

## Medication Education

### Self-Administration of Medications

Some medications may be approved by your doctor to take on your own. Your nurse should review the medication information. This includes the name of the medication and its purpose. Your nurse should tell you how often and how much to take. Potential side effects and the expected results of the medication will also be shared.

Always tell your nurse when you take a self-administered medication. It is important this information is put in your medical record.

### Medication Management

It is vital that medications are managed. Only take medication as instructed. This includes how often and how much to take. Store medications in a safe location out of reach of children. Make sure your doctor knows all the medications you are taking.

Keep a current medication list with you. The list should include supplements, vitamins, and other non-prescribed medications. Talk to your doctor or pharmacist if you have questions.

### Pain Management

Pain management is an important part of your hospital stay. Your nurse will help you set a pain goal that is tolerable. Keep in mind that zero pain may not be achievable. Your nurse and doctor will work together to create a pain management plan. Your plan may include medication as well as other options such as ice and heat packs or position changes.

Certain activities may reduce pain while others may worsen pain. Your nurse or doctor can help identify activities that may help manage your pain at home.

### Opioids

An opioid is a pain medication that can be harmful if not taken correctly. You may be prescribed an opioid to manage your pain at home. It is important to your health and safety that these are taken only as prescribed. Follow any restrictions such as not drinking alcohol. Opioids should be kept in a secure location. Work with your pharmacy to safely dispose of leftover medication.

### NOTES

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## Medication Management Guide

## Antibiotic

Prevents or treats infection

**Possible side effects:** Diarrhea, upset stomach, rash, difficulty breathing, sudden swelling of skin, ringing in ears, dizziness

- amoxicillin/clavulanate (Augmentin)
- cefazolin (Ancef)
- ciprofloxacin (Cipro)
- clindamycin (Cleocin)
- gentamicin (Garamycin)
- levofloxacin (Levaquin)
- metronidazole (Flagyl)
- pepercillin/tazobactam (Zosyn)
- Other:

## Antiemetic

Prevents or treats nausea/vomiting

**Possible side effects:** Headache, fatigue, diarrhea, dizziness

- metoclopramide (Reglan)
- ondansetron (Zofran)
- prochlorperazine (Compazine)
- promethazine (Phenergan)
- scopolamine (Transderm-Scop patch)
- Other:

## Antihistamine

Reduce or prevent allergic reaction, symptoms of common cold, and used as a sleep aid

**Possible side effects:** Dizziness, lightheadedness, drowsiness, blurred vision, low blood pressure

- diphenhydramine (Benadryl)
- hydroxyzine (Vistaril/Atarax)
- Other:

## Antihypertensive

Controls blood pressure/heart rate and improves heart function

**Possible side effects:** Low blood pressure (lightheadedness), fatigue, headache, slow or very fast heart rate, dizziness, dry cough

- amlodipine (Norvasc)
- carvedilol (Coreg)
- enalapril (Vasotec)
- labetalol (Normodyne)
- lisinopril (Prinivil, Zestril)
- metoprolol (Lopressor)
- Other:

## Blood Sugar Control

**Possible side effects:** Low blood sugar, reaction at injection site, allergic reaction

- insulin (Novolog, Novolin-N, Novolin-R, Lantus)
- glipizide (Glucotrol)
- metformin (Glucophage)
- Other:

## Diuretic

Removes excess fluid (“water pill”)

**Possible side effects:** Dizziness, dehydration, changes in body electrolytes, frequent urination

- bumetanide (Bumex)
- furosemide (Lasix)
- hydrochlorothiazide (HCTZ)
- Other:

## Gastric Acid Reduction

Prevents or treats heartburn

**Possible side effects:** Constipation, gas, nausea, vomiting, headache, diarrhea, stomach ache

- famotidine (Pepcid)
- metoclopramide (Reglan)
- omeprazole (Prilosec)
- pantoprazole (Protonix)
- ranitidine (Zantac)
- Other:

## Laxative

Promotes bowel movements

**Possible side effects:** Gas, nausea, vomiting, diarrhea, cramping, belching, skin irritation

- bisacodyl (Dulcolax)
- diatrizoate meglumine and diatrizoate sodium solution (Gastroview, Gastrografin)
- docusate (Colace)
- magnesium citrate (Citromag)
- milk of magnesia (MOM)
- polyethylene glycol electrolyte solution (Miralax)
- senna (Senokot)
- Other:

## NSAID/Non-Steroidal Drug

Decreases inflammation and mild to moderate pain

**Possible side effects:** Nausea, vomiting, stomach irritation, diarrhea, constipation, abdominal pain, change in appetite

- celecoxib (Celebrex)
- ibuprofen (Advil, Motrin)
- ketorolac (Toradol)
- naproxen (Aleve)
- Other:

## Pain Relievers

Prevents or treats pain

**Possible side effects:** Nausea, drowsiness, difficulty concentrating, fatigue, weakness, constipation, dry mouth, itching, decreased appetite, difficulty breathing, dizziness, difficulty urinating

- acetaminophen (Tylenol)
- acetaminophen/codeine phosphate (Tylenol with Codeine #3)
- acetaminophen intravenous (Ofirmev)
- fentanyl (Abstral, Actiq, Fentora)
- hydrocodone/acetaminophen (Norco)
- hydromorphone (Dilaudid)
- morphine
- nalbuphine (Nubain)
- oxycodone/acetaminophen (Percocet)
- tapentadol (Nucynta)
- tramadol (Ultram)
- Other:

## Sedative/Anti-Anxiety

Promotes relaxation and rest

**Possible side effects:** Dizziness, lightheadedness, drowsiness, blurred vision, low blood pressure

- alprazolam (Xanax)
- lorazepam (Ativan)
- temazepam (Restoril)
- trazodone (Desyrel)
- Other:

## Postpartum Medications

Care for the perineum and nipples

**Possible side effects:** Rash (if allergic), irritation, burning

- lanolin (Lansinoh Cream)  
DO NOT USE lanolin cream if allergic to wool
- dermoplast spray
- witch hazel pads (Tucks Pads)
- prenatal vitamin
- Other: