

**Medications & Dietary Supplements— Jane Doe as of February 14, 2009**

*Mrs. Doe diagnosed with Alzheimer's in March 2007 by her primary physician Dr. M Loudmila 4777 Town Centre, Suite 107, Saginaw, MI 48604, 989-790-9999. **Do NOT leave medical instructions solely with patient or @ phone 989-667-9999.** Contact either daughter, C Bxxxx, 299 Hotchkiss Rd, Bay City MI 48707, 989-667-9999, cell 989-450-9999 or daughter, R Hxxxx, 299 Lakeside Drive, Crossville, TN 38558, 931-456-9999, cell 931-265-9999 with any medical issues. R Hxxxx has legal power of attorney (POA) on file with Mrs. Doe's medical insurer. Contact R on any billing matters. Medically non-skilled, paid caregivers supervised by the 2 daughters, drive Mrs. Doe to appointments and help monitor activities such as taking daily medications.*

*Mrs. Doe has artificial mitral valve. She takes a daily blood thinner which is supervised exclusively by nurse @ cardiologist Dr. J Fxxxx's Saginaw office, 989-754-9999.*

product / chemical Name	Times per day & strength per dose when am/pm & (daily total)	form/look	Warnings/ notes
<b>Caltrate /Sam's Club brand Calcium Citrate +Vitamin D3</b>	1 in am & 1 in pm <b>630 mg daily</b> <b>400 IU vitamin D daily</b>	tablet: very large, white, coated	take WITH FOOD if using calcium carbonate body only absorbs about 600 mg at once
<b>Diltiazem CD /Cardiezm calcium channel blocker</b>	1 in am 180 mg	capsule: large, blue & white	dizziness or drowsiness do NOT chew or crush <b>!grapefruit interaction!</b>
<b>Furosemide /Lasix diuretic (water pill)</b>	1/2 in am 1/2 40 mg tablet <b>(20 mg daily)</b>	tablet: tiny, round, white	drowsiness & sensitivity to sunlight
<b>QUINAPRIL /Accupril ACE inhibitor</b>	1 in am take with <b>full glass of water</b> 20 mg	tablet: reddish-brown, round, "20" on one side	possible interaction with salt substitutes & drowsiness
<b>Isosorbide Mono ER/Imdur nitrate: dilates blood vessels</b>	1 in am 60 mg	tablet: bright-yellow, oblong-shaped, scored in middle	dizziness
<b>Pravastatin statin: lessens body's cholesterol production</b>	1 in am take with <b>full glass of water</b> 40 mg	tablet: round, pale-green, "PRA 40" stamped on one side	<b>No grapefruit</b> within 2 hours of taking this medication!! <b>do NOT substitute Simvastatin</b>
<b>Miacalcin/ calcitonin nasal solution</b>	1 spray in am <b>alternate nostril each day</b> 200 IU calcium	nasal spray for bone health	
<b>ASTELIN/ azelastine HCL nasal solution</b>	1 spray in am use in <b>both nostrils each morning</b> 200 IU calcium	nasal spray to stop nasal drip	
<b>WARFARIN /Coumadin blood thinner/anti-coagulant</b>	1 or 1/2 3mg tablet ( <b>3 or 1.5 mg daily</b> ) as directed by nurse (Mary Randall) <i>@ Dr. Fxxxx's office (989.754.9999) As of 2/13/09= take 1 (3mg) tablet on Monday, Wednesday, Friday &amp; Sunday; take 1/2 (1.5mg) tablet on Tuesday, Thursday &amp; Saturday. Subject to change based upon blood draw @ Lab every 2 weeks.</i>	small, brown oblong-shaped	Do <b>NOT</b> take Aspirin, Ibuprofen, or Naproxen
<b>ARICEPT /Donepezil cholinesterase inhibitor</b>	1/2 in am 1/2 in pm <b>(10 mg daily: 5 mg x2)</b> pale-yellow, coated	tablet: small, round	nausea, vomiting, lack of appetite (Alzheimer's med) take with <b>full glass of water</b>
<b>NAMENDA /Memantine glutamate blocker</b>	1 in am 10 mg	tablet: small, gray, oblong-shaped	constipation, tiredness, dizziness (Alzheimer's med)
<b>Occasional—not Daily</b>			
<b>Amoxicillin / AMOXIL antibiotic</b>	take <b>4 one hour before dental appointment</b> 500 mg	capsule ( <b>2000 mg</b> )	<i>!may react with COUMADIN!</i> watch for <b>bleeding</b> , yellow eyes or skin, vomiting, diarrhea, pain in abdomen or stomach
<b>Tylenol generic/ Acetaminophen pain reliever</b>	1 or 2 as 500 mg	gel cap	<b>NO Aspirin only Acetaminophen</b> as needed for pain
<b>Tylenol Codeine #3</b>	1 as needed for pain [1 am & 1 pm max)		prescribed for pinched nerve due to osteoarthritis of spine / neck

**Each AM slot in weekly pill container should have 8 pieces:**

**1 Calcium** = 1 very large, white, oblong-shaped tablet  
(315 mg calcium + 200 IU vitamin D)  
—body only can absorb about 600 mg at one time

**1 Diltiazem CD/Cardiezm** = 1 large blue & white capsule  
(180 mg calcium channel blocker) **No grapefruit** do NOT chew or crush

**1/2 Furosemide/Lasix** = 1/2 of a tiny, round white pill  
(20 mg is 1/2 of 40 mg diuretic or water pill)

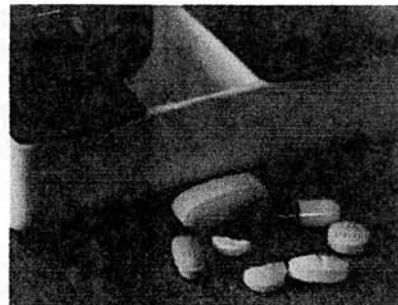
**1 NAMENDA /Memantine** = 1 small gray, oblong-shaped tablet  
(10 mg glutamate blocker)

**1/2 ARICEPT /Donepezil** = 1/2 small, round, pale-yellow coated tablet  
(5 mg is 1/2 10 mg tablet cholinesterase inhibitor) take with full glass of water

**1 QUINAPRIL/Accupril** = 1 round, reddish-brown pill with “20” stamped on one side  
(20 mg ACE inhibitor) take with full glass of water

**1 Isosorbide Mono ER/Imdur** = 1 bright-yellow, oblong-shaped tablet, scored in middle  
(60 mg nitrate to dilate blood vessels)

**1 Pravastatin** = 1 round, pale green pill with “PRA 40” stamped on one side  
(40 mg statin to lessen body’s cholesterol production) take with full glass of water  
No grapefruit within 2 hours of taking this pill!



**Each PM slot in weekly pill container should have 3 pieces:**

**1 Calcium** = 1 very large, white, oblong-shaped tablet  
(315 mg calcium + 200 IU vitamin D)  
—body only can absorb about 600 mg at one time

**1/2 ARICEPT /Donepezil** = 1/2 small, round, pale-yellow coated tablet  
(5 mg is 1/2 10 mg tablet cholinesterase inhibitor) take with full glass of water

**1/2 WARFARIN /Coumadin** = 1 OR 1/2 small, brown, oblong-shaped tablet  
(1.5 mg is 1/2, 3mg is whole tablet) blood thinner / anti-coagulant

Take only as directed by Dr. Fxxxx’s office (989.754.9999): *As of 2/13/09 take 1 (3mg) tablet on Monday, Wednesday, Friday & Sunday; take 1/2 (1.5mg) tablet on Tuesday, Thursday & Saturday. Subject to change based upon blood draw @ Lab every 2 weeks.*



**Each morning 2 nasal sprays**

**Miacalcin/ calcitonin** = 1 spray in alternate nostril each morning  
(200 IU calcium nasal solution for bone health) use in **left nostril one day**, then in **right nostril next day**

**ASTELIN/ azelastine HCL** = 1 spray in each nostril every day in morning to stop nasal drip  
use in **both nostrils each morning**