

Medication Management

MEDICATION MANAGEMENT

- Tell your doctor about all the things you take for your health, including vitamins, herbs and over-the-counter medications.
- Only take medications that your doctor has prescribed for you. Always follow your doctor's instructions.
- Find out about medication side effects and what to do if they happen. If you need help, just ask your pharmacist or physician.
- Make a list of the medications you are taking, why you are taking them and how they should be taken.
- Get organized. Use a pillbox or chart to help organize your medications. Keep track of what to take and when. Be regular.
- If any of your medication prescriptions is extremely expensive or unaffordable, please discuss alternative options with your physician

You may leave the hospital with a supply of medication. You will refill this supply at your local pharmacy. Make sure you have all the instructions and prescriptions you need, and order refills before you run out.

IF YOU'RE TAKING COUMADIN (WARFARIN):

- It is very important that your blood is tested regularly. Tests, called PT/INR, let your doctor know if your blood is clotting at the right level.
- Regulate your eating habits.
- Avoid drastic changes.
- Make sure you eat the same amounts of dark green, leafy vegetables (like spinach) from day to day. These are high in vitamin K, which affects how Coumadin works in your body.
- Drink no more than ½ cup of cranberry juice per day. Drinking more than this can affect how Coumadin works in your body. Your doctor may also tell you to avoid drinking grapefruit juice at the same time you take your Coumadin (doctor advice varies).
- Talk to your doctor before taking aspirin or arthritis medications. Acetaminophen (Tylenol) is best for pain, since it doesn't interfere with Coumadin levels.

CALL YOUR DOCTOR if you notice bleeding from your gums, or blood in urine or stool.