

# Self-Administered Medication Program

## Taking Your Own Medications After Childbirth

To promote patient independence in healthcare during the postpartum period, Bluewater Health offers a Self-Administered Medication (SAM) program. Studies have shown that when patients have their medications readily available to them, their pain is better controlled and often without narcotics.

After you have your baby, you may be able to take part in the Self-Administered Medication program. This allows you to take your own medications, when you need them, to manage pain and keep your bowels moving regularly.

To take part in the Self-Administered Medication program you will need to:

- Sign a consent form;
- Learn about your medications from your nurse;
- Learn how to record the medications you will take;
- Use your medication record to keep track of:
  - What medication you take;
  - How much you take;
  - When you take it; and
- Keep the supply of medications we give you safely at your bedside.

\*All medications given in the Self-Administered Medication program are safe to use while you are breastfeeding.

## Medications to Help Relieve Mild Pain:

### Acetaminophen 500mg

Acetaminophen is also called Tylenol

- Take one to two tablets every six hours, if needed;
- Do not take more than eight tablets in 24 hours – this is the maximum daily dose;
- Take the tablets with a full glass of water or other liquid; and
- If Acetaminophen does not relieve your pain, you may also take Ibuprofen.

Potential side effects:

- Side effects are uncommon unless very large amounts are taken. Do not exceed 4g (eight tablets) of Acetaminophen per day.

## Medications for Moderate Pain and Cramping:

### Ibuprofen 400mg

Ibuprofen is often called Advil or Motrin

- Take one tablet every six hours as needed;
- Take the medication with food and a full glass of water; and
- If Ibuprofen does not relieve your pain, tell your nurse.

Potential side effects:

- Stomach upset (indigestion, nausea with/without vomiting, stomach pain, and diarrhea) may occur – taking with food or milk will decrease this side effect;
- Drowsiness, dizziness or light-headedness may occur; and
- Potential for allergic reaction if allergic to non-steroidal anti-inflammatory medications such as Aspirin.

## Questions About My Medication:

If you have any questions about our medications or the Self-Administered Medication program you can ask your nurse or pharmacist.

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