

ALEXIS WILKINSON

Adult/Geriatric Medication Worksheet - Current Medications & PRN from 12pm prior day to 12pm current day

Allergies: SULFA ANTIBIOTICS, PCN's

Primary IV fluid and rate: NONE

Patient specific reasoning for IV fluids (including type isotonic, hypotonic, hypertonic)

Generic Name	Dosage with route and schedule	IVP-List diluent solution, volume, and rate of administration IVPB- List concentration and rate of administration	Patient specific therapeutic reasoning	Patient specific teaching with reasoning
ALLOPURINOL (Zyloprim)	200mg Tablet Daily	na	Reduces production of uric acid	<ol style="list-style-type: none">1. Do not stop taking it suddenly, even if you feel better. It helps prevent future gout flare-ups but does not treat active ones.2. Drink with plenty of water to help prevent kidney stones and promote uric acid excretion. Take medication after food to reduce stomach upset.3. notify your HCP immediately if you develop a skin rash, itching, fever, or sore throat because this can indicate a serious reaction.
CARVEDILOL (Coreg)	25mg Tablet BID with breakfast and dinner	na	Hypertension	<ol style="list-style-type: none">1. Take with food because it helps slow down the absorption and reduces the risk of orthostatic hypotension which is a sudden drop in blood pressure when

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				<p>standing.</p> <p>2. Change positions slowly when getting up from sitting or lying down to prevent dizziness, lightheadedness, or fainting because of the possible lowered blood pressure.</p> <p>3. Stopping the meds abruptly can cause chest pain, irregular heartbeat, or worsening heart failure. Consult with your HCP before making any changes.</p>
DAPSONE	50mg Tablet BID	na	Antibacterial drug	<p>1. Works best when taken consistently. Take it at the same time each day, and do not stop suddenly without your providers advice.</p> <p>2. report signs of blood problems immediately. Such as: unusual tiredness, shortness of breath, pale skin, dark urine, or yellowing of the skin/eyes because this can be an indicator of anemia or liver problems.</p>

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				3. Avoid exposure to sunlight and tanning beds. Dapsone can make you burn more easily so you will want to wear protective clothing and sunscreen SPF 30+ or higher when outside.
ESCITALOPRAM (Lexapro)	10mg Tablet Daily	na	Used to treat anxiety and depression	<ol style="list-style-type: none"> 1. May take several weeks for therapeutic effects to be noticeable because it takes time for the brain to adapt to the higher amount of serotonin levels. 2. Alcohol use is not recommended because it can reduce the effectiveness, it can increase impaired judgment, and more seriously can cause serotonin syndrome and can be fatal. 3. Do not stop taking abruptly because it can cause withdrawal symptoms and flu-like aches, insomnia, and mood-swings.
GUAIFENESIN (Mucinex) ER	600mg Tablet BID	na	Cough expectorant	<ol style="list-style-type: none"> 1. Drink with plenty of fluids because it helps prevent dehydration and makes it

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				<p>easier to cough up and clear congestion.</p> <ol style="list-style-type: none"> 2. This medication will make you cough because it's the body's way to remove excess mucus. 3. Does not need to be taken with food, however, it can be taken with food if your stomach becomes upset.
HEPARIN	5,000units/mL SubQ injection BID	na	Prevents the formation of blood clots	<ol style="list-style-type: none"> 1. Report black, tarry stools, or blood in your urine or vomit, as well as pinpoint red spots on your skin. This can be a sign of GI bleed or low platelet count. 2. Be careful using sharp razors, nail clippers, even avoid picking your nose to avoid injury that can cause bleeding. 3. Do not rub injection site, the area can easily bruise.
MYCOPHENOLATE (Cellcept)	1000mg Capsule BID	na	Prophylaxis of organ rejection	<ol style="list-style-type: none"> 1. Because this medication is an immunosuppressant that lowers the body's ability to fight infection, you will want to avoid sick people, wash hands frequently and

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				<p>thoroughly, and notify your doctor if you are experiencing any signs of infection, such as: fever, chills, sore throat, or unusual tiredness.</p> <ol style="list-style-type: none"> Limit sun exposure because this medication can increase the risk of skin cancer. Use sunscreen with a high SPF and wear protective clothing when outdoors. Take on an empty stomach because food lowers the absorption of the medication, which could make it less effective. If it upsets your stomach too much, take it with a light snack or light meal to help alleviate symptoms. Check with your transplant specialist to confirm if it is an option.
NIFEDIPINE (Procardia XL) ER	60mg Tablet Daily	na	Calcium channel blocker to treat high blood pressure	<ol style="list-style-type: none"> Nifedipine works by relaxing blood vessels, which decreases the amount of work the heart must do. Avoid grapefruit products because it can increase the

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				<p>amount of the medication in your bloodstream, which increases the risk of side effects.</p> <p>3. Common side effects include dizziness, lightheadedness, and flushing (a feeling of warmth and redness in the face). To minimize dizziness, rise slowly when standing up from the standing up from a sitting or lying position. Contact HCP if you experience serious side effects, such as worsening chest pain, severe dizziness, or symptoms of an allergic reaction like a rash or swelling on the face.</p>
PANTOPRAZOLE (Protonix) DR	40mg Tablet Daily before breakfast	na	Proton pump inhibitor	<p>1. Protonix decreases the amount of acid produced in the stomach. Take about 30-60 minutes before eating, preferably before breakfast, for best acid suppression.</p> <p>2. If you experience severe diarrhea, abdominal pain, or signs of low magnesium</p>

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				<p>(muscle cramps, irregular heartbeat, or tremors). These may be rare but are serious side effects.</p> <p>3. Avoid taking long-term because it may increase the risk of bone fractures, vitamin B12 deficiency, or kidney problems, take it only as directed and attend follow-up appointments.</p>
TACROLIMUS (Prograf)	2mg Capsule BID	na	Prevents body from rejecting organ	<p>1. Avoid grapefruit products because it can increase tacrolimus levels in your blood, leading to toxicity and serious side effects (such as kidney damage or tremors).</p> <p>2. Because this medication suppresses the immune system, report any signs of infection (fever, sore throat, cough) or kidney problems (decreased urine, swelling, or dark urine). Keep all lab and drug level monitoring appointments to ensure safe dosing.</p> <p>3. Take same time every day,</p>

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				either with or without food and the same way each time. Do not stop or change the dose unless directed by your HCP because it helps prevent organ transplant rejection.
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Medication reference: drugs.com, uptodate.com