



Self Administered Medication Program

Here is some information for you to take home

Taking your own medications after childbirth

To promote patient independence in health care during the postpartum period, Bluewater Health offers a Self-Administered Medication Program (SAM). Studies have shown that when patients have their medications readily available to them that 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:

- Talk to your Physician about participating in the program
- Sign a consent form
- Learn about your medications from the Nurse or Pharmacist
- 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
- 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 Extra Strength

- Take 1-2 tablets every 6 hours, if needed
- Do not take more than 8 tablets in 24 hours. This is the maximum daily dose
- Take the tablets with a full glass of water, or other liquid
- 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 (8 tablets) of Acetaminophen per day.

Medications for moderate pain and cramping:

Ibuprofen 400mg

Ibuprofen is often called Advil or Motrin

- Take 1 tablets every 6 hours as needed
- Take the medication with food and a full glass of water
- 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
- Potential for allergic reaction if allergic to non-steroidal ant-inflammatory medications such as Aspirin.

Medications to help you have soft, regular bowel movements:

Docusate Sodium 100 mg

Docusate Sodium is also called Colace.

- Take 1 capsule in the morning and 1 capsule in the evening, if needed.
- Take with full glass of water
- Stop taking this medication if your bowels get loose or watery

Docusate Sodium is a stool softener, which can be purchased in any pharmacy without a prescription. It is used to soften stools and make it more comfortable to have a bowel movement. Effect of this medication

usually begins in one or two days but may require a few days; therefore it is only used to prevent constipation not to relieve it.

Questions about my medication

If you have any questions about your medications or the Self Administered Medication Program you can ask your Nurse or Pharmacist.

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