

Your Medication Reference Guide

The purpose of this tool is to ensure maximum safety and benefit from the medications prescribed for you.

- **Maintain an updated medication list and carry it with you at all times in the event of an emergency.**
- Take only your prescribed medications.
- DO NOT stop, skip or take partial doses of any medication unless ordered by your health care provider.
- Check with your health care provider before taking any new non-prescription medication. It could interfere with medications you are currently taking.
- ALL MEDICATIONS HAVE THE POTENTIAL FOR CAUSING UNWANTED SIDE EFFECTS and/or potential allergic reaction. Individuals may react differently to the same medication. If you experience ANY symptoms you think may be related to your medication, report them to your health care professional.
- All medications may cause **digestive disturbances** (i.e. nausea, vomiting, indigestion, diarrhea, constipation, bloating, gas).
- Any medication applied directly to the skin may cause a local reaction including redness, itching, swelling or burning.
- Store medications in properly labeled containers in a cool, dry place.

<p>Analgesics – <i>Used for the treatment of pain/fever</i></p> <p>Side Effects: abdominal pain, dizziness, liver dysfunction, altered blood count, swelling/fluid retention, headache, itching, nervousness, drowsiness, ringing/buzzing in the ears, digestive disturbances</p>	<p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p>
<p>Analgesics: Antimigraine Agents</p> <p><i>Used to prevent or reduce the severity of migraine headaches</i></p> <p>Side Effects: dizziness, warm sensation, chest pain, weakness, pain at injection site (IM)</p>	<p>Drug: _____</p>
<p>Analgesics: Opioids – <i>Used to treat moderate or severe pain</i></p> <p>Side Effects: confusion, constipation, decreased urination, dizziness, dry mouth, shortness of breath, low blood pressure, fatigue, headache, itching, nervousness, pain at injection site (IM), palpitations, physical and psychological dependence, vomiting, weakness, low heart rate</p>	<p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p>
<p>Anticholinergics</p> <p><i>Used to treat spastic disorders of the GI tract and to reduce saliva and bronchial secretions:</i></p> <p>Side Effects: blurred vision, confusion, constipation, memory impairment, nausea, urinary retention, elevated heart rate, dry mouth</p>	<p>Drug: _____</p>
<p>Anticoagulants – <i>Used to prevent blood clots</i></p> <p>Side Effects: bleeding, itching, swelling, injection site pain, abdominal pain, chest pain, bloody stool, bloody urine, bruising, bleeding from mucus membrane, dizziness, flu-like syndrome, headache, digestive disturbances</p>	<p>Drug: _____</p> <p>Drug: _____</p>
<p>Anticonvulsants – <i>Used to prevent or relieve convulsions</i></p> <p>Side Effects: abdominal pain, abnormal gait, abnormal/blurred/double vision, hair loss, dizziness, drowsiness, fatigue, headache, memory loss, nervousness, speech disorder, decreased platelet count, tremor, vomiting, weakness, numbness, insomnia, loss of appetite, digestive disturbances</p>	<p>Drug: _____</p>
<p>Antidementia Agents – <i>Used to treat dementia</i></p> <p>Side Effects: abdominal pain, dizziness, headache, weight loss, loss of appetite, digestive disturbances</p>	<p>Drug: _____</p>
<p>Antidepressants – <i>Used to alleviate mood, depression and anxiety disorders</i></p> <p>General Side Effects: dizziness, drowsiness, dry mouth</p> <p>Monoamine Oxidase Inhibitors (MAOIs)</p> <p>Side Effects: Frequently interacts with other medications, weakness, drop in blood pressure upon standing, elevated heart rate.</p> <p>Tricyclics and Tetracyclics</p> <p>Side Effects: anxiety, blurred vision, confusion, EKG changes, increased eye pressure, drop in blood pressure upon standing, sedation, urinary retention. Seek immediate medical attention if you experience fever, rigidity and/or nervous system dysfunction (Neuroleptic Malignant Syndrome (NMS))</p> <p>Selective Serotonin Reuptake Inhibitors (SSRIs)</p> <p>and Selective Norepinephrine Reuptake Inhibitors (SNRIs)</p> <p>Side Effects: loss of appetite, anxiety, sweating, headache, insomnia, nausea, nervousness, sexual dysfunction, suicidal thinking/behavior, tremor, weakness, yawning</p>	<p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p> <p>Drug: _____</p>

Antigout Agents – <i>Used to reduce uric acid levels in the blood</i> Side Effects: abdominal pain, flushing, digestive disturbances	Drug: _____
Antihistamines – <i>Used to relieve symptoms of an allergic reaction</i> Side Effects: blurred vision, confusion, dizziness, drowsiness, dry mouth, dry skin, hypotension, fainting, thickening of bronchial secretions, urinary retention, headache	Drug: _____
Anti-Infectives/Antivirals <i>Used to kill infectious agents or prevent them from spreading</i> Side Effects: abdominal pain, digestive disturbances, agitation, dizziness, drowsiness, fatigue, headache, difficulty sleeping, sore throat In addition the following drugs may exhibit additional side effects: Aminoglycosides – gait instability, kidney, nervous system and ear toxicity; Clotrimazole – abnormal liver function tests; Voriconazole – visual changes; Sulfonamides – photosensitivity; Tetracycline – photosensitivity, hearing loss	Drug: _____ Drug: _____
Anti-Parkinson's Agents <i>Used to reduce the symptoms of Parkinson's disease</i> Side Effects: abnormal/excessive dreaming, loss of appetite, anxiety, confusion, fatigue, drop in blood pressure upon standing, drowsiness, altered blood count, fainting, hand tremors, hallucinations, headache, numbness, difficulty swallowing, dry mouth, psychosis, digestive disturbances	Drug: _____
Antipsychotics <i>Used as a tranquillizing psychiatric medication and for the treatment of delusions, hallucinations and disordered thought:</i> Side Effects: altered urination, blackout spells, dry or thinning hair, digestive disturbances, goiter and/or hypothyroidism, blood count changes, tremor, unusual gait, high blood sugar, weight loss, agitation, anxiety, headache, weight loss/gain, blurred vision, confusion, dizziness, drowsiness, dry mouth, EKG/EEG changes, Extrapyramidal Symptoms (EPS) inability to sit still, low blood pressure, sedation, altered heart rate, Tardive dyskinesia - repetitive movement of tongue/ mouth or any muscle group - Seek immediate medical attention if you experience fever, rigidity and/or nervous system dysfunction (Neuroleptic Malignant Syndrome (NMS))	Drug: _____ Drug: _____
Antirheumatic Agents <i>Used to decrease pain and inflammation due to rheumatoid arthritis or other immune disorders</i> Side Effects: abdominal pain, dizziness, headache, weakness, digestive disturbances	Drug: _____
Anti-Anxiety <i>Used for the treatment of anxiety and related psychological and physical symptoms</i> Side Effects: behavior problems, blurred vision, change in appetite, decreased salivation, depression, dizziness, drowsiness, dry mouth, swelling, headache, irritability, lightheadedness, memory impairment, pronunciation difficulties, respiratory depression, sedation, sexual dysfunction, weight gain/loss, urinary retention, nausea	Drug: _____ Drug: _____
Appetite Stimulants – <i>Used to increase hunger and food consumption</i> Side Effects: acne, electrolyte disturbance, excitation, fluid retention, headache, liver toxicity, increased hair growth, hoarseness, hypertension, libido increased/decreased, digestive disturbances	Drug: _____
Attention Deficit Hyperactivity Disorder (ADHD) Agents <i>Used to help control the symptoms of hyperactivity, impulsivity and inattention</i> Side Effects: abdominal pain, chest pain, dizziness, headache, insomnia, nervousness, digestive disturbances	Drug: _____
Blood Cell Stimulants <i>Used to enhance the growth of red or white blood cells</i> Side Effects: hair loss, bone pain, enlarged spleen, fatigue, fever, headache, hypertension, digestive disturbances, inflamed mucus membranes	Drug: _____
Cholesterol-Lowering Agents <i>Used to help reduce the amount of cholesterol in the blood</i> Side Effects: joint or muscle pain, liver enzymes increased, fatigue, headache, respiratory infection, sinus inflammation, cough, chest pain, digestive disturbances, swelling, flushing, bloating, dizziness, difficulty sleeping	Drug: _____ Drug: _____
Cortico Steroids <i>Used to reduce inflammation and can help to suppress the immune system when it mistakenly attacks its own tissues</i> Inhaled - Side Effects: acne, dizziness, difficulty urinating, headache, altered metabolism, insomnia, nausea, yeast infection/thrush, palpitations, psychiatric disturbances, respiratory infection, upper airway spasm, high blood pressure, sinus inflammation Oral – Side Effects: appetite change, swelling, electrolyte disturbances, flu-like symptoms, fracture, headache, hyperglycemia, increased muscular movement, risk for infection, insomnia, mood swings, moon face, nervousness, yeast infection/thrush, fluid retention Topical – Side Effects: dryness, itching, skin infection, thinning of the skin, inflamed hair follicles, paleness, hair growth	Drug: _____ Drug: _____ Drug: _____

Cardiovascular – Used to treat disorders of the heart and circulatory systems

General Side Effects: dizziness with position changes, headaches, digestive disturbances

ACE Inhibitors and Angiotensin II Receptor Blockers (ARBs)

Drug: _____

Used to lower blood pressure and improve circulation by helping to open certain blood vessels and improve the amount of blood the heart pumps

Side Effects: cough, chest pain

Alpha-Adrenergic Blockers

Drug: _____

Used to treat high blood pressure by relaxing certain muscles and improving blood flow

Side Effects: anxiety, dry mouth, swelling

Antiarrhythmic Agents –Used to treat abnormal rhythms of the heart

Drug: _____

Side Effects: abnormal liver function tests (LFTs), shortness of breath, low blood pressure, numbness, photosensitivity, respiratory changes, visual disturbances, irregular heartbeat, confusion, depression, blurred or yellow vision

Beta Blockers

Drug: _____

Used to reduce blood pressure by helping the heart beat more slowly and with less force

Side Effects: low heart rate, confusion, depression, swelling, fatigue, low blood pressure, impotence, insomnia, mental impairment

Calcium Channel Blockers

Drug: _____

Used to reduce blood pressure by helping to relax and widen blood vessels. May slow the heart rate, relieve, chest pain and control an irregular heartbeat

Side Effects: blurred vision, swelling, flushing, bleeding gums, jitteriness, palpitations, fluid in the lungs, sexual dysfunction

Vasodilators

Drug: _____

Used to reduce blood pressure by relaxing the muscles that line the blood vessels

Side Effects: anxiety, flushing, low blood pressure, irregular heart beat

Diabetes Agents

Drug: _____

Used to reduce the level of glucose (sugar) in the blood

Drug: _____

Drug: _____

Side Effects: cholesterol levels increased, swelling, fracture risk, headache, low blood sugar, respiratory infection, weight gain, shortness of breath, flatulence, muscle pain, palpitations, weakness, liver enzymes increased, dizziness, digestive disturbances, elevated blood sugar

Diuretics

Drug: _____

Used to reduce the amount of fluid in the body by increasing urine output

Side Effects: blurred vision, dizziness, headache, electrolyte and fluid imbalance, drop in blood pressure upon standing, urinary frequency, digestive disturbances, loss of appetite, chest pain, photosensitivity

Gastrointestinal Agents – Used to treat conditions of the digestive tract

Antacids Used to neutralize stomach acid

Drug: _____

Side Effects: abdominal cramps, constipation (more likely with calcium and aluminum), diarrhea (more likely with magnesium), fecal impaction, mineral disturbances, kidney dysfunction, headache

Antidiarrheals –Used to treat loose, watery and frequent stools

Drug: _____

Side Effects: abdominal distention, anxiety, constipation, discoloration of tongue, drowsiness, dry mouth, fecal impaction, blood clotting changes, restlessness, urinary retention

Antiemetics – Used to prevent or relive nausea and vomiting

Drug: _____

Side Effects: anxiety, constipation, diarrhea, dizziness, drowsiness, fever, gynecologic disorder, headache, increased liver enzymes, increased, hiccups, malaise/fatigue, itching, rash, urinary retention

Antispasmodics – Used to relieve spasms of the stomach and intestines

Drug: _____

Side Effects: cramps, blurred vision, confusion, constipation, diarrhea, dizziness, drowsiness, dry eyes, dry skin, headache, urinary retention

Gastric Protectants – Used to prevent ulcers by lining the stomach

Drug: _____

Side Effects: abdominal cramping, constipation, diarrhea

Histamine 2 (H2) Blockers – Used to reduce gastric acid secretion

Drug: _____

Side Effects: agitation, confusion, constipation, diarrhea, dizziness, enlarged breasts, headache, drowsiness

Laxatives – Used to relieve or prevent constipation

Drug: _____

Side Effects: abdominal cramping, bloating, diarrhea, electrolyte and fluid imbalance, flatulence

Pancreatic Enzymes – A nutritional supplement used to aid digestion

Drug: _____

Side Effects: abdominal pain, cramps, flatulence, nausea, vomiting

Promotility Agents–Used to stimulate the muscles of the digestive tract

Drug: _____

Side Effects: breast tenderness (metoclopramide), diarrhea, drowsiness, extrapyramidal symptoms (EPS) - inability to sit still, restlessness, weakness

Proton Pump Inhibitors (PPI)–Used to reduce gastric acid production

Drug: _____

Side Effects: abdominal pain, dizziness, flatulence, headache, nausea, rash, vomiting, respiratory infection

Stool Softeners Used to make bowel movements softer and easier to pass

Drug: _____

Side Effects: abdominal cramping, diarrhea

Hormones <i>Used to supplement or replace a naturally occurring hormone</i> Side Effects: digestive disturbances, back pain, breast pain, depression, swelling, flu-like symptoms, headache, vaginal bleeding	Drug: _____
Hypnotics/Sedatives <i>Used to promote sleepiness, reduce tension and anxiety</i> Side Effects: abnormal dreams, unsteady gait, confusion, drowsiness, hangover effect, headache, nausea, heart palpitations, physical and psychological dependence may occur with prolonged use	Drug: _____
Immunosuppressant – <i>Used to reduce the body's immune response</i> Side Effects: altered blood counts, digestive disturbances, weight loss, hair loss, numbness of hands and feet	Drug: _____
Iron Replacement (Oral) – <i>Used to treat iron deficiency</i> Side Effects: constipation, dark stools, nausea, stomach cramping	Drug: _____
Multiple Sclerosis Agents <i>Used to reduce disease activity and progression</i> Side Effects: anxiety, joint pain, chest pain, diarrhea, shortness of breath, nausea, pain, heart palpitations, itching, dilation of blood vessels, sinus inflammation, weakness	Drug: _____
Ophthalmic Agents – <i>Used to treat a variety conditions effecting the eye</i> Side Effects: decreased visual acuity, eye discomfort, foreign body sensation, pain, itching, blood shot eyes	Drug: _____ Drug: _____ Drug: _____
Osteoporosis Agents <i>Used to improve bone health or to help reduce bone loss</i> Side Effects: digestive disturbances, electrolyte disturbances, flu-like symptoms, headache, increased blood pressure, altered calcium level, indigestion, sinus irritation, loss of appetite, facial flushing, chest pain, hot flashes, infection, joint pain	Drug: _____
Respiratory Agent <i>Used to prevent, relieve or treat diseases of the respiratory system</i> Side Effects: anxiety, dizziness, dry mouth, GI pain/discomfort, headache, insomnia, nausea, nervousness, palpitation, rapid heart beat, taste loss/disturbance, throat irritation, tremor	Drug: _____ Drug: _____ Drug: _____ Drug: _____
Skeletal Muscle Relaxants <i>Used to reduce muscle tone and alleviate spasm</i> Side Effects: unsteady gait, blurred vision, confusion, dizziness, drowsiness, dry mouth, low blood pressure, insomnia, psychiatric disturbances, slurred speech, weakness	Drug: _____
Thyroid Agents – <i>Used in the treatment of diseases of the thyroid</i> General Side Effects: dizziness, swelling, headache, digestive disturbances	
Thyroid Hormone Replacement Side Effects: weight loss, nervousness, sweating, fast or irregular heart beat, insomnia, heat intolerance, palpitations, seizures	Drug: _____
Antithyroid Agents Side Effects: weight gain, puffy face, cold intolerance, depression, abdominal bloating, cold hands and feet, dry or thinning hair, joint or muscle pain, digestive disturbances	Drug: _____
Urinary Agents: Antispasmodics – <i>Used to reduce bladder spasms</i> Side Effects: blurred vision, confusion, constipation, dizziness, dry mouth, dry eyes, dry skin, headache, drowsiness, impaired urination, sore throat, fever	Drug: _____
Urinary Agents: Benign Prostatic Hyperplasia (BPH) <i>Used to relax the smooth muscles around the blood vessels of the prostate, bladder improving urine flow</i> Side Effects: dizziness, drowsiness, headache, low blood pressure upon standing, sexual dysfunction, weakness	Drug: _____
Category/Use _____	Drug: _____
Side Effects: _____	
Category/Use _____	Drug: _____
Side Effects: _____	

This list is NOT all-inclusive. Consult the package insert for each medication for a complete list of side effects.