

MEDICATION LOG

MEDICATION NAME:	MEDICATION DOSE:	FREQUENCY:	LAST TAKEN:	NEXT DUE:	NOTES/REMINDERS:	TAKEN WITH FOOD?
<i>Example: Oxycodone</i>	<i>1 pill (5mg)</i>	<i>Every 4-6 hours</i>	<i>10:00 am</i>	<i>2:00 pm</i>		

<u>BM TRACKER:</u> <u>MUST HAVE ONE</u> <u>EVERY 3 DAYS!</u>						
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Helpful Reminders & Suggestions

Treating pain:

If your surgeon prescribed you scheduled medications to take to help with baseline pain control, use those to help keep your pain level tolerable.

Mild Pain: Tylenol (Acetaminophen)- Limit 3000mg/24hrs, walking, range of motion exercises, repositioning, ice, elevation, rest (find a balance)

Moderate to Severe Pain: Narcotics prescribed by your surgeon

Treat a “moving pain level”. Consider setting your alarm at night to evaluate if you need pain medications if you find you need to take them routinely during the day to keep your pain level tolerable. Consider pre-medicating before Physical Therapy to allow adequate pain control while you do the exercises.

Constipation:

Common side effect of narcotic medications. Helpful suggestions if you’re having difficulties having a bowel movement. These are NOT prescriptions and can be found over the counter at most pharmacies and grocery stores.

1. Stay Hydrated- Drink lots of water
2. Be active- Get up and walk every hour
3. Docusate and/or Senna/Smooth move tea
 - a. Twice daily while on narcotics
4. Miralax or Milk of Magnesia
 - a. Gentle laxative
5. Glycerin or Dulcolax Suppository
 - a. Stimulates and softens
6. Magnesium Citrate
 - a. Saline laxative- very effective

Having Nausea?:

Take your pain medications with food. If this does not resolve the nausea, you can take the anti-nausea medication your surgeon prescribed 30-45 minutes prior to taking your medications. If you were not prescribed an anti-nausea medication and you need one, call Olympia Orthopaedics (360-786-8990) and request either a change in your pain medication or anti-nausea medications to help settle your stomach.