orthopedic ONE

MEDICATION TRACKER

Medications can only be effective when taken properly. Use this tool to track and remind you to take the correct dose of the right medication at the right time. Medications will vary based on the patient medical history, current medications, medication allergies, etc. Cross out any row for medications that do not apply to you.

NARCOTIC PAIN MEDICATIONS

Strong pain reliever used to treat moderate to severe pain that may not respond well to other pain medications. Examples: Oxycodone (OxyContin®), Hydrocodone with acetaminophen (Lorcet®, Lortab®, Norco®, Vicodin®) , Oxycodone with acetaminophen (Percocet®, Endocet®, Roxicet®) Hydromophone (Dilaudid®), Tramadol (Ultram®)

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

NON-NARCOTIC PAIN MEDICATIONS

Used to treat mild to moderate pain and help minimize the use of narcotic medications. Example: Acetaminophen (Tylenol®)

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

NON-STEROIDAL ANTI-INFLAMMATORIES (NSAIDS)

Used to treat pain, redness, swelling and heat (inflammation). Examples: ibuprofen, Advil®, Aleve®, Celebrex®

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

BLOOD THINNERS/ANTICOAGULANTS

Used to reduce the risk of blood clots from forming. Do not 'thin' your blood, but interfere with your ability to form a blood clot. Examples: aspirin (Ecotrin®), Coumadin, Xarelto®, Heparin®, Warfarin®, Plavix®

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

STOOL SOFTENERS/LAXATIVES

Used to reduce the risk of and to treat constipation. Examples: Senna-S®, Miralax®, Colace®, Milk of Magnesia®, Magnesium Citrate

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

ANTI-NAUSEA (ANTIEMETICS)

Used to prevent or lessen nausea and vomiting caused by side effects of narcotic pain medication, anesthetics, etc. Examples: Ondansetron (Zofran), Phenergan

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

STOMACH/GASTRIC PROTECTION

Works by decreasing the amount of stomach acid and helps decrease the risk of bleeding stomach ulcers while taking non steroidal anti-inflammatories

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12

SLEEP AIDS

May improve sleep quality and insomnia. Example: Gabapentin (Neurontin®)

Medication Name	Dose	How Many	How Often	Time	AM 12	1	2	3	4	5	6	7	8	9	10	11	PM 12	1	2	3	4	5	6	7	8	9	10	11	12