|  |  |  |  |
| --- | --- | --- | --- |
| **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** |