13 Jul 2026	15:00	15:04	+4 min	Confirmed	60 mg
13 Jul 2026	11:00	11:14	+14 min	Confirmed	60 mg
13 Jul 2026	07:00	08:22	**+82 min**	Confirmed	60 mg
12 Jul 2026	19:00	19:18	+18 min	Confirmed	60 mg
12 Jul 2026	15:00	14:56	−4 min	Confirmed	60 mg
12 Jul 2026	11:00	11:11	+11 min	Confirmed	60 mg
12 Jul 2026	07:00	07:59	**+59 min**	Confirmed	60 mg
11 Jul 2026	19:00	19:06	+6 min	Confirmed	60 mg
11 Jul 2026	15:00	15:05	+5 min	Confirmed	60 mg
11 Jul 2026	11:00	11:12	+12 min	Confirmed	60 mg
11 Jul 2026	07:00	07:04	+4 min	Confirmed	60 mg
10 Jul 2026	19:00	19:12	+12 min	Confirmed	60 mg
10 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
10 Jul 2026	11:00	11:13	+13 min	Confirmed	60 mg
10 Jul 2026	07:00	07:01	+1 min	Confirmed	60 mg
9 Jul 2026	19:00	19:13	+13 min	Confirmed	60 mg
9 Jul 2026	15:00	15:07	+7 min	Confirmed	60 mg
9 Jul 2026	11:00	10:55	−5 min	Confirmed	60 mg
9 Jul 2026	07:00	07:03	+3 min	Confirmed	60 mg
8 Jul 2026	19:00	18:53	−7 min	Confirmed	60 mg
8 Jul 2026	15:00	15:08	+8 min	Confirmed	60 mg
8 Jul 2026	11:00	11:02	+2 min	Confirmed	60 mg
8 Jul 2026	07:00	06:56	−4 min	Confirmed	60 mg
7 Jul 2026	19:00	18:16	**−44 min**	Confirmed	60 mg
7 Jul 2026	15:00	15:48	**+48 min**	Confirmed	60 mg
7 Jul 2026	11:00	10:57	−3 min	Confirmed	60 mg
7 Jul 2026	07:00	06:59	−1 min	Confirmed	60 mg
6 Jul 2026	19:00	19:01	+1 min	Confirmed	60 mg

6 Jul 2026	15:00	15:01	+1 min	Confirmed	60 mg
6 Jul 2026	11:00	11:37	+37 min	Confirmed	60 mg
6 Jul 2026	07:00	07:05	+5 min	Confirmed	60 mg
5 Jul 2026	19:00	19:06	+6 min	Confirmed	60 mg
5 Jul 2026	15:00	15:03	+3 min	Confirmed	60 mg
5 Jul 2026	11:00	11:05	+5 min	Confirmed	60 mg
5 Jul 2026	07:00	06:56	−4 min	Confirmed	60 mg
4 Jul 2026	19:00	19:07	+7 min	Confirmed	60 mg
4 Jul 2026	15:00	14:59	−1 min	Confirmed	60 mg
4 Jul 2026	11:00	12:08	+68 min	Confirmed	60 mg
4 Jul 2026	07:00	07:05	+5 min	Confirmed	60 mg
3 Jul 2026	19:00	19:00	±0 min	Confirmed	60 mg
3 Jul 2026	15:00	15:03	+3 min	Confirmed	60 mg
3 Jul 2026	11:00	11:02	+2 min	Confirmed	60 mg
3 Jul 2026	07:00	08:20	+80 min	Confirmed	60 mg
2 Jul 2026	19:00	19:09	+9 min	Confirmed	60 mg
2 Jul 2026	15:00	14:52	−8 min	Confirmed	60 mg
2 Jul 2026	11:00	11:15	+15 min	Confirmed	60 mg
2 Jul 2026	07:00	07:03	+3 min	Confirmed	60 mg
1 Jul 2026	19:00	19:10	+10 min	Confirmed	60 mg
1 Jul 2026	15:00	14:59	−1 min	Confirmed	60 mg
1 Jul 2026	11:00	11:12	+12 min	Confirmed	60 mg
1 Jul 2026	07:00	07:09	+9 min	Confirmed	60 mg
30 Jun 2026	19:00	19:03	+3 min	Confirmed	60 mg
30 Jun 2026	15:00	15:02	+2 min	Confirmed	60 mg
30 Jun 2026	11:00	11:15	+15 min	Confirmed	60 mg
30 Jun 2026	07:00	07:03	+3 min	Confirmed	60 mg
29 Jun 2026	19:00	19:05	+5 min	Confirmed	60 mg
29 Jun 2026	15:00	15:00	±0 min	Confirmed	60 mg
29 Jun 2026	11:00	10:58	−2 min	Confirmed	60 mg
29 Jun 2026	07:00	07:09	+9 min	Confirmed	60 mg
28 Jun 2026	19:00	19:11	+11 min	Confirmed	60 mg
28 Jun 2026	15:00	14:54	−6 min	Confirmed	60 mg
28 Jun 2026	11:00	11:02	+2 min	Confirmed	60 mg
28 Jun 2026	07:00	06:59	−1 min	Confirmed	60 mg
27 Jun 2026	19:00	19:00	±0 min	Confirmed	60 mg
27 Jun 2026	15:00	15:00	±0 min	Confirmed	60 mg
27 Jun 2026	11:00	11:02	+2 min	Confirmed	60 mg
27 Jun 2026	07:00	07:24	+24 min	Confirmed	60 mg
26 Jun 2026	19:00	19:00	±0 min	Confirmed	60 mg
26 Jun 2026	15:00	14:05	−55 min	Confirmed	60 mg

26 Jun 2026	11:00	10:56	−4 min	Confirmed	60 mg
26 Jun 2026	07:00	07:00	±0 min	Confirmed	60 mg
25 Jun 2026	19:00	20:23	**+83 min**	Confirmed	60 mg
25 Jun 2026	15:00	15:08	+8 min	Confirmed	60 mg
25 Jun 2026	11:00	11:14	+14 min	Confirmed	60 mg
25 Jun 2026	07:00	07:02	+2 min	Confirmed	60 mg
24 Jun 2026	19:00	19:04	+4 min	Confirmed	60 mg
24 Jun 2026	15:00	14:59	−1 min	Confirmed	60 mg
24 Jun 2026	11:00	11:00	±0 min	Confirmed	60 mg
24 Jun 2026	07:00	07:10	+10 min	Confirmed	60 mg
23 Jun 2026	19:00	19:01	+1 min	Confirmed	60 mg
23 Jun 2026	15:00	15:00	±0 min	Confirmed	60 mg
23 Jun 2026	11:00	11:07	+7 min	Confirmed	60 mg
23 Jun 2026	07:00	06:51	−9 min	Confirmed	60 mg
22 Jun 2026	19:00	19:04	+4 min	Confirmed	60 mg
22 Jun 2026	15:00	14:50	−10 min	Confirmed	60 mg
22 Jun 2026	11:00	11:10	+10 min	Confirmed	60 mg
22 Jun 2026	07:00	07:09	+9 min	Confirmed	60 mg
21 Jun 2026	19:00	19:06	+6 min	Confirmed	60 mg
21 Jun 2026	15:00	15:09	+9 min	Confirmed	60 mg
21 Jun 2026	11:00	11:04	+4 min	Confirmed	60 mg
21 Jun 2026	07:00	07:07	+7 min	Confirmed	60 mg
20 Jun 2026	19:00	18:55	−5 min	Confirmed	60 mg
20 Jun 2026	15:00	14:55	−5 min	Confirmed	60 mg
20 Jun 2026	11:00	11:00	±0 min	Confirmed	60 mg
20 Jun 2026	07:00	07:08	+8 min	Confirmed	60 mg
19 Jun 2026	19:00	19:02	+2 min	Confirmed	60 mg
19 Jun 2026	15:00	—	—	Snoozed	60 mg
19 Jun 2026	11:00	11:10	+10 min	Confirmed	60 mg
19 Jun 2026	07:00	07:03	+3 min	Confirmed	60 mg
18 Jun 2026	19:00	18:54	−6 min	Confirmed	60 mg
18 Jun 2026	15:00	15:17	+17 min	Confirmed	60 mg
18 Jun 2026	11:00	11:06	+6 min	Confirmed	60 mg
18 Jun 2026	07:00	06:52	−8 min	Confirmed	60 mg
17 Jun 2026	19:00	19:17	+17 min	Confirmed	60 mg
17 Jun 2026	15:00	15:05	+5 min	Confirmed	60 mg
17 Jun 2026	11:00	11:23	+23 min	Confirmed	60 mg
17 Jun 2026	07:00	07:03	+3 min	Confirmed	60 mg
16 Jun 2026	19:00	19:05	+5 min	Confirmed	60 mg
16 Jun 2026	15:00	15:04	+4 min	Confirmed	60 mg
16 Jun 2026	11:00	10:54	−6 min	Confirmed	60 mg

16 Jun 2026	07:00	08:20	**+80 min**	Confirmed	60 mg
15 Jun 2026	19:00	18:58	−2 min	Confirmed	60 mg
15 Jun 2026	15:00	15:00	±0 min	Confirmed	60 mg
15 Jun 2026	11:00	10:54	−6 min	Confirmed	60 mg
15 Jun 2026	07:00	07:12	+12 min	Confirmed	60 mg
14 Jun 2026	19:00	18:50	−10 min	Confirmed	60 mg
14 Jun 2026	15:00	—	—	Skipped	60 mg
14 Jun 2026	11:00	10:58	−2 min	Confirmed	60 mg
14 Jun 2026	07:00	07:11	+11 min	Confirmed	60 mg
13 Jun 2026	19:00	19:04	+4 min	Confirmed	60 mg
13 Jun 2026	15:00	15:07	+7 min	Confirmed	60 mg
13 Jun 2026	11:00	11:11	+11 min	Confirmed	60 mg
13 Jun 2026	07:00	06:52	−8 min	Confirmed	60 mg
12 Jun 2026	19:00	19:00	±0 min	Confirmed	60 mg
12 Jun 2026	15:00	15:12	+12 min	Confirmed	60 mg
12 Jun 2026	11:00	11:02	+2 min	Confirmed	60 mg
12 Jun 2026	07:00	07:11	+11 min	Confirmed	60 mg
11 Jun 2026	19:00	19:10	+10 min	Confirmed	60 mg
11 Jun 2026	15:00	15:06	+6 min	Confirmed	60 mg
11 Jun 2026	11:00	—	—	Skipped	60 mg
11 Jun 2026	07:00	07:08	+8 min	Confirmed	60 mg
10 Jun 2026	19:00	19:05	+5 min	Confirmed	60 mg
10 Jun 2026	15:00	15:00	±0 min	Confirmed	60 mg
10 Jun 2026	11:00	11:01	+1 min	Confirmed	60 mg
10 Jun 2026	07:00	07:05	+5 min	Confirmed	60 mg
9 Jun 2026	19:00	18:56	−4 min	Confirmed	60 mg
9 Jun 2026	15:00	15:01	+1 min	Confirmed	60 mg
9 Jun 2026	11:00	11:12	+12 min	Confirmed	60 mg
9 Jun 2026	07:00	07:08	+8 min	Confirmed	60 mg
8 Jun 2026	19:00	19:09	+9 min	Confirmed	60 mg
8 Jun 2026	15:00	15:41	**+41 min**	Confirmed	60 mg
8 Jun 2026	11:00	11:10	+10 min	Confirmed	60 mg
8 Jun 2026	07:00	07:01	+1 min	Confirmed	60 mg
7 Jun 2026	19:00	19:03	+3 min	Confirmed	60 mg
7 Jun 2026	15:00	15:09	+9 min	Confirmed	60 mg
7 Jun 2026	11:00	11:07	+7 min	Confirmed	60 mg
7 Jun 2026	07:00	07:13	+13 min	Confirmed	60 mg
6 Jun 2026	19:00	19:12	+12 min	Confirmed	60 mg
6 Jun 2026	15:00	15:03	+3 min	Confirmed	60 mg
6 Jun 2026	11:00	11:09	+9 min	Confirmed	60 mg
6 Jun 2026	07:00	06:47	−13 min	Confirmed	60 mg

5 Jun 2026	19:00	18:51	−9 min	Confirmed	60 mg
5 Jun 2026	15:00	15:06	+6 min	Confirmed	60 mg
5 Jun 2026	11:00	10:56	−4 min	Confirmed	60 mg
5 Jun 2026	07:00	07:44	**+44 min**	Confirmed	60 mg
4 Jun 2026	19:00	19:09	+9 min	Confirmed	60 mg
4 Jun 2026	15:00	14:55	−5 min	Confirmed	60 mg
4 Jun 2026	11:00	12:35	**+95 min**	Confirmed	60 mg
4 Jun 2026	07:00	07:14	+14 min	Confirmed	60 mg
3 Jun 2026	19:00	19:12	+12 min	Confirmed	60 mg
3 Jun 2026	15:00	14:54	−6 min	Confirmed	60 mg
3 Jun 2026	11:00	11:13	+13 min	Confirmed	60 mg
3 Jun 2026	07:00	07:11	+11 min	Confirmed	60 mg
2 Jun 2026	19:00	19:01	+1 min	Confirmed	60 mg
2 Jun 2026	15:00	14:38	−22 min	Confirmed	60 mg
2 Jun 2026	11:00	11:13	+13 min	Confirmed	60 mg
2 Jun 2026	07:00	06:55	−5 min	Confirmed	60 mg
1 Jun 2026	19:00	18:56	−4 min	Confirmed	60 mg
1 Jun 2026	15:00	15:05	+5 min	Confirmed	60 mg
1 Jun 2026	11:00	11:02	+2 min	Confirmed	60 mg
1 Jun 2026	07:00	06:51	−9 min	Confirmed	60 mg

Azathioprin

Adherence: 98% | 229/234 taken

First intake: 1 Jun 2026 | Last intake: 25 Sep 2026 · 08:00 Ø +9 min · 20:00 Ø +5 min

Date	Planned	Actual	Deviation	Status	Dose
25 Sep 2026	20:00	19:58	−2 min	Confirmed	50 mg
25 Sep 2026	08:00	08:00	±0 min	Confirmed	100 mg
24 Sep 2026	20:00	19:59	−1 min	Confirmed	50 mg
24 Sep 2026	08:00	08:05	+5 min	Confirmed	100 mg
23 Sep 2026	20:00	19:49	−11 min	Confirmed	50 mg
23 Sep 2026	08:00	08:14	+14 min	Confirmed	100 mg
22 Sep 2026	20:00	19:52	−8 min	Confirmed	50 mg
22 Sep 2026	08:00	08:17	+17 min	Confirmed	100 mg
21 Sep 2026	20:00	19:56	−4 min	Confirmed	50 mg
21 Sep 2026	08:00	08:05	+5 min	Confirmed	100 mg
20 Sep 2026	20:00	19:57	−3 min	Confirmed	50 mg
20 Sep 2026	08:00	08:01	+1 min	Confirmed	100 mg
19 Sep 2026	20:00	20:05	+5 min	Confirmed	50 mg
19 Sep 2026	08:00	08:04	+4 min	Confirmed	100 mg
18 Sep 2026	20:00	19:57	−3 min	Confirmed	50 mg
18 Sep 2026	08:00	07:57	−3 min	Confirmed	100 mg
17 Sep 2026	20:00	19:58	−2 min	Confirmed	50 mg
17 Sep 2026	08:00	08:03	+3 min	Confirmed	100 mg
16 Sep 2026	20:00	19:54	−6 min	Confirmed	50 mg
16 Sep 2026	08:00	—	—	Skipped	100 mg
15 Sep 2026	20:00	20:15	+15 min	Confirmed	50 mg
15 Sep 2026	08:00	08:10	+10 min	Confirmed	100 mg
14 Sep 2026	20:00	20:05	+5 min	Confirmed	50 mg
14 Sep 2026	08:00	08:06	+6 min	Confirmed	100 mg
13 Sep 2026	20:00	20:03	+3 min	Confirmed	50 mg
13 Sep 2026	08:00	09:21	**+81 min**	Confirmed	100 mg
12 Sep 2026	20:00	20:10	+10 min	Confirmed	50 mg
12 Sep 2026	08:00	08:14	+14 min	Confirmed	100 mg
11 Sep 2026	20:00	20:03	+3 min	Confirmed	50 mg
11 Sep 2026	08:00	07:56	−4 min	Confirmed	100 mg
10 Sep 2026	20:00	20:08	+8 min	Confirmed	50 mg
10 Sep 2026	08:00	08:01	+1 min	Confirmed	100 mg
9 Sep 2026	20:00	20:14	+14 min	Confirmed	50 mg
9 Sep 2026	08:00	08:16	+16 min	Confirmed	100 mg
8 Sep 2026	20:00	21:11	**+71 min**	Confirmed	50 mg
8 Sep 2026	08:00	08:02	+2 min	Confirmed	100 mg
7 Sep 2026	20:00	20:00	±0 min	Confirmed	50 mg
7 Sep 2026	08:00	08:13	+13 min	Confirmed	100 mg

6 Sep 2026	20:00	19:57	−3 min	Confirmed	50 mg
6 Sep 2026	08:00	08:00	±0 min	Confirmed	100 mg
5 Sep 2026	20:00	20:04	+4 min	Confirmed	50 mg
5 Sep 2026	08:00	07:47	−13 min	Confirmed	100 mg
4 Sep 2026	20:00	19:56	−4 min	Confirmed	50 mg
4 Sep 2026	08:00	10:00	**+120 min**	Confirmed	100 mg
3 Sep 2026	20:00	19:58	−2 min	Confirmed	50 mg
3 Sep 2026	08:00	07:55	−5 min	Confirmed	100 mg
2 Sep 2026	20:00	20:57	**+57 min**	Confirmed	50 mg
2 Sep 2026	08:00	08:12	+12 min	Confirmed	100 mg
1 Sep 2026	20:00	20:09	+9 min	Confirmed	50 mg
1 Sep 2026	08:00	08:03	+3 min	Confirmed	100 mg
31 Aug 2026	20:00	20:05	+5 min	Confirmed	50 mg
31 Aug 2026	08:00	08:00	±0 min	Confirmed	100 mg
30 Aug 2026	20:00	20:00	±0 min	Confirmed	50 mg
30 Aug 2026	08:00	08:08	+8 min	Confirmed	100 mg
29 Aug 2026	20:00	19:57	−3 min	Confirmed	50 mg
29 Aug 2026	08:00	08:05	+5 min	Confirmed	100 mg
28 Aug 2026	20:00	20:18	+18 min	Confirmed	50 mg
28 Aug 2026	08:00	08:04	+4 min	Confirmed	100 mg
27 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg
27 Aug 2026	08:00	08:01	+1 min	Confirmed	100 mg
26 Aug 2026	20:00	20:08	+8 min	Confirmed	50 mg
26 Aug 2026	08:00	07:59	−1 min	Confirmed	100 mg
25 Aug 2026	20:00	20:17	+17 min	Confirmed	50 mg
25 Aug 2026	08:00	08:05	+5 min	Confirmed	100 mg
24 Aug 2026	20:00	20:08	+8 min	Confirmed	50 mg
24 Aug 2026	08:00	08:03	+3 min	Confirmed	100 mg
23 Aug 2026	20:00	20:05	+5 min	Confirmed	50 mg
23 Aug 2026	08:00	08:07	+7 min	Confirmed	100 mg
22 Aug 2026	20:00	20:10	+10 min	Confirmed	50 mg
22 Aug 2026	08:00	—	—	Skipped	100 mg
21 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg
21 Aug 2026	08:00	07:57	−3 min	Confirmed	100 mg
20 Aug 2026	20:00	20:04	+4 min	Confirmed	50 mg
20 Aug 2026	08:00	07:59	−1 min	Confirmed	100 mg
19 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg
19 Aug 2026	08:00	08:04	+4 min	Confirmed	100 mg
18 Aug 2026	20:00	20:06	+6 min	Confirmed	50 mg
18 Aug 2026	08:00	08:08	+8 min	Confirmed	100 mg
17 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg

17 Aug 2026	08:00	08:08	+8 min	Confirmed	100 mg
16 Aug 2026	20:00	20:05	+5 min	Confirmed	50 mg
16 Aug 2026	08:00	08:08	+8 min	Confirmed	100 mg
15 Aug 2026	20:00	20:00	±0 min	Confirmed	50 mg
15 Aug 2026	08:00	07:59	−1 min	Confirmed	100 mg
14 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg
14 Aug 2026	08:00	07:52	−8 min	Confirmed	100 mg
13 Aug 2026	20:00	20:01	+1 min	Confirmed	50 mg
13 Aug 2026	08:00	—	—	Skipped	100 mg
12 Aug 2026	20:00	20:53	**+53 min**	Confirmed	50 mg
12 Aug 2026	08:00	08:02	+2 min	Confirmed	100 mg
11 Aug 2026	20:00	20:20	+20 min	Confirmed	50 mg
11 Aug 2026	08:00	08:05	+5 min	Confirmed	100 mg
10 Aug 2026	20:00	20:11	+11 min	Confirmed	50 mg
10 Aug 2026	08:00	08:01	+1 min	Confirmed	100 mg
9 Aug 2026	20:00	20:08	+8 min	Confirmed	50 mg
9 Aug 2026	08:00	07:53	−7 min	Confirmed	100 mg
8 Aug 2026	20:00	20:07	+7 min	Confirmed	50 mg
8 Aug 2026	08:00	08:10	+10 min	Confirmed	100 mg
7 Aug 2026	20:00	20:04	+4 min	Confirmed	50 mg
7 Aug 2026	08:00	08:08	+8 min	Confirmed	100 mg
6 Aug 2026	20:00	20:13	+13 min	Confirmed	50 mg
6 Aug 2026	08:00	08:38	**+38 min**	Confirmed	100 mg
5 Aug 2026	20:00	20:00	±0 min	Confirmed	50 mg
5 Aug 2026	08:00	08:04	+4 min	Confirmed	100 mg
4 Aug 2026	20:00	19:59	−1 min	Confirmed	50 mg
4 Aug 2026	08:00	08:02	+2 min	Confirmed	100 mg
3 Aug 2026	20:00	19:57	−3 min	Confirmed	50 mg
3 Aug 2026	08:00	08:11	+11 min	Confirmed	100 mg
2 Aug 2026	20:00	20:10	+10 min	Confirmed	50 mg
2 Aug 2026	08:00	08:06	+6 min	Confirmed	100 mg
1 Aug 2026	20:00	20:00	±0 min	Confirmed	50 mg
1 Aug 2026	08:00	08:00	±0 min	Confirmed	100 mg
31 Jul 2026	20:00	20:05	+5 min	Confirmed	50 mg
31 Jul 2026	08:00	08:10	+10 min	Confirmed	100 mg
30 Jul 2026	20:00	19:00	**−60 min**	Confirmed	50 mg
30 Jul 2026	08:00	08:05	+5 min	Confirmed	100 mg
29 Jul 2026	20:00	20:03	+3 min	Confirmed	50 mg
29 Jul 2026	08:00	08:07	+7 min	Confirmed	100 mg
28 Jul 2026	20:00	20:02	+2 min	Confirmed	50 mg
28 Jul 2026	08:00	08:07	+7 min	Confirmed	100 mg

27 Jul 2026	20:00	20:03	+3 min	Confirmed	50 mg
27 Jul 2026	08:00	08:04	+4 min	Confirmed	100 mg
26 Jul 2026	20:00	20:04	+4 min	Confirmed	50 mg
26 Jul 2026	08:00	08:01	+1 min	Confirmed	100 mg
25 Jul 2026	20:00	20:02	+2 min	Confirmed	50 mg
25 Jul 2026	08:00	08:03	+3 min	Confirmed	100 mg
24 Jul 2026	20:00	20:10	+10 min	Confirmed	50 mg
24 Jul 2026	08:00	08:48	**+48 min**	Confirmed	100 mg
23 Jul 2026	20:00	20:00	±0 min	Confirmed	50 mg
23 Jul 2026	08:00	08:08	+8 min	Confirmed	100 mg
22 Jul 2026	20:00	20:02	+2 min	Confirmed	50 mg
22 Jul 2026	08:00	08:09	+9 min	Confirmed	100 mg
21 Jul 2026	20:00	20:08	+8 min	Confirmed	50 mg
21 Jul 2026	08:00	08:09	+9 min	Confirmed	100 mg
20 Jul 2026	20:00	20:03	+3 min	Confirmed	50 mg
20 Jul 2026	08:00	08:11	+11 min	Confirmed	100 mg
19 Jul 2026	20:00	20:08	+8 min	Confirmed	50 mg
19 Jul 2026	08:00	08:11	+11 min	Confirmed	100 mg
18 Jul 2026	20:00	20:04	+4 min	Confirmed	50 mg
18 Jul 2026	08:00	08:06	+6 min	Confirmed	100 mg
17 Jul 2026	20:00	—	—	Skipped	50 mg
17 Jul 2026	08:00	09:21	**+81 min**	Confirmed	100 mg
16 Jul 2026	20:00	20:20	+20 min	Confirmed	50 mg
16 Jul 2026	08:00	08:10	+10 min	Confirmed	100 mg
15 Jul 2026	20:00	19:58	−2 min	Confirmed	50 mg
15 Jul 2026	08:00	08:08	+8 min	Confirmed	100 mg
14 Jul 2026	20:00	20:11	+11 min	Confirmed	50 mg
14 Jul 2026	08:00	08:01	+1 min	Confirmed	100 mg
13 Jul 2026	20:00	20:04	+4 min	Confirmed	50 mg
13 Jul 2026	08:00	08:12	+12 min	Confirmed	100 mg
12 Jul 2026	20:00	20:13	+13 min	Confirmed	50 mg
12 Jul 2026	08:00	08:14	+14 min	Confirmed	100 mg
11 Jul 2026	20:00	19:55	−5 min	Confirmed	50 mg
11 Jul 2026	08:00	08:11	+11 min	Confirmed	100 mg
10 Jul 2026	20:00	19:17	**−43 min**	Confirmed	50 mg
10 Jul 2026	08:00	08:04	+4 min	Confirmed	100 mg
9 Jul 2026	20:00	20:00	±0 min	Confirmed	50 mg
9 Jul 2026	08:00	08:00	±0 min	Confirmed	100 mg
8 Jul 2026	20:00	20:07	+7 min	Confirmed	50 mg
8 Jul 2026	08:00	08:15	+15 min	Confirmed	100 mg
7 Jul 2026	20:00	20:05	+5 min	Confirmed	50 mg

7 Jul 2026	08:00	08:00	±0 min	Confirmed	100 mg
6 Jul 2026	20:00	20:05	+5 min	Confirmed	50 mg
6 Jul 2026	08:00	07:58	−2 min	Confirmed	100 mg
5 Jul 2026	20:00	19:53	−7 min	Confirmed	50 mg
5 Jul 2026	08:00	08:07	+7 min	Confirmed	100 mg
4 Jul 2026	20:00	20:14	+14 min	Confirmed	50 mg
4 Jul 2026	08:00	08:06	+6 min	Confirmed	100 mg
3 Jul 2026	20:00	20:12	+12 min	Confirmed	50 mg
3 Jul 2026	08:00	08:08	+8 min	Confirmed	100 mg
2 Jul 2026	20:00	20:22	+22 min	Confirmed	50 mg
2 Jul 2026	08:00	08:15	+15 min	Confirmed	100 mg
1 Jul 2026	20:00	—	—	Skipped	50 mg
1 Jul 2026	08:00	08:03	+3 min	Confirmed	100 mg
30 Jun 2026	20:00	19:58	−2 min	Confirmed	50 mg
30 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
29 Jun 2026	20:00	20:18	+18 min	Confirmed	50 mg
29 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
28 Jun 2026	20:00	20:12	+12 min	Confirmed	50 mg
28 Jun 2026	08:00	08:08	+8 min	Confirmed	100 mg
27 Jun 2026	20:00	20:05	+5 min	Confirmed	50 mg
27 Jun 2026	08:00	08:16	+16 min	Confirmed	100 mg
26 Jun 2026	20:00	20:00	±0 min	Confirmed	50 mg
26 Jun 2026	08:00	08:01	+1 min	Confirmed	100 mg
25 Jun 2026	20:00	20:08	+8 min	Confirmed	50 mg
25 Jun 2026	08:00	07:52	−8 min	Confirmed	100 mg
24 Jun 2026	20:00	19:57	−3 min	Confirmed	50 mg
24 Jun 2026	08:00	07:56	−4 min	Confirmed	100 mg
23 Jun 2026	20:00	20:07	+7 min	Confirmed	50 mg
23 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
22 Jun 2026	20:00	19:58	−2 min	Confirmed	50 mg
22 Jun 2026	08:00	07:59	−1 min	Confirmed	100 mg
21 Jun 2026	20:00	20:06	+6 min	Confirmed	50 mg
21 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
20 Jun 2026	20:00	19:50	−10 min	Confirmed	50 mg
20 Jun 2026	08:00	08:06	+6 min	Confirmed	100 mg
19 Jun 2026	20:00	20:03	+3 min	Confirmed	50 mg
19 Jun 2026	08:00	08:01	+1 min	Confirmed	100 mg
18 Jun 2026	20:00	20:01	+1 min	Confirmed	50 mg
18 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
17 Jun 2026	20:00	20:07	+7 min	Confirmed	50 mg
17 Jun 2026	08:00	07:58	−2 min	Confirmed	100 mg

16 Jun 2026	20:00	20:00	±0 min	Confirmed	50 mg
16 Jun 2026	08:00	08:12	+12 min	Confirmed	100 mg
15 Jun 2026	20:00	20:12	+12 min	Confirmed	50 mg
15 Jun 2026	08:00	09:12	**+72 min**	Confirmed	100 mg
14 Jun 2026	20:00	20:04	+4 min	Confirmed	50 mg
14 Jun 2026	08:00	08:02	+2 min	Confirmed	100 mg
13 Jun 2026	20:00	19:55	−5 min	Confirmed	50 mg
13 Jun 2026	08:00	08:05	+5 min	Confirmed	100 mg
12 Jun 2026	20:00	20:01	+1 min	Confirmed	50 mg
12 Jun 2026	08:00	07:54	−6 min	Confirmed	100 mg
11 Jun 2026	20:00	19:53	−7 min	Confirmed	50 mg
11 Jun 2026	08:00	09:29	**+89 min**	Confirmed	100 mg
10 Jun 2026	20:00	20:07	+7 min	Confirmed	50 mg
10 Jun 2026	08:00	08:08	+8 min	Confirmed	100 mg
9 Jun 2026	20:00	20:03	+3 min	Confirmed	50 mg
9 Jun 2026	08:00	08:05	+5 min	Confirmed	100 mg
8 Jun 2026	20:00	20:00	±0 min	Confirmed	50 mg
8 Jun 2026	08:00	07:56	−4 min	Confirmed	100 mg
7 Jun 2026	20:00	20:01	+1 min	Confirmed	50 mg
7 Jun 2026	08:00	08:00	±0 min	Confirmed	100 mg
6 Jun 2026	20:00	20:04	+4 min	Confirmed	50 mg
6 Jun 2026	08:00	08:04	+4 min	Confirmed	100 mg
5 Jun 2026	20:00	19:58	−2 min	Confirmed	50 mg
5 Jun 2026	08:00	08:03	+3 min	Confirmed	100 mg
4 Jun 2026	20:00	20:00	±0 min	Confirmed	50 mg
4 Jun 2026	08:00	08:03	+3 min	Confirmed	100 mg
3 Jun 2026	20:00	20:12	+12 min	Confirmed	50 mg
3 Jun 2026	08:00	08:03	+3 min	Confirmed	100 mg
2 Jun 2026	20:00	21:20	**+80 min**	Confirmed	50 mg
2 Jun 2026	08:00	08:11	+11 min	Confirmed	100 mg
1 Jun 2026	20:00	20:13	+13 min	Confirmed	50 mg
1 Jun 2026	08:00	08:04	+4 min	Confirmed	100 mg

Vitamin D3 + K2

Adherence: 96% | 112/117 taken

First intake: 1 Jun 2026 | Last intake: 25 Sep 2026 · 08:00 Ø +3 min

Date	Planned	Actual	Deviation	Status	Dose
25 Sep 2026	08:00	07:54	−6 min	Confirmed	2000 IU
24 Sep 2026	08:00	08:06	+6 min	Confirmed	2000 IU
23 Sep 2026	08:00	08:00	±0 min	Confirmed	2000 IU
22 Sep 2026	08:00	07:56	−4 min	Confirmed	2000 IU
21 Sep 2026	08:00	08:01	+1 min	Confirmed	2000 IU
20 Sep 2026	08:00	08:07	+7 min	Confirmed	2000 IU
19 Sep 2026	08:00	07:47	−13 min	Confirmed	2000 IU
18 Sep 2026	08:00	08:03	+3 min	Confirmed	2000 IU
17 Sep 2026	08:00	08:12	+12 min	Confirmed	2000 IU
16 Sep 2026	08:00	08:00	±0 min	Confirmed	2000 IU
15 Sep 2026	08:00	08:07	+7 min	Confirmed	2000 IU
14 Sep 2026	08:00	07:58	−2 min	Confirmed	2000 IU
13 Sep 2026	08:00	08:13	+13 min	Confirmed	2000 IU
12 Sep 2026	08:00	07:58	−2 min	Confirmed	2000 IU
11 Sep 2026	08:00	—	—	Skipped	2000 IU
10 Sep 2026	08:00	08:07	+7 min	Confirmed	2000 IU
9 Sep 2026	08:00	08:02	+2 min	Confirmed	2000 IU
8 Sep 2026	08:00	08:02	+2 min	Confirmed	2000 IU
7 Sep 2026	08:00	07:50	−10 min	Confirmed	2000 IU
6 Sep 2026	08:00	07:56	−4 min	Confirmed	2000 IU
5 Sep 2026	08:00	08:15	+15 min	Confirmed	2000 IU
4 Sep 2026	08:00	08:08	+8 min	Confirmed	2000 IU
3 Sep 2026	08:00	08:06	+6 min	Confirmed	2000 IU
2 Sep 2026	08:00	07:58	−2 min	Confirmed	2000 IU
1 Sep 2026	08:00	08:02	+2 min	Confirmed	2000 IU
31 Aug 2026	08:00	08:02	+2 min	Confirmed	2000 IU
30 Aug 2026	08:00	08:09	+9 min	Confirmed	2000 IU
29 Aug 2026	08:00	08:10	+10 min	Confirmed	2000 IU
28 Aug 2026	08:00	08:07	+7 min	Confirmed	2000 IU
27 Aug 2026	08:00	08:00	±0 min	Confirmed	2000 IU
26 Aug 2026	08:00	08:04	+4 min	Confirmed	2000 IU
25 Aug 2026	08:00	08:00	±0 min	Confirmed	2000 IU
24 Aug 2026	08:00	08:06	+6 min	Confirmed	2000 IU
23 Aug 2026	08:00	08:05	+5 min	Confirmed	2000 IU
22 Aug 2026	08:00	08:00	±0 min	Confirmed	2000 IU
21 Aug 2026	08:00	08:03	+3 min	Confirmed	2000 IU
20 Aug 2026	08:00	08:08	+8 min	Confirmed	2000 IU
19 Aug 2026	08:00	08:00	±0 min	Confirmed	2000 IU

18 Aug 2026	08:00	08:06	+6 min	Confirmed	2000 IU
17 Aug 2026	08:00	08:07	+7 min	Confirmed	2000 IU
16 Aug 2026	08:00	07:51	−9 min	Confirmed	2000 IU
15 Aug 2026	08:00	08:01	+1 min	Confirmed	2000 IU
14 Aug 2026	08:00	08:11	+11 min	Confirmed	2000 IU
13 Aug 2026	08:00	07:56	−4 min	Confirmed	2000 IU
12 Aug 2026	08:00	07:59	−1 min	Confirmed	2000 IU
11 Aug 2026	08:00	07:51	−9 min	Confirmed	2000 IU
10 Aug 2026	08:00	07:59	−1 min	Confirmed	2000 IU
9 Aug 2026	08:00	08:12	+12 min	Confirmed	2000 IU
8 Aug 2026	08:00	08:06	+6 min	Confirmed	2000 IU
7 Aug 2026	08:00	—	—	Skipped	2000 IU
6 Aug 2026	08:00	08:11	+11 min	Confirmed	2000 IU
5 Aug 2026	08:00	07:59	−1 min	Confirmed	2000 IU
4 Aug 2026	08:00	08:09	+9 min	Confirmed	2000 IU
3 Aug 2026	08:00	08:05	+5 min	Confirmed	2000 IU
2 Aug 2026	08:00	07:55	−5 min	Confirmed	2000 IU
1 Aug 2026	08:00	—	—	Skipped	2000 IU
31 Jul 2026	08:00	08:01	+1 min	Confirmed	2000 IU
30 Jul 2026	08:00	07:59	−1 min	Confirmed	2000 IU
29 Jul 2026	08:00	07:59	−1 min	Confirmed	2000 IU
28 Jul 2026	08:00	08:05	+5 min	Confirmed	2000 IU
27 Jul 2026	08:00	08:03	+3 min	Confirmed	2000 IU
26 Jul 2026	08:00	08:04	+4 min	Confirmed	2000 IU
25 Jul 2026	08:00	08:08	+8 min	Confirmed	2000 IU
24 Jul 2026	08:00	08:06	+6 min	Confirmed	2000 IU
23 Jul 2026	08:00	08:08	+8 min	Confirmed	2000 IU
22 Jul 2026	08:00	08:00	±0 min	Confirmed	2000 IU
21 Jul 2026	08:00	08:00	±0 min	Confirmed	2000 IU
20 Jul 2026	08:00	07:59	−1 min	Confirmed	2000 IU
19 Jul 2026	08:00	08:08	+8 min	Confirmed	1000 IU
18 Jul 2026	08:00	07:50	−10 min	Confirmed	1000 IU
17 Jul 2026	08:00	08:12	+12 min	Confirmed	1000 IU
16 Jul 2026	08:00	08:07	+7 min	Confirmed	1000 IU
15 Jul 2026	08:00	08:02	+2 min	Confirmed	1000 IU
14 Jul 2026	08:00	08:11	+11 min	Confirmed	1000 IU
13 Jul 2026	08:00	—	—	Skipped	1000 IU
12 Jul 2026	08:00	08:08	+8 min	Confirmed	1000 IU
11 Jul 2026	08:00	08:00	±0 min	Confirmed	1000 IU
10 Jul 2026	08:00	08:10	+10 min	Confirmed	1000 IU
9 Jul 2026	08:00	07:58	−2 min	Confirmed	1000 IU

8 Jul 2026	08:00	08:05	+5 min	Confirmed	1000 IU
7 Jul 2026	08:00	07:51	−9 min	Confirmed	1000 IU
6 Jul 2026	08:00	08:08	+8 min	Confirmed	1000 IU
5 Jul 2026	08:00	08:03	+3 min	Confirmed	1000 IU
4 Jul 2026	08:00	08:07	+7 min	Confirmed	1000 IU
3 Jul 2026	08:00	07:26	**−34 min**	Confirmed	1000 IU
2 Jul 2026	08:00	08:13	+13 min	Confirmed	1000 IU
1 Jul 2026	08:00	08:02	+2 min	Confirmed	1000 IU
30 Jun 2026	08:00	08:02	+2 min	Confirmed	1000 IU
29 Jun 2026	08:00	08:10	+10 min	Confirmed	1000 IU
28 Jun 2026	08:00	08:23	+23 min	Confirmed	1000 IU
27 Jun 2026	08:00	08:07	+7 min	Confirmed	1000 IU
26 Jun 2026	08:00	08:02	+2 min	Confirmed	1000 IU
25 Jun 2026	08:00	08:04	+4 min	Confirmed	1000 IU
24 Jun 2026	08:00	08:03	+3 min	Confirmed	1000 IU
23 Jun 2026	08:00	08:03	+3 min	Confirmed	1000 IU
22 Jun 2026	08:00	08:17	+17 min	Confirmed	1000 IU
21 Jun 2026	08:00	08:09	+9 min	Confirmed	1000 IU
20 Jun 2026	08:00	—	—	Skipped	1000 IU
19 Jun 2026	08:00	07:12	**−48 min**	Confirmed	1000 IU
18 Jun 2026	08:00	08:05	+5 min	Confirmed	1000 IU
17 Jun 2026	08:00	07:59	−1 min	Confirmed	1000 IU
16 Jun 2026	08:00	07:59	−1 min	Confirmed	1000 IU
15 Jun 2026	08:00	07:58	−2 min	Confirmed	1000 IU
14 Jun 2026	08:00	08:12	+12 min	Confirmed	1000 IU
13 Jun 2026	08:00	08:05	+5 min	Confirmed	1000 IU
12 Jun 2026	08:00	08:17	+17 min	Confirmed	1000 IU
11 Jun 2026	08:00	08:12	+12 min	Confirmed	1000 IU
10 Jun 2026	08:00	08:11	+11 min	Confirmed	1000 IU
9 Jun 2026	08:00	08:14	+14 min	Confirmed	1000 IU
8 Jun 2026	08:00	07:58	−2 min	Confirmed	1000 IU
7 Jun 2026	08:00	08:03	+3 min	Confirmed	1000 IU
6 Jun 2026	08:00	08:04	+4 min	Confirmed	1000 IU
5 Jun 2026	08:00	08:18	+18 min	Confirmed	1000 IU
4 Jun 2026	08:00	07:53	−7 min	Confirmed	1000 IU
3 Jun 2026	08:00	08:02	+2 min	Confirmed	1000 IU
2 Jun 2026	08:00	08:16	+16 min	Confirmed	1000 IU
1 Jun 2026	08:00	08:00	±0 min	Confirmed	1000 IU

History and notes

25 Sep 2026 20:15		Insgesamt gute Wochen: wenig Schwankungen, Termine eingehalten.
23 Sep 2026 10:50		Migräne nach einem langen Arbeitstag. Thomapyrin, Vorhänge zu und ruhig gelegen.
23 Sep 2026 10:45	as needed	Thomapyrin 1 mg
19 Sep 2026 08:10	as needed	Vitamin C 1000 mg
18 Sep 2026 08:15	as needed	Vitamin C 1000 mg
17 Sep 2026 07:20		Mestinon zu spät genommen, erste 90 Minuten sehr müde.
14 Sep 2026 17:25	as needed	Ibuprofen 400 mg
7 Sep 2026 21:45		Arm schmerzt, Ibuprofen genommen. Sonst keine Reaktion.
7 Sep 2026 21:40	as needed	Ibuprofen 400 mg
7 Sep 2026 19:00		FSME-Auffrischung (Totimpfstoff) im linken Oberarm, leichte Rötung.
1 Sep 2026 19:20	as needed	Thomapyrin 1 mg
30 Aug 2026 12:25	Therapy	Mestinon: intake times changed from 07:00, 11:00, 15:00, 19:00 to 07:00, 11:00, 15:00, 20:00
30 Aug 2026 12:20		Neurologin telefonisch: abendliche Mestinon-Dosis ab heute um 20:00 statt 19:00.
22 Aug 2026 19:40		Muskelkater nach Radtour, Mestinon-Abstände eingehalten. Kein Problem.
18 Aug 2026 08:05	as needed	Thomapyrin 1 mg
16 Aug 2026 09:00		Blutabnahme: Leukozyten und Leberwerte im Zielbereich (Azathioprin-Kontrolle).
11 Aug 2026 17:30		Fieber weg, Appetit wieder da. Müdigkeit bleibt noch.
10 Aug 2026 08:05	as needed	Vitamin C 1000 mg
9 Aug 2026 12:10		Praxis angerufen: Infekt beobachten, Kontrolltermin am Donnerstag. Viel getrunken.
9 Aug 2026 08:10	as needed	Vitamin C 1000 mg
8 Aug 2026 08:00	as needed	Vitamin C 1000 mg
7 Aug 2026 08:05	as needed	Vitamin C 1000 mg
7 Aug 2026 08:00		Halskratzen und Abgeschlagenheit, Vitamin C gestartet, Temperatur 37,4.
3 Aug 2026 14:30	as needed	Thomapyrin 1 mg
28 Jul 2026 13:35	as needed	Ibuprofen 400 mg

21 Jul 2026 17:05	as needed	Thomapyrin 1 mg
21 Jul 2026 11:15		Starke Migräne, vormittags eine Thomapyrin, nachmittags noch eine zweite.
21 Jul 2026 11:10	as needed	Thomapyrin 1 mg
20 Jul 2026 08:55	Therapy	Vitamin D3 + K2: dose increased from 1000 IU to 2000 IU (+1000 IU)
20 Jul 2026 08:50		Vitamin-D-Wert war niedrig, Dosis nach Rücksprache erhöht.
17 Jul 2026 20:45		Ab 14 Uhr deutlich schwächer (Augenlider, Kauen). Nach der Heimfahrt schnell besser.
16 Jul 2026 16:30		Städtetrip Hamburg: Tabletten im Zug im Rucksack vergessen, Mestinon um 15 Uhr ausgelassen.
12 Jul 2026 10:45		Kontrolle Neurologie: Antikörper-Titer stabil, Dosis bleibt unverändert. Nächste Kontrolle in vier Monaten.
6 Jul 2026 18:05	as needed	Thomapyrin 1 mg
3 Jul 2026 09:30		Morgens erst spät aufgestanden, Mestinon eine Stunde später genommen, dabei Schluckbeschwerden beim Frühstück.
28 Jun 2026 08:10	as needed	Vitamin C 1000 mg
26 Jun 2026 22:00		Spaziergang in der Sonne, gegen Abend schwere Augenlider. Trinken nicht vergessen!
22 Jun 2026 07:40	as needed	Thomapyrin 1 mg
19 Jun 2026 15:40		Mittagsschlaf verschlafen, Mestinon nachmittags verschoben und dann nicht mehr bestätigt.
15 Jun 2026 08:20	as needed	Ibuprofen 400 mg
14 Jun 2026 21:10	as needed	Ibuprofen 400 mg
14 Jun 2026 18:00		Zahnarzt: Wurzelbehandlung. Danach Ibuprofen gegen die Schmerzen.
9 Jun 2026 20:20		Migräne mit Flimmern, Thomapyrin genommen. Nach 1 h deutlich besser.
9 Jun 2026 20:15	as needed	Thomapyrin 1 mg
2 Jun 2026 21:30		Abends ab ca. 19 Uhr Doppelbilder beim Lesen, nach Ruhe besser.