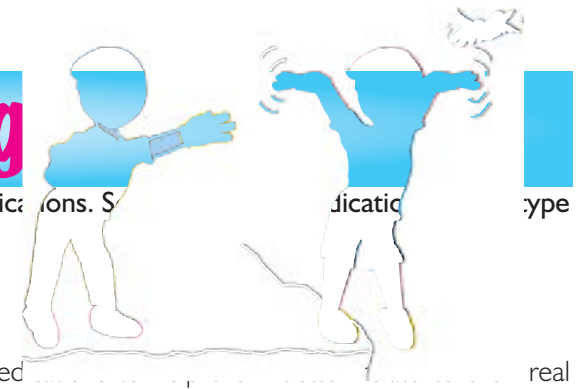


Disorganized Thinking



Medications given for certain types of agitated states and thinking disturbances are called antipsychotic medications. Some examples are: chlorpromazine (Thorazine), fluphenazine (Prolixin), haloperidol (Haldol), and thioridazine (Mellaril).

What do antipsychotic medications do?

- Some individuals who "hear voices" or "see things" that are not really there are given these medications to help them cope with their environment. These medications also can relieve aggression or help people who are upset.

What do I tell the healthcare professional about the individual who will be taking these medications?

- Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- Tell if the individual is pregnant
- Tell them if the individual has liver disease, kidney disease, thyroid disease, or heart disease

How should I give this medication and how should I store it?

- Give these medications by mouth unless indicated on the prescription.
- You can give these medications either with or without food unless indicated on the prescription.
- You must give these medications on time and as prescribed in order to achieve the best effect and to diminish possible side effects.
- Store these medications at room temperature.

What side effects should I look for?

- The person taking the medication may feel sleepy or restless during the first few days after beginning the medication. Females may have irregular or absent periods. Both males and females may have changes in sex drive. Males can experience breast enlargement and women may secrete a milk-like substance from the breast. Many individuals get dizzy right after they stand after lying down or sitting down for a while. Also, many may feel hot or cold to the touch.

What side effects must I report at once?

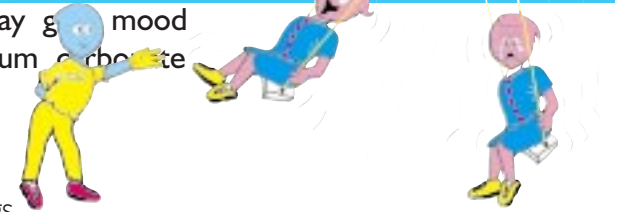
- Individuals who take antipsychotic medication may experience uncontrollable restlessness (like finger or toe tapping); muscle stiffness; slowed movements; muscle spasms (may occur in any muscles including the back and neck); tremor when resting; abnormal tongue, face, or jaw movements; difficulty swallowing; or excessive drooling.
- You must call emergency medical services (911) if someone taking these types of medications develops a high temperature, rigid muscles, decreased consciousness, fast breathing or fast heart rate.

Additional information

- The DISCUS TOOL (see page 26) is a form that you can use to measure side effects in individuals who take these medications.

Mood Stabilizers

For certain types of agitated, depressed, or excitable states, healthcare professionals may give mood stabilizers. Some common medications of this type are: carbamazepine (Tegretol), lithium carbonate (Eskalith), divalproex sodium (Depakote), and valproic acid (Depakene).



What do mood stabilizers do?

- ☞ These medications may help individuals reduce aggression or have fewer mood swings.

What should I tell the healthcare professional about the individual who will be taking these medications?

- ☞ Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- ☞ Tell if the individual is pregnant.
- ☞ Tell if the individual has liver, kidney, or heart disease.
- ☞ Tell if the individual has had any diet changes, especially eating more salt.

How should I give this medication and how should I store it?

- ☞ Give these medications by mouth unless indicated on the prescription.
- ☞ You can give these medications either with or without food unless indicated on the prescription.
- ☞ Give these medications on time and as prescribed.
- ☞ Store these medications at room temperature.

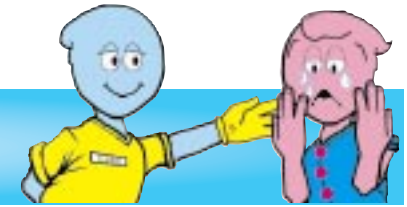
What side effects should I look for and when might I see them?

- ☞ The person taking the medication may feel sleepy or restless during the first few days after starting the medication. Females may have a change in their periods. Lithium may cause increased urination or thirst. Many who take lithium or Depakote/Depakene may develop tremors during the first few days of administration. This should go away. Depakote/Depakene may cause stomach distress or hair loss.

What side effects must I report at once?

- ☞ You must observe for these signs of lithium overdose: nausea, vomiting, diarrhea, muscle weakness, increased drowsiness, difficulty walking, and seizures.
- ☞ Lithium can rise to dangerous levels if individuals lose body fluids due to fever, sweating, vomiting, or diarrhea. Watch these individuals for signs of lithium overdose.
- ☞ Individuals who take other types of mood stabilizers also will have routine blood tests. Report easy bruising, extreme tiredness or increased drowsiness, clumsiness, or stumbling.

Depression



For depression, healthcare professionals may give anti-depressants. Some common medications of this type are: amitriptyline (Elavil), desipramine (Norpramin), doxepin (Sienna), imipramine (Tofranil), nortriptyline (Aventyl, Pamelor), bupropion (Wellbutrin), trazodone (Desyrel), venlafaxine (Effexor), fluoxetine (Prozac), paroxetine (Paxil), and sertraline (Zoloft).

What do anti-depressants do?

- ☞ These medications reduce the signs and symptoms of depression, sadness, or agitation. They work by changing the chemical balance of substances in the brain and may help decrease feelings of helplessness and hopelessness. They help restore normal rhythms of sleep, of appetite, of sexual drive, and of daily activities. Anti-depressants may take 3 weeks or more to take effect.

What should I tell the healthcare professional about the individual who will be taking these medications?

- ☞ Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- ☞ Tell if the individual is pregnant.
- ☞ Tell if the individual has liver, kidney, or heart disease.
- ☞ Tell if the individual ever has talked about hurting or killing him/herself.

How should I give this medication and how should I store it?

- ☞ Give these medications by mouth unless indicated on the prescription.
- ☞ You can give these medications either with or without food unless indicated on the prescription.
- ☞ Give these medications on time and as prescribed.
- ☞ Store these medications at room temperature.


What side effects should I look for and report?

- ☞ Call if the person is urinating less often; seems confused; or has dry ears, dry mouth, or constipation.







Thyroid Replacement Medications

Medications may be given to help the thyroid gland work better. The most common thyroid replacement medication is levothyroxine (Synthroid, Levothroid). Some individuals may have overactive thyroid glands. Other medications are prescribed for this condition.





What do thyroid medications do?

-  These medications help correct impaired thyroid hormone production. The thyroid gland makes hormones that affect growth, development, temperature, and appetite. Thyroid hormones are very important for nervous, muscle, and reproductive tissues to function properly.


What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell if you have observed changes in the person's skin temperature (too warm and moist or too pale, puffy, and dry), heart rate (faster or slower than usual), appetite, or mood.
-  Tell if the person becomes more nervous
-  Tell if the person is having trouble finding the right words to say or answering questions.
-  Tell if you observe changes in a female's period.

How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store these medications at room temperature.


What side effects should I look for and report immediately?

-  Report at once any fever; increased heart rate; extreme agitation; nervousness; restlessness; coma; sudden onset of extreme nausea, vomiting, or diarrhea; yellow appearance of skin; or white areas in eyes or under the tongue.






Female Hormone Replacement

Healthcare professionals may give certain medications to help balance the female reproductive system. These medications may contain estrogen, progesterone, or both. Some common medications of this type are: conjugated estrogens (Premarin), estradiol (Estrace), and estradiol transdermal (Estraderm).





What do female hormone replacement medications do?

-  Female hormone replacement medications may be used to replace estrogen loss and to help prevent calcium loss that begins at mid-life. Also, they can be given for irregular or absent menstrual periods and to prevent hot flashes.



What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell if the individual is taking seizure medications.
-  Tell if you have seen changes in the individual's menstrual period.
-  Tell if the individual smokes.



How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store these medications at room temperature.

What side effects should I look for and when might I see them?

-  The person taking the medication may feel sleepy or restless during the first few days after beginning the medication.
-  The medication may cause irregular or absent periods, nausea, breast tenderness, or darkening of the skin on the face.

What side effects must I report at once?

-  Some women experience post-menopausal bleeding, which a healthcare provider must evaluate.
-  Report at once any post-menopausal bleeding, severe headache, dizziness, or visual disturbances.

Insulin and Insulin Regulators

For diabetes, healthcare professionals may give insulin or medications. Medications that help insulin work better are. Some common names of insulin for injection are: regular or unmodified insulin (Humulin R, Novolin R), isophane insulin/NPH (Humulin N, Novolin N), 70% isophane insulin plus 30% insulin (Humulin 70/30, Novolin 70/30), lente insulin (Humulin L, Novolin L), and ultralente insulin (Humulin U). Some medications that help insulin work better are: glipizide (Glucotol), glyburide (Diabeta, Micronase) tolbutamide (Orinase), glucophage (Metformin), and troglitazone (Rezulin™).

What is diabetes and what do insulin and insulin regulators do?

- ☞ Diabetes is a lifelong disease. Those who have it can't use the energy from the food they eat. After you eat, food turns into sugar. Your body needs insulin to use this sugar for fuel. People with diabetes have trouble using this sugar, so a lot of the sugar stays in the blood. If not treated properly, diabetes can cause many serious health problems.
- ☞ These medications may help provide insulin directly, help the pancreas gland make insulin, or make insulin work better. Insulin helps the body use sugar for energy. Medication side effects can be worsened by a delay in eating, increase in exercise, or a medication dose larger than needed.
- ☞ **People who take these medications should wear a medical identification bracelet.**

What should I tell the healthcare professional about the individual who will be taking these medications?

- ☞ Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- ☞ Tell if the individual is pregnant.
- ☞ Tell if you have seen changes in the individual's skin temperature (too warm and moist or clammy), appetite, or mood.
- ☞ Tell if the person is more nervous than usual.
- ☞ Tell if the person is having trouble finding the right words to say or answering questions.
- ☞ Tell if the person urinates more frequently than usual.
- ☞ Tell if the person complains of headache, stomach ache, nausea, or dizziness.

How should I give this medication and how should I store it?

- ☞ Give these medications by mouth unless indicated on the prescription.
- ☞ You can give many of these medications either with or without food. Some must be given with food. Follow the instructions closely.
- ☞ Give these medications on time and as prescribed.
- ☞ Store oral medications at room temperature.
- ☞ Store unused injectable insulin in the refrigerator and mixed well before use.
- ☞ If injectable insulin is in use, keep it at room temperature. Mix well before use.
- ☞ Do not mix two kinds of insulin in the same syringe without instructions from your healthcare provider.






What side effects should I look for and report right away?

- ☞ Signs of hypoglycemia (low blood sugar) include: hunger, nausea, stomach pain, fast heart rate, mental confusion, or decreased alertness.
- ☞ Treat symptoms of low blood sugar immediately. If the person is conscious and can swallow, give orange juice or any food containing a lot of sugar. **If unconscious or unable to swallow, you must call 911, even if they regain consciousness.**
- ☞ Some individuals who take insulin regulators experience bloating and gas.




Digestion

Healthcare professionals may give these medications to help reduce stomach acid production, stimulate forward movement of food to reduce constipation or diarrhea. Some common medications to reduce the effects of stomach acid are: antacids (Mylanta, Maalox, Tums, Rolaids, Gaviscon, Gelusil) protectants (Sucralfate/Carafate) and acid reducers (omeprazole [Prilosec], lansoprazole [Prevacid], cimetidine [Tagamet], ranitidine [Zantac], nizatidine [Axid], and Famotidine [Pepcid]). Some medications that stimulate forward movement of food are: metoclopramide (Reglan) and cisapride (Propulsid). Medications for constipation include docusate sodium (Colace), docusate calcium (Surfak), mineral oil, psyllium (Metamucil), senna (Senekot), castor oil, cascara, Fleet Phospho-soda, citrate of magnesia, bisacodyl (Ducolax), and docusate sodium with casanthranol (Peri-Colace). Some medications for diarrhea are: difenoxin HCl with atropine sulfate (Motofen), diphenoxylate with atropine sulfate (Lomotil), loperamide HCl (Imodium A-D, Imodium) kaolin and pectin (Kaopectate), Donnagel, bismuth subsalicylate (Pepto-Bismol), and attapulgite (Parepectolin)





How does the digestive system work and what do medications do?

-  **The digestive tract.** Food and fluids pass through the body within one large muscular tube. This tube begins in the mouth, goes down to the stomach, then on through the rest of the digestive tract. Food you eat usually moves in only one direction—down.
-  **GERD.** When food moves back up into the esophagus or throat, this is called reflux. Food also can rise back up all the way, causing vomiting. Individuals who have these symptoms regularly may suffer from GERD (Gastroesophageal Reflux Disease). Medications can lower stomach acidity or help food move down out of the stomach into the intestines.
-  **Non-medication treatments for GERD.** Individuals suffering from GERD can eat less at each meal, eat less fatty foods, wear loose-fitting clothing, remain upright after meals, and reduce smoking.
-  **Diarrhea.** Normally, a stool occurs at least once every three days. Diarrhea happens when stooling is too frequent or not solidly formed. Diarrhea medications help solidify the stools or lower the frequency of stooling. Be sure that persons with diarrhea are drinking plenty of fluids and avoid dairy products such as milk or ice cream.
-  **Constipation.** When the stool is difficult to pass or does not occur with a regular frequency, medications for constipation may help. Be sure that the person is drinking enough fluids (about 2 quarts each day) and receiving plenty of exercise such as walking, stretching, and bending at the waist.



What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell them about any changes in the individual's bowel habits or signs of nausea or vomiting.

How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give most of these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store medications at room temperature.



What side effects should I look for?

-  The person taking the medication may experience diarrhea, constipation, or increased or decreased effects of other medications.
-  Report immediately stomach pain, nausea, vomiting.




Epilepsy and Seizures

For seizures, healthcare professionals may give phenobarbital, phenytoin (Dilantin), carbamazepine (Tegretol), divalproex sodium (Depakote), valproic acid (Depakene), primidone (Mysoline), gabapentin (Neurontin), lamotrigine (Lamictal), topiramate (Topamax), ethosuximide (Zarontin), clonazepam (Klonopin), diaepam (Valium), lorazepam (Ativan), methsuximide (Celontin), fosphenytoin (Cerebyx), felbamate (Felbatol), or acetazolamide (Diamox). Some of these medications also may treat behavioral problems.






What is epilepsy and what do epilepsy and seizure medications do?

-  Epilepsy is a problem with the electrical signals in the brain that causes episodes of attention loss or sleepiness (petit mal seizures) or severe loss of control of body movements with unconsciousness (convulsions or grand mal seizures).
-  These medications help to normalize the electrical energy in the brain. This decreases how often a person has seizures. After treatment with these medications for about 4 years, individuals may be cured of epilepsy and may no longer need treatment.



What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell if the individual has liver or kidney disease.

How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store these medications at room temperature.
-  Store AWAY from places with high moisture such as in bathrooms or over sinks.


What side effects should I look for and when might I see them?

-  The person taking the medication may feel sleepy, weak, confused, walk unsteady, gain or lose weight, bruise easily, have tremors, have overgrowth of gums, be hyperactive, or have other behavior changes.
-  Report immediately any skin rash, increase in number or duration of seizures, stomach pain, nausea, or vomiting.






Anti-Fungal and Anti-Infective Medications

Medications given to treat fungal or bacterial infections include penicillin, ampicillin, amoxicillin, cephalexin (Keflex), cefuroxime (Ceftin), cefprozil (Cefzil), cefaclor (Ceclor), cefixime (Suprax), cefadroxil (Duricef), erythromycin, clarithromycin (Biaxin), azithromycin (Zithromax), nitrofurantoin (Furaton, Macrobid), trimethoprim-sulphamethoxazole (Septra, Bactrim, Cotrim), dicloxacillin (Dynapen), mupirocin (Bactroban), ciprofloxacin (Cipro), ofloxacin (Floxin), tetracycline, doxycycline, metronidazole (Flagyl), bacitracin, polymyxin B, triple antibiotic ointment with bacitracin zinc/neomycin sulfate/polymyxin B sulfate (Neosporin, Polysporin), fluconazole (Diflucan), mycostatin (Nystatin), clotrimazole (Mycelex), and tolnaftate (Tinactin).






What do anti-fungal and anti-infectant medications do?

-  These medications are used to treat fungal or bacterial infections. Some of these medications can be applied on the body surface while others may be taken by mouth.



What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell if the individual has liver or kidney disease.
-  Tell about any antibiotics or antifungal medications recently taken and the effects or failures of these medications.
-  Tell if the individual has an allergy to any medications or experienced a rash or difficulty breathing in the past after taking a medication.

How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store these medications at room temperature except for liquids, which may need refrigeration. Follow instructions on the prescription.
-  Store AWAY from places with high moisture such as in bathrooms or over sinks.

What side effects should I look for and when might I see them?

-  The person taking the medication may have stomach distress, diarrhea, irritation where you apply topical medications, or the infection may get worse.
-  Report immediately any skin rash, hives, or shortness of breath.

Asthma

For asthma, healthcare professionals may give albuterol (Ventolin, Proventil), salmeterol (Serevent), epinephrine (Primatene Mist, Bronkaid Mist), metaproterenol (Alupent), theophylline (Theo-dur), Aminophylline, Ipratropium Bromide (Atrovent), cromolyn sodium (Intal, Nasalcrom), prednisone, flunisolide (Aerobid), triamcinolone (Azmecort), beclomethasone (Vanceril), zileuton (Zyflo), and zafirlukast (Accolate).

What is asthma and what do asthma medications do?

- ☞ Small muscular tubes in the lungs called bronchioles help move air deep into the lungs where oxygen is taken into the blood. In asthma, these tubes get clogged or they tighten, making it vary hard to breathe.
- ☞ Asthma medications open up the breathing tubes to allow the person to breathe more easily.
- ☞ Shortness of breath may cause a person with asthma to feel anxious or to panic.
- ☞ Asthma can be worsened by emotional stress, physical exercise, chest colds, coughing, wheezing, or going from a warm environment to a cold one. Make sure that you have the prescribed inhaled asthma medication on hand for use in emergencies.
- ☞ **People who take these medications should wear a medical identification bracelet.**

What should I tell the healthcare professional about the individual who will be taking these medications?

- ☞ Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- ☞ Tell if the individual is pregnant.
- ☞ Tell if the individual has liver or kidney disease.
- ☞ Tell if the individual smokes.

How should I give this medication and how should I store it?

- ☞ Give these medications by mouth or inhaler.
- ☞ You can give these medications either with or without food unless indicated on the prescription.
- ☞ Give these medications on time and as prescribed.
- ☞ Store these medications at room temperature.

What side effects should I look for and when might I see them?

- ☞ The person taking the medication may feel nervous, have tremors, gain weight, eat more, eat less, retain water, heart rate or blood pressure may go up, or the person may have trouble falling asleep. Caffeine makes all side effects worse.
- ☞ **Report immediately any itching, rash, seizures, or increased used of inhalers necessary to relieve shortness of breath.**





Increased Muscle Contractions

For muscle spasms caused by nervous system problems, healthcare professionals may give baclofen (Lioresal) or tizanidine (Zanaflex). To relieve muscle cramping, healthcare professionals may give these muscle relaxants: methocarbamol (Robaxin), carisoprodol (Soma), cyclobenzaprine (Flexeril), and diazepam (Valium). Dantrolene (Dantrium) may be used for spasticity and as a muscle relaxant.






What do anti-anxiety medications and sedatives do?

-  Some of these medications may relieve muscle spasms caused by cerebral palsy or nervous system injury. Other medications may be given as muscle relaxants to relieve muscular injury such as back aches.



What should I tell the healthcare professional about the individual who will be taking these medications?

-  Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
-  Tell if the individual is pregnant.
-  Tell if the individual has liver or kidney disease.
-  Tell if the individual has a seizure disorder.

How should I give this medication and how should I store it?

-  Give these medications by mouth unless indicated on the prescription.
-  You can give these medications either with or without food unless indicated on the prescription.
-  Give these medications on time and as prescribed.
-  Store these medications at room temperature unless indicated on the prescription.
-  Store AWAY from places with high moisture such as in bathrooms or over sinks.

What side effects should I look for and when might I see them?

-  The person taking the medication may feel sleepy, weak, or confused, or have a dry mouth.
-  Report at once any seizures, extreme tiredness, extreme weakness, skin discoloration, or eye discoloration.

Circulation

Medications that affect the circulation include those that decrease body fluid (diuretics), decrease artery/vein pressure or pain due to blockages in the blood vessels (vasodilators), increase force of contraction (contractility), or change heart rate and rhythm. Commonly prescribed diuretics include furosemide (Lasix) and hydrochlorothiazide. Commonly prescribed vasodilators include nitroglycerin, isosorbide mononitrate (Ismo), isosorbide dinitrate (Isordil), diltiazem (Cardizem), nifedipine (Procardia, Adalat), and verapamil (Calan, Isoptin). Medications that affect contractility, rate, and rhythm include digoxin (Lanoxin), propranolol (Inderal), and verapamil (Calan). Other medications such as enalapril (Vasotec) or lisinopril (Zestril), affect circulation.

What do circulation medications do?

- 👉 Your circulatory system is made up of your heart (which pumps blood throughout your body) and your blood vessels (veins and arteries, through which blood flows to all parts of your body). Certain medications make your heart do less work to pump blood. They help blood flow and help your heart beat the right speed, rhythm, and strength.

What should I tell the healthcare professional about the individual who will be taking these medications?

- 👉 Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- 👉 Tell if the individual is pregnant.
- 👉 Tell if the individual has liver or, kidney, heart disease.
- 👉 Tell if the individual has had any diet changes, especially salt intake.
- 👉 Tell if the individual ever has had chest pain.

How should I give this medication and how should I store it?

- 👉 Give these medications by mouth unless indicated on the prescription.
- 👉 You can give these medications either with or without food unless indicated on the prescription.
- 👉 Give these medications on time and as prescribed.
- 👉 Store these medications at room temperature.
- 👉 Store AWAY from places with high moisture such as in bathrooms or over sinks.
- 👉 Store away from heat or light, and replace with fresh medication every 8 weeks.

What side effects should I look for and when might I see them?

- 👉 The medication may cause dizziness (especially when standing suddenly) weakness, headache, decreased sex drive, or constipation.
- 👉 Report immediately any extreme tiredness or weakness, change in frequency or intensity of chest pain, increased shortness of breath.
- 👉 Call 911 if a person continues to have chest pain after taking 3 prescribed nitroglycerin pills (1 every 5 minutes).

Cough and Cold Symptoms

Medications used to treat coughs and colds are antihistamines, decongestants, cough suppressants, and expectorants. Some of these are available without a prescription. Anti-infective medications also may be prescribed when indicated. Over-the-counter antihistamines include Dimetane, Chlor-Trimeton, Benadryl, and Benylin. Over-the-counter decongestants include Sudafed, Afrin, Dristan, Sinutab, Allerest, and Coricidin. Cough syrups stops coughing. Examples are Novahistine, Robitussin DM, or Cheracol D. Expectorants loosen secretions in your chest so you can cough them out. Robitussin Syrups and Nortussin have the expectorant, guaifenesin. Some medications have several ingredients (to treat many symptoms) such as Alka-Seltzer Plus, Contact, Co-Tylenol, Ny-Quil, Sinutab, and 4-way Cold Tablets.

What causes colds and how are they treated?

- ☞ Colds with or without cough usually are caused by a virus. Antibiotics are not effective against viruses. Colds cannot be cured, but cold symptoms can be treated with over-the-counter medications.

When should I consult a healthcare professional and what should I tell them?

- ☞ Tell the healthcare professional about any alcohol or medications (prescriptions, or nonprescription) that the patient is taking.
- ☞ Tell if the individual is pregnant.
- ☞ Tell if the individual has heart disease, high blood pressure, diabetes, or glaucoma.
- ☞ Contact a healthcare provider if a cough or cold last longer than one week or the individual has yellow or green sputum or nasal drainage. A cough can be a sign of serious illness and should be evaluated if it continues. Green or yellow discharge can indicate a bacterial infection in the lungs or sinuses, so these symptoms need evaluation.

How should I give this medication and how should I store it?

- ☞ Give these medications by mouth unless indicated on the prescription.
- ☞ You can give these medications either with or without food unless indicated on the prescription.
- ☞ Give these medications on time and as prescribed.
- ☞ Store these medications at room temperature.
- ☞ Cough syrups should be given last when giving several medications at once.
- ☞ Do not follow cough syrups with food or liquid which would decrease the effectiveness.

What side effects should I look for and when might I see them?

- ☞ The medication may cause drowsiness, hyperactivity, or sleeplessness.
- ☞ Report immediately any fever greater than 101 orally, pain when taking a breath, shortness of breath, or coughing up blood.

Definitions

adverse Effect	Undesirable effects of a medication on the body which may result in serious illness or death.
agitation	A state of increased activity, either physical, mental, or both.
antipsychotic agents	Medications that are prescribed to treat thinking disturbances and help individuals who may have difficulty relating to their environment.
anti-anxiety agents	Medications that are prescribed to reduce feelings of nervousness , panic, or fear. Used to provide a calming effect.
anti-fungal	Medications that are prescribed to treat fungal infections which are usually located on the skin.
anti-infectives	Medications that are prescribed to treat bacterial infections of the skin or systems in the body (antibiotics).
asthma	A condition which causes small muscular tubes in the lungs to be clogged or tightened.
circulatory system	Composed of the heart and blood vessels (veins and arteries) through which blood flows to all parts of the body..
constipation	An increase in the difficulty passing stool or passing stool on an irregular basis.
depression	A state of feeling sad or hopeless; may be accompanied by changes in sleeping or eating habits or changes in relationships.
diarrhea	An increase in the frequency and decrease in the solid formation of food.
DISCUS tool	(Dyskinesia Identification System - Condensed User Scale) A list of questions used to determine the effects of medication on an Individual's movements and nervous system.
disorganized thinking	Thought process are not logical and organized; may experience hearing voices or seeing things/people who are not there.
epilepsy	Inability to think clearly, solve problems, recognize people or places a problem with the electrical signals in the brain that can cause loss of attention, sleepiness, or loss of control of body movements.
estrogen	A hormone that helps balance the female reproductive system; important in the role calcium plays in bone development.
generic name	the name given to a drug when it is manufactured. a drug's general name.
GERD	(Gastroesophageal Reflux Disease) A disease in which food moves back up into the throat (reflux); vomiting may occur.
hormone	A chemical released by organs in the body (endocrine glands), which help parts of the body work properly.
hyperactive	A state of increased movement or speech which is greater than usual.
hypoglycemia	A low amount of sugar in the blood.
mood stabilizers	Medications that are prescribed for individuals who experience changes in mood from a stable to an agitated, depressed, or excited state.
muscle contractions	Spasms of the muscles causing them to tighten.
orally	By mouth.
prescription	Healthcare provider's order to prepare a specific drug or treatment for a specific person.
sedatives	Medications that are prescribed to reduce anxiety and in higher doses will promote sleep.
seizure reporting tool	A list of questions used to describe a person's activity during a seizure.
side Effect	Observable signs of a medications effect on the body which is in addition to the intended effect. May be desirable or undesirable.
thyroid gland	A gland which makes hormones that affect growth, development, temperature, and appetite.
trade name	The name given to the drug by the drug company for marketing purposes.