


# DHEC Home Care Teaching: Frequently Used Medications





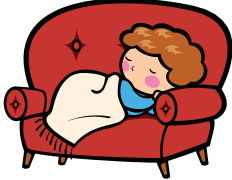

These medications are not considered “high risk” but there are some side effects and safety measures that you need to watch for and call your doctor if they occur.

This information does not include all facts, just the most common. For more information contact your home health nurse, your doctor/nurse practitioner or your pharmacist.



A check indicates you are taking the medication(s). The name of the medication(s) is listed.

Medication	Use	Information/Data
<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): <hr/> <hr/> <hr/> <hr/>	<p><b>Anti-Cholesterol (Statins):</b></p> <ul style="list-style-type: none"> <li>• Used to lower bad fats and raise good fats in the blood</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Flushing of skin</li> <li>- Headache</li> <li>- Nausea</li> <li>- Diarrhea or constipation</li> <li>- Stomach upset</li> <li>- Sore throat</li> <li>- Gas</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Chest pain</li> <li>- Muscle pain, tenderness, or weakness</li> <li>- Liver problems (yellow of eyes/skin, severe stomach pains, dark urine or pale stools)</li> <li>- Memory loss</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Do not eat grapefruit or drink grapefruit juice at the same time you take this medication.</li> </ul>

Medication	Use	Information/Data
<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): _____ _____ _____ _____	<p><b>Diuretics (Water Pills):</b></p> <ul style="list-style-type: none"> <li>• Used to remove extra water and salt from the body</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Lightheadedness</li> <li>- Dehydration</li> <li>- Muscle cramps</li> <li>- Sun sensitivity</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Confusion</li> <li>- Persistent leg cramps</li> <li>- Unusual weakness/falls</li> <li>- Rapid or skipped heartbeats</li> <li>- Nausea/vomiting</li> <li>- Diarrhea or unable to eat or drink</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Be careful in hot weather and when exercising.</li> <li>- Drink 4-6 glasses of water each day.</li> </ul>
<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): _____ _____ _____ _____	<p><b>Anti-hypertensives:</b></p> <ul style="list-style-type: none"> <li>• Used to lower blood pressure</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Mild fatigue</li> <li>- Headache</li> <li>- New dry cough</li> <li>- Problems sleeping</li> <li>- Irregular heart beat</li> <li>- Skin rash</li> <li>- Allergy like symptoms</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Chest pain,</li> <li>- Problems breathing or swallowing</li> <li>- Swelling of face, tongue, lips or ankles</li> <li>- Leg pain</li> <li>- Fainting</li> <li>- Sudden weight gain</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Do not eat grapefruit or drink grapefruit juice at same time you take this medication.</li> </ul>

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<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): <hr/> <hr/> <hr/> <hr/>	<p><b>Hypnotics/Sedatives &amp; Antidepressants:</b></p> <ul style="list-style-type: none"> <li>• Used for anxiety, depression or for a sleeping aid</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Dizziness</li> <li>- Drowsiness</li> <li>- Dry mouth</li> <li>- Difficulty sleeping</li> <li>- Weight gain (Antidepressants)</li> <li>- Constipation</li> <li>- Blurred vision</li> <li>- Tiredness</li> <li>- Restlessness</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Confusion</li> <li>- Muscle twitching</li> <li>- Hallucinations</li> <li>- Suicidal thoughts</li> <li>- Memory problems</li> <li>- Trouble speaking</li> <li>- Depression</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Do not drink alcohol while taking this medication.</li> <li>- If you experience behavior changes or have suicidal thoughts, please tell your doctor or nurse immediately.</li> </ul>
<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): <hr/> <hr/> <hr/> <hr/>	<p><b>Steroids:</b></p> <ul style="list-style-type: none"> <li>• Used to treat allergies, arthritis, asthma or acute breathing disorder</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Problems sleeping</li> <li>- Nervousness</li> <li>- Increased appetite</li> <li>- Nausea and stomach upset</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Allergic reaction</li> <li>- Vision changes</li> <li>- Unusual weight gain</li> <li>- Swelling of the hands, feet or legs</li> <li>- Black tarry stools</li> <li>- Severe muscle pain or weakness</li> <li>- Bone pain</li> <li>- Mood and personality changes</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- If you have diabetes, you must check your blood sugar daily while taking this medication.</li> <li>- Take medication exactly as ordered.</li> <li>- Do not stop taking medication suddenly.</li> </ul>

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<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): _____ _____ _____ _____	<p><b>Antacids/anti-reflux:</b></p> <ul style="list-style-type: none"> <li>• Used to decrease stomach acid and to treat reflux disease</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Constipation</li> <li>- Headache</li> <li>- Stomach upset</li> <li>- Diarrhea</li> <li>- Nausea</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Stomach pains</li> <li>- Decreased urine output</li> <li>- Fever, chills</li> <li>- Constant sore throat</li> <li>- Confusion</li> <li>- Dark urine, yellowing of eyes and skin</li> <li>- Unusual bleeding</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Should be taken in the morning. Do not break or chew tablets. Capsules can be opened, but all contents must be used at once.</li> </ul>
<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): _____ _____ _____ _____	<p><b>Antibiotics:</b></p> <ul style="list-style-type: none"> <li>• Used to treat infections by killing organisms responsible</li> </ul> 	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Constipation</li> <li>- Diarrhea</li> <li>- Dizziness</li> <li>- Gas</li> <li>- Headache</li> <li>- Nausea</li> <li>- Skin rash</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Black tarry stools</li> <li>- Sore throat</li> <li>- Shortness of breath</li> <li>- Hallucinations and mood changes</li> <li>- Severe stomach cramps</li> <li>- Numbness, tingling, and weakness in arms, hands and feet</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Do not take with antacids such as Rolaids, Maalox, multivitamins, calcium fortified orange juice or any other food or medication with calcium, aluminum, magnesium or zinc.</li> </ul>

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<input type="checkbox"/> <b>Yes</b> If Yes, please list medication(s): _____ _____ _____ _____	<p><b>Bronchodilators:</b></p> <ul style="list-style-type: none"> <li>• Used to treat asthma or COPD by dilating or opening airways in lungs</li> </ul>  	<p><b>Possible Side Effects:</b></p> <ul style="list-style-type: none"> <li>- Dry mouth</li> <li>- Headache</li> <li>- Dizziness</li> <li>- Restlessness, nervousness</li> <li>- Decreased appetite</li> <li>- Anxiety</li> <li>- Trembling</li> <li>- Trouble sleeping</li> </ul> <p><b>Notify Your Nurse or Doctor if You Have:</b></p> <ul style="list-style-type: none"> <li>- Chest pain</li> <li>- Pounding heart beat</li> <li>- Difficulty breathing</li> </ul> <p><b>Special Instructions:</b></p> <ul style="list-style-type: none"> <li>- Check with doctor or nurse before taking any over-the-counter cold medications or diet pills.</li> </ul>