



Your Medicine Doses

Keeping track

First 24 Hours

Pain Medicines

For 24 hours after giving birth, you will take pain medicines on a schedule. Check the boxes below when you take each medicine.

Pain Medicine	6 a.m.	12 noon	6 p.m.	12 midnight
Acetaminophen (Tylenol) 1,000 mg every 6 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibuprofen (Advil, Motrin) 600 mg every 6 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine: Dose:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine: Dose:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine: Dose:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine: Dose:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine: Dose:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Stool Softeners and Fiber Supplements

Your doctor may also advise you to take stool softeners and fiber supplements to prevent constipation (hard stool).

Medicine	Time Taken	Time Taken
Docusate (stool softener) 200 mg by mouth 2 times a day		
Polyethylene glycol (fiber drink) 17 grams a day		
Medicine: Dose:		

Opioid Medicines

If needed, your doctor might also prescribe stronger pain medicines called *opioids* for you. These medicines are to be taken “PRN.” This stands for *pro re nata*, which means “as needed.”

Always take opioids **exactly** as your doctor prescribed. You and your nurse will make a plan about when you will take them. Ask for them if your pain is not controlled by your other pain medicines. Tell your nurse how strong your pain is. Use a scale of 0 to 10, with 0 being “no pain” and 10 being “the worst pain.”

Opioid Medicine	Time Taken	Time Taken	Time Taken	Time Taken
Medicine: Dose:				
I asked for this medicine because my pain score was:				
Medicine: Dose:				
I asked for this medicine because my pain score was:				

After 24 hours

Your medicines will change 24 hours after you give birth. Write the medicine names and when you take them in the table below.

Pain Medicines

After 24 hours, pain medicines are PRN (taken as needed).

Pain Medicine	Time Taken	Time Taken	Time Taken	Time Taken
Medicine: Dose:				
Medicine: Dose:				
Medicine: Dose:				
Medicine: Dose:				
Medicine: Dose:				

Opioid Medicine	Time Taken	Time Taken	Time Taken	Time Taken
Medicine: Dose:				
I asked for this medicine because my pain score was:				
Medicine: Dose:				
I asked for this medicine because my pain score was:				

Stool Softeners and Fiber Supplements

Medicine	Time Taken	Time Taken
Docusate (stool softener) 200 mg by mouth 2 times a day		
Polyethylene glycol (fiber drink) 17 grams a day		
Medicine: Dose:		

Other Medicines

Other Medicines	Time Taken	Time Taken	Time Taken	Time Taken
Medicine: Dose:				
Medicine: Dose:				
Medicine: Dose:				
Medicine: Dose:				

Now, please go back to the Table of Contents of this workbook and check the box so your nurses will know you have read this chapter.

Questions?

Your questions are important. Call your healthcare provider if you have questions about your medicine doses.

When your provider's office is closed, call your Labor & Delivery unit.

If you have a medical emergency, call 911.