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| **Medication Classification** | | **Indication** | **Common Side Effects** | **Minimization of Side Effects** |
| ***Analgesic*** | | | | |
| **Acetaminophen** (Tylenol) | | Pain relief associated with mild pain | * Not usually associated with side effects | * Best to take medication consistently for best pain relief * May take with or without food * *Max Daily Dosage = 4 grams* |
| ***Short-Acting Narcotics*** | | | | |
| **Tramadol** (Ultram) | | Breakthrough pain relief; effects usually last 4 – 6 hours | * Upset stomach * Nausea / vomiting * Dizziness * Drowsiness * Constipation | * Best to take with food * Avoid alcohol as this potentiates dizziness/drowsiness * Take first dose when you know you will not be driving to see how it affects you * Stand up/sit down slowly * Drink plenty of water and use a stool softener if you experience constipation |
| **Hydrocodone-Acetaminophen**  (Norco, Lortab,Vicodin) | |
| **Oxycodone-Acetaminophen** (Percocet) | |
| ***Long-Acting Narcotics*** | | | | |
| **Oxycodone ER** (Oxycontin) | | Maintenance pain relief; effects usually last around 12 hours | * Upset stomach * Dizziness * Drowsiness * Constipation | * Best to take with food * Avoid alcohol as this potentiates dizziness/drowsiness * Take first dose when you know you will not be driving to see how it affects you * Stand up/sit down slowly * Drink plenty of water and use a stool softener if you experience constipation |
| ***Stool Softeners*** | | | | |
| **Docusate Sodium** (Colace) | | Provides relief from constipation by softening stool to prevent straining when trying to have a bowel movement | * Stomach cramping * Diarrhea | * Drink plenty of water * Take 1-2 capsules at night * Stop using if diarrhea or discomfort occurs/persists |
| **Medication Classification** | **Indication** | | **Common Side Effects** | **Minimization of Side Effects** |
| ***Laxatives*** | | | | |
| **Milk of Magnesia** | | Provides relief from constipation by stimulating the GI tract to produce a bowel movement | * Stomach cramping * Bloating * Diarrhea | * Drink plenty of water * Use at night to produce bowel movement in the morning * Stop using if diarrhea or discomfort occurs/persists * Contact your physician if you experience rectal bleeding |
| **Polyethylene Glycol** (MiraLax) | |
| **Bisacodyl** (Dulcolax) | |
| **Docusate Sodium-Sennosides** (Senna S) | |
| ***Anti-Emetics*** | | | | |
| **Ondansetron** (Zofran) | | Used to prevent or treat nausea associated with surgery | * Headache * Constipation * Drowsiness | * Drink plenty of water * Use a stool softener if constipation persists * Do not drive until you know how this medication affects you |
| **Metoclopromide** (Reglan) | |
|  | |
| ***Anticoagulants*** | | | | |
| **Aspirin** | | Prevents blood clotting after surgery that may occur due to limited mobility | * Easy bruising or bruises that last longer than usual * Black, tarry stool * Nose bleeds that occur more frequently or last longer than usual * Tenderness and bruising at injection site with Lovenox | * Notify your physician if either of your legs become tender and warm, or if you experience chest pain and difficulty breathing * Do not stop taking this medication without consulting your physician * If taking warfarin, it is important to keep your diet consistent * Avoid sports or activities that may result in serious injury |
| **Warfarin** (Coumadin) | |
| **Enoxaparin** (Lovenox) | |
| **Rivaroxaban** (Xarelto) | |
| **Apixaban** (Eliquis) | |
| **Heparin** | |