

St. John's Mercy Medical Center  
Department of Pharmacy  
Patient Medication Teaching (02-02)

Objectives:

1). Provide patients (or patient care givers) with general information regarding medications:

- a) Drug Name, TRADE, generic
- b) Dosage and dosage forms
- c) Frequency
- d) How to take
- e) When to take
- f) Benefit vs. risk of therapy
- g) Storage
- h) Side effects
- i) Medical condition or disease state information

2) Provide patients ( or patient care givers) specific verbal and written information regarding his/her drug therapy.

- a) provide audio/visual information pertaining to specific medical condition or disease state.
- b) provide patient package insert (PPI) for all medications (at patient request).

Definitions:

Antidepressant - An agent used to treat depression.

Antipsychotics - An agent used to treat psychosis (loss of contact with reality)

Psychotherapeutic - Treatment of emotional, behavioral, personality or psychiatric disorders

Anxiolytics - An agent used to treat anxiety.

Delusion - A false belief or judgment, held with conviction despite evidence to the contrary.

Hallucination - Strong subjective perception of an object or event when no such situation is present.

Schizophrenia - A common type of psychosis, characterized by a disorder in the thinking process, Such as delusion of hallucinations and extensive withdrawal of the individual's interest from other people and the outside world.

Panic - Extreme and unreasoning anxiety or fear.

Obsessive-compulsive Disorder - Having a tendency to perform certain repetitive acts or Ritualistic behavior to relieve anxiety, as in obsessive-compulsive neurosis.

Neurotransmitters - Serotonin, Dopamine, norepinephrine, etc.

MAOI - Mono Amine Oxidase Inhibitors

SSRI - Selective Serotonin Reuptake Inhibitors

PPI -Patient Package Insert

St. John's Mercy Medical Center  
Psychotherapeutic Drugs (02-02)  
Usual adult therapeutic dosage (mg/day)

**ANTIDEPRESSANTS**

**MAOI**

Phenelzine NARDIL 45-90mg  
Tranycypramine PARNATE 30-50  
Isocarboxazid MARPLAN 30-50  
Selegine ELDEPRYL 20-50

**Tricyclic Antidepressants (Dibenzazepine)**

Amoxapine ASCENDIN 150-450  
PERTOFRANE 150-300  
Trimipramine SURMONTIL 150-300  
Imipramine TOFRANIL 150-300

**Tricyclic Antidepressant (Dibenzocycloheptane)**

Amitriptyline ELAVIL 150-300  
Clomipramine ANAFRANIL 100-250  
Nortriptyline PAMELOR 50-150  
Protriptyline VIVACTIL 15-60

**Tricyclic Antidepressants (Dibenzoxepin)**

Doxepin SINEQUAN, ADAPIN 150-300

**Tetracyclic Antidepressants**

Maprotiline LUDIOMIL 150-200  
Mirtazapine REMERON 15-45

**Miscellaneous**

Bupropion WELLBUTRIN 200-450  
Nefazodone SERZONE 300-500

**SEROTONIN NORADRENERGIC REUPTAKE INHIBITOR (SNRI)**

Venlafaxine EFFEXOR 75-375

**Selective Serotonin Reuptake Inhibitors (SSRI)**

Fluoxetine PROZAC 20-60  
Paroxetine PAXIL 20-50  
Sertraline ZOLOFT 50-200  
Fluvoxamine LUVOX 100-200  
Citalopram CELEXA 20-40

**ANTI-ANXIETY**

Meprobamate (MILLTOWN) 1 2-1 6Gm (2.4Gm max)

**Benzodiazepines**

Oxazepam SERAX 30-120  
Lorazepam ATIVAN 1-10  
Chlordiazepoxide LIBRIUM 5-100  
Alprazolam XANAX 0 75-10  
Diazepam VALIUM 4-40  
Clorazepate TRANXENE 15-60  
Doxepin SINEQUAN 150-300  
Clonazepam KLONOPIN 1-10

**ANTIPSYCHOTICS**

Chlorpromazine THORAZINE 25-280  
Fluphenazine PROLIXIN 2-60  
Mesoridazine SERENTIL 25-400  
Perphenazine TRILAFON 8-64  
Chlorprothixene TARACTAN 10-100  
Prochlorperazine COMPAZINE 40-150  
Desipramine NORPRAMIN 100-200  
Thioridazine MELLARIL 50-800  
Trifluoperazine STELAZINE 2-10  
Trifluoperazine STELAZINE 2-10  
Clozapine CLOZARIL 150-900  
Haloperidol HALDOL 1-100  
Loxapine LOXITANE 20-100  
Molindone MOBAN, LIDONE 15-200  
Pimozide ORAP 10mg max  
Risperidone RISPERDAL 4-16  
Quetiapine SEROQUEL 50-750  
Thiothixene NAVANE 5-120  
Olanzapine ZYPREXA 5-15  
Lithium Carbonate ESKALITH 600-3000  
Ziprasidone GEODON 40-120

Trazadone DESYREL 150-300

**Mood Stabilizers**

Valproic acid DEPAKOTE 1000-1500  
Carbamazepine TEGRETOL 600-2000  
Gabapentin NEURONTIN 900-3600  
Topiramate TOPAMX 15-1600  
Lamotrigine LAMICTAL 300-700  
Oxcarbazepine TRILEPTAL 600-1200

**Other Antianxiety**

Hydroxyzine VISTARIL, 200-400  
Buspirone BUSPAR 15-60  
Noradrenergic Agents  
Clonidine CATAPRES 0 2-0 6  
Propranolol INDERAL 80-320

## COMMON MINOR SIDE EFFECTS (10-01)

<u>Side Effect</u>	<u>Management</u>
Constipation	Increase the amount of fiber in your diet Drink plenty of fluids, exercise.
Decreased Sweating	Avoid working or exercising in the sun or under warm conditions.
Diarrhea	Drink lots of water to replace lost fluids, if diarrhea lasts longer than three days, call your doctor. Bananas contain pectin which may reduce liquid stools.
Dizziness	Avoid operating machinery or driving a car.
Drowsiness	Avoid operating machinery or driving a car.
Dry Mouth	Suck on candy or ice cubes or chew sugarless gum, drink more fluids.
Dry Nose or Throat	Use a humidifier or vaporizer.
Fluid Retention (mild)	Avoid adding salt to foods, keep legs elevated, if possible.
Headache	Remain quiet, take aspirin* or acetaminophen* or ibuprofen, Apply cold compress.
Insomnia	Take the last dose of the drug earlier in the day*; drink a glass of warm milk at bedtime; ask your doctor about an exercise program.
Itching	Take frequent, tepid baths or showers, use wet soaks, or oatmeal baths.
Nasal Congestion	If necessary use nose drops* or dilute saline drops.
Palpitations (mild)	Rest often; avoid tension; do NOT drink caffeine containing (coffee, tea, cola); stop smoking.
Upset stomach	Take the drug with food or milk*

- Consult your doctor or pharmacist first  
(Source - Prescription Drug Handbook)

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### Management of Side Effects

Consult the drug profiles to determine whether the side effects you are experiencing are minor (relatively common and usually not serious) or major (symptoms that you should consult your doctor about). If your side effects are minor, you may be able to compensate for them (see the table for suggestions). However, consult your doctor if you find minor side effects persistent or particularly bothersome.

If you experience any major side effects, contact your doctor immediately. Your dosage may need adjustment, or you may have developed a sensitivity to the drug. Your doctor may want you to switch to an alternate medication to treat your disorder. Never stop taking a prescription medication unless you first discuss it with your doctor.

## General Guidelines of Medication Management

### Proper use of Medicines

#### A. Take your medicines correctly.

- Correct dosage.
- With or without foods (eg. Lithium should be taken with meals to avoid stomach upset.
- correct time
- Avoid use to alcohol. Alcohol is a Central Nervous System depressant and may interact with other medications by interfering with liver absorption. This could cause accidental drug overdose.

#### B. It is important for you to know the following:

- What your medicine is (read the label carefully)
- Why you are taking.
- When to take.
- How to take.
- How long to take.
- Any food to avoid.
- Any drinks to avoid.
- Any activities to avoid (eg. operating machinery).
- Any possible side effects.
- Any special monitoring needed (eg. periodic blood tests).

#### C. Over the Counter Medications

- It is very important to inform your physician and pharmacist of all over the counter medications you are taking (including vitamins, aspirin, any allergy and col medicines).
- Some over the counter medications could interact with prescription medications. For example, the person taking a MAO Inhibitor (such as Parnate or Nardil) should NOT take over the counter medications such as nasal and sinus decongestants and cold, allergy and hay fever medications. The combining of these medications could interact with the MAO Inhibitor and cause a hypertensive crisis (increased blood pressure, palpitations, frequent headaches).
- Be sure your physician knows ALL the medications you are taking.

#### D. Organizing a System

The following are some helpful hints for staying organized and remembering To take your medications properly (ie. correct dosage, correct time).

- medication chart
- check-off chart
- color-coded chart

## TIPS FOR USING MEDICATIONS SAFELY

### DO'S

- Notify your doctor if you experience any side effects, no matter how insignificant you may think they are (eg, dry mouth, constipation) -it is important.
- Read the label.
- Store medications properly. Keep them in dry, safe place.
- Keep all medications away from children or elderly persons who may be confused.
- Keep medications in their original containers. Don't transfer medications from one container to another.
- Throw away all old, expired medications.
- Post phone numbers of your doctor and hospital in a visible area for other family members to see.
- Consult with your doctor, if you are pregnant or nursing.

### DO NOT'S

- Don't discontinue your own medications without first checking with your physician.
- Don't use someone else's medications, no matter how helpful it has been for them.
- Don't take medications in the dark - you might take the wrong medicine or the incorrect amount!
- Don't keep medications that have lost their labels or expired.
- Don't take your medications unless you understand all the instructions.

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The next time you get a prescription filled, (or even if you have any questions about the medication you take) be sure to get the full story. This checklist can help. Make sure you get all the information from your doctor and/or pharmacist.

Name of medication (Trade) \_\_\_\_\_ Generic \_\_\_\_\_ YES NO

Do I know the purpose of my medication? YES NO

Should I take it with food? \_\_\_\_\_ Doesn't matter YES NO

Can I stop the medication when symptoms stop? YES NO

Should I take the entire prescription? YES NO

Should I refill the prescription? If yes, when? YES NO

Should I see my therapist again at a particular point? If yes, when? YES NO

Is it safe to take this medication and drive or operate machinery? YES NO

Is it safe to go out in the sun while taking this medication? YES NO

Are there any foods I should avoid? If yes, which? \_\_\_\_\_ YES NO

Are there any possible side effects or adverse reactions I should be aware of? YES NO  
If yes, what are they? \_\_\_\_\_

Are there any conditions or other medications (prescriptions or over the counter) that could pose a problem with this medication? YES NO  
If yes, what are they? \_\_\_\_\_

I am taking the following medications:

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Is there any risk of addiction or tolerance (decrease in effectiveness over time) with this medication? If so, how can I prevent such effects? \_\_\_\_\_ YES NO

What should I do if I miss a dose? \_\_\_\_\_

- |   |     |    |
|---|-----|----|
| Is there any written information about this medications?                      | YES | NO |
| Do I know what to do if I don't feel better? _____                            | YES | NO |
| Do my medications just mask the symptoms of my illness?                       | YES | NO |
| Do prescription medications replace the need for psychotherapy or counseling? | YES | NO |

### Prescription DO's and DON'Ts

#### DO

#### DON'T

- |   |  |
|---|--|
| 1) Take as prescribed by your doctor.                                   | Take someone else's medication or allow them to take yours.            |
| 2) Read the label before taking, every time                             | Leave medications accessible to children.                              |
| 3) Store in original containers, at room temp.                          | Use alcohol when taking medication.                                    |
| 4) Tell your other physicians and dentist which drugs you are taking.   | Stop taking medications abruptly<br>Without checking with your doctor. |
| 5) Know the actions of your medications and possible adverse reactions. |  |
| 6) Report unpleasant effects to your doctor.                            |  |