

**Appendix 3: Text of Medication Messages**

The *Brief* message is displayed when a users enters the drug in the PHR. The second level, or *Summary* message, and third level, or *Details*, can be revealed with subsequent clicks.

**Acetaminophen**

***Brief***

Could your dose be too high?

***Summary***

This product contains acetaminophen. In *high doses* acetaminophen can cause liver damage:

- Talk with your doctor before taking more than 3 grams (3000 mg) of acetaminophen per day.

***Details***

**In *high doses* acetaminophen can cause liver damage.**

A **dose** is how much of the medicine that you take.

**Maximum daily dose of acetaminophen.**

Take no more than **3 grams** per day of acetaminophen. Three grams are equal to **six 500 mg tablets**.

**It is *easy* to take too much acetaminophen.**

When you take too large a dose, it is an **overdose**. Many medicines contain acetaminophen. **This makes it easy to accidentally take too large of a dose of acetaminophen.**

**These medicines may contain acetaminophen:**

- Medicines with "APAP" on the label. "APAP" is an abbreviation for acetaminophen.
- Prescription medicines for pain (for example, Vicodin®, Lortab®, or Percocet®).
- Many over-the-counter medicines (ones you can buy without a prescription):
  - For cold or flu (for example, Nyquil Cold/Flu® or Sudafed Cold and Sinus®).
  - For pain (for example, Tylenol® or Tylenol PM®).

**Drinking alcohol**

Drinking alcohol can increase the risk of liver damage. If you regularly drink alcohol, you might need to take a lower dose of acetaminophen. Or it might be best to change to a different medicine. **Your doctor can help you decide which is best for you.**

**What can you do?**

Read the labels on **all** medicine bottles. See if they contain acetaminophen. Remember that "APAP" is an abbreviation for acetaminophen. Talk with your doctor about using this medicine if you often drink alcohol.

**Remember**

- Take no more than 3 grams (3000 mg) of acetaminophen per day.
- Read the labels on **all** medicine bottles to look for acetaminophen, including the abbreviation "APAP."
- Talk with your doctor about using this medicine if you regularly drink alcohol

## **Warfarin**

### ***Brief***

**Reduce your risk of serious bleeding side effects**

### ***Summary***

**This product contains warfarin. To lower your bleeding risk:**

- Get an "INR" blood test at least every 4 to 6 weeks. After every test, ask if your dose needs adjustment.

**Interactions can cause bleeding or make warfarin stop working:**

- Tell your doctor and pharmacist about all prescriptions and herbals.

### ***Details***

**Regular blood tests are needed to prevent bleeding side effects from warfarin.**

**Symptoms of bleeding side effects may include:**

- Nosebleeds
- Gum bleeding after tooth brushing
- Red spots on skin
- Blood in urine or stool

**Talk to your doctor if you experience bleeding symptoms.**

**Warfarin interacts with many medicines and herbal products and with changes in diet.**

- These interactions can cause severe bleeding side effects.
- These bleeding side effects can be life-threatening.
- Some interactions can cause warfarin to stop working.

**Warfarin may interact with these medicines and products:**

- Prescription medicines such as antibiotics
- Over-the-counter medicines (ones you can buy without a prescription)
- Vitamins
- Nutritional supplements
- Herbal products
- Botanicals
- Alcohol

**Talk to your doctor about whether warfarin may interact with medicines or products you are using.**

**Blood tests**

A blood test known as an "INR test" measures how you are responding to the medicine. It can tell your doctor if you need to change your dose. A dose is how much or the amount of the medicine you take.

**How often should you have your blood tested?**

- Get regular INR blood tests while taking warfarin.
- Guidelines recommend having your blood tested **at least every 4 to 6 weeks.**
- Some patients may need to have their blood tested more often.

**What can you do?**

Tell your doctor and pharmacist about **all** of the medicines and products that you take. Talk with your doctor **before** you stop or start any medicines or products. Try to not make major changes in your diet.

Talk with your doctor about how often you should get your blood tested. Write down the dates of scheduled tests somewhere you will not forget. **Each time you go in for a blood test, schedule the next test.**

**Remember**

- This medication can cause bleeding when the dose is too high.
- Regular INR blood tests are needed with warfarin.
- Talk to your doctor about getting your blood tested at least every 4 to 6 weeks.
- Know the result of each INR test.
- Ask your doctor after each INR test for instructions about dose adjustments.
- This medication interacts with many medicines and products, so tell your doctor and pharmacist what you are taking.
- Talk with your doctor **before** you stop or start taking any medicines or products.

## Loop diuretics

### *Brief*

**Reduce your risk of muscle and heart side effects**

### *Summary*

**This product contains {drug}. It can cause low potassium. Low potassium can cause muscle and heart problems.**

- Talk to your doctor about getting a blood test to detect low potassium.
- If your doctor prescribes a potassium supplement, take it every day.

### *Details*

**Regular blood tests are needed with {drug}.**

#### **Why are blood tests needed?**

{Drug} can cause low potassium. Older patients are especially at risk.

#### **Low potassium**

Low potassium is also known as hypokalemia. It can lead to muscle symptoms (like cramps or weakness) and heart complications if untreated. Your doctor may prescribe a potassium supplement if your potassium is low.

#### **Blood tests**

- Guidelines recommend having your blood tested 2 weeks after starting {drug} and once a year for as long as you continue taking {drug}.
- **Some patients may need to have their blood tested more often.**

#### **What can you do?**

Talk with your doctor about how often you should get your blood tested. **Ask your doctor if it is time for a potassium test.** Your doctor may not schedule the test automatically.

#### **Remember**

- {Drug} can cause low potassium. Low potassium can cause muscle and heart complications.
- Regular blood tests are needed with this medicine.
- Talk to your doctor about getting your blood tested.
- If your doctor prescribes a potassium supplement for you, take it every day.

## ACE Inhibitors

### *Brief*

Reduce your risk of kidney and heart side effects

### *Summary*

This product contains {drug}. It can cause low kidney function and high potassium. High potassium can cause heart problems.

- Talk to your doctor about getting a blood test to detect low kidney function and high potassium.

### *Details*

Regular blood tests are needed with {drug}

#### **Why are blood tests needed?**

- Causes high potassium.
- Causes low kidney function.
- Older patients are especially at risk.

#### **High potassium**

High potassium is also known as hyperkalemia. It can lead to heart complications if untreated.

#### **Low kidney function**

Low kidney function is when your kidneys have less ability to maintain a normal state of health. In other words, the kidneys are not able to keep up with the needs of your body.

#### **Blood tests**

Get regular blood tests for potassium and kidney function while taking {drug}.

- Guidelines recommend having blood tests 2 weeks after starting {drug} and then each year for as long as you continue taking {drug}.
- **Some patients may need to have their blood tested more often.**

#### **What can you do?**

Talk with your doctor about how often you should get your blood tested. Ask your doctor if it is time for a potassium and kidney function test. Your doctor may not schedule it automatically.

#### **Remember**

- {Drug} can cause high potassium and low kidney function.

- Regular blood tests are needed with this medicine.
- Talk to your doctor about getting your blood tested.



<b>Propoxyphene</b>
<i>Brief</i>
<b>Do you need a safer pain remedy?</b>
<i>Summary</i>
<p><b>This product contains propoxyphene. The FDA has taken it off the market for safety reasons.</b></p> <ul style="list-style-type: none"> <li>• For mild to moderate pain, acetaminophen is safer and works just as well.</li> <li>• For moderate to severe pain, hydrocodone works better than propoxyphene.</li> <li>• Ask your doctor how to stop taking propoxyphene gradually.</li> </ul>
<i>Details</i>
<p><b>Older adults should avoid propoxyphene.</b> Older adults who take propoxyphene have a higher risk of falls and broken bones. They may experience spells of dizziness, drowsiness, or confusion. They can also experience heart effects.</p> <p><b>There are safer medicines.</b> Other medicines work as well as propoxyphene at managing pain. They are also <b>safer</b> than propoxyphene. <b>Talk with your doctor about changing to a safer medicine.</b></p> <ul style="list-style-type: none"> <li>• Acetaminophen is a safer medicine for mild to moderate pain.</li> <li>• If acetaminophen (two 325 mg tablets) doesn't control the pain, neither will propoxyphene.</li> <li>• For moderate to severe pain, hydrocodone works better than propoxyphene.</li> </ul> <p><b>How to stop taking this medicine</b> <b>Stop taking this medicine gradually.</b> Talk with your doctor <b>before</b> you stop taking this medicine. Ask your doctor how to stop taking it gradually.</p> <p><b>Remember</b></p> <ul style="list-style-type: none"> <li>• There are safer medicines for pain relief than propoxyphene. They work just as well.</li> <li>• Talk with your doctor about changing to a safer medicine.</li> <li>• Ask your doctor how to stop taking this medicine gradually.</li> </ul>

<b>Benzodiazepines</b>
<i>Brief</i>
<b>Reduce your risk of falls and memory side effects</b>
<i>Summary</i>
<p><b>This product contains {drug}. It can cause falls and memory problems.</b></p> <ul style="list-style-type: none"> <li>• To reduce your risk, avoid taking {drug} for longer than 1 month.</li> <li>• Do not stop it suddenly. Ask your doctor how to stop taking it gradually.</li> <li>• If a medicine is needed for anxiety or sleep, talk with your doctor about a lower dose or a safer medicine.</li> <li>• For sleep problems, ask about non-prescription melatonin or prescription trazodone.</li> </ul>
<i>Details</i>
<p><b>Most older adults should avoid taking {drug}.</b>  {Drug} is a type of medicine called a benzodiazepine. Most older adults should not take a benzodiazepine longer than 1 month. {Drug} can cause falls and memory problems.</p> <p><b>You may be taking {drug} for anxiety or sleep problems.</b>  If a medicine is needed for severe anxiety, the lowest dose should be used. If a medicine is needed for severe anxiety, an effort to decrease the dose or stop the medicine should be made at least yearly.</p> <p>If possible, older adults should use non-drug methods for anxiety and sleep problems. Medicines for these problems have significant risks for most older adults.</p> <p><b>Non-drug anxiety therapies</b>  Use non-drug methods to treat your anxiety or sleep problems if possible. Non-drug methods can be effective, and may include meditation, deep breathing techniques, or cognitive-behavioral therapy. Counselors and sleep specialists can help you find non-drug methods to treat your anxiety or sleep problems.</p> <p><b>There are safer medicines for sleep problems.</b>  Non drug methods are best. If a medicine must be used, there are other medicines that can work as well for sleep problems. They are also safer than {drug}. Talk with your doctor about changing to a safer medicine such as non-prescription melatonin or prescription trazodone.</p> <p><b>How to stop taking this medicine</b>  <b>Talk with your doctor before you stop taking this medicine.</b> Ask your doctor how to stop taking it gradually. Stopping quickly can cause rebound</p>

symptoms. **All** anxiety and sleep medicines can cause rebound.

### **What is rebound?**

Rebound means that anxiety or sleep problems seem worse when you don't take the medicine. The problem is that many people who have rebound symptoms start taking their medicine again. They think the medicine may help them, but in fact it makes things worse.

- Rebound symptoms can last **up to three weeks**.
- Rebound symptoms go away in time.
- **Starting the medicine again makes things worse.**

### **Remember**

- To reduce your risk, avoid taking {drug} for longer than 1 month.
- Do not stop it suddenly. Ask your doctor about how to stop taking it gradually.
- Use non-drug methods for anxiety and sleep problems if possible.
- For sleep problems, ask about non-prescription melatonin or prescription trazodone.
- If a medicine is needed, talk to your doctor about a lower dose or a safer medicine.

## Anticholinergics (tricyclic antidepressants)

### *Brief*

Consider switching to a safer medication

### *Summary*

This product contains {drug}. It can cause confusion, low blood pressure, constipation, bladder problems and blurred vision.

- Ask your doctor for a safer medicine for anxiety, depression, or sleep problems. There are safer medicines that work just as well.

### *Details*

{Drug} can cause the following health problems and symptoms:

- Confusion
- Low blood pressure
- Bladder problems
- Constipation
- Blurred vision

**Some medicines are not safe to take while taking this medicine.**

Some prescription medicines can make these problems worse. Some nonprescription over-the-counter medicines can also make problems worse. Read the labels on all medicine bottles. **Talk to your pharmacist or doctor before taking other medicines.**

**Avoid taking these medicines with {drug}:**

- **Sedating antihistamines:** diphenhydramine, chlorpheniramine, hydroxyzine, cyproheptadine, promethazine, tripeleminamine, and dexchlorpheniramine.
- **Stomach relaxers:** dicyclomine, hyoscyamine, and belladonna alkaloids.
- **Bladder relaxers:** oxybutynin.
- [More medicines to avoid](#)

**There are safer medicines than {drug}.**

If you are taking {drug} for depression, anxiety, or sleep, there are safer medicines that you can use. They work as well as {drug}. **Talk with your doctor about changing to a safer medicine.**

**How to stop taking this medicine**

**Talk to your doctor before you stop taking this medicine.** Ask your doctor how to stop taking it gradually. Stopping quickly can cause rebound symptoms.

**What is rebound?**

Rebound means that anxiety or sleep problems seem worse when you don't take the medicine. The problem is that many people who have rebound symptoms start taking their medicine again. They think the medicine may help them, but in fact it makes things worse.

- Rebound symptoms usually last less than three weeks.
- Rebound symptoms go away in time.
- **Starting the medicine again makes things worse.**

**Remember**

- There are safer medicines than {drug} for anxiety, depression, and sleep problems.
- Talk with your doctor about changing to a safer medicine.
- Talk with your doctor about gradually stopping {drug}.

## Anticholinergics (immediate release oxybutynin)

### *Brief*

Consider switching to one of these safer medications

### *Summary*

**This product contains oxybutynin. It can cause confusion, low blood pressure, constipation, and blurred vision.**

- To reduce your risk, ask your doctor about changing to:
  - Darifenacin (Enablex®)
  - Solifenacin (Vesicare®)
  - Trospium (Sanctura®)
  - Fesoterodine (Toviaz®)

### *Details*

**Oxybutynin can cause the following health problems and symptoms:**

- Confusion
- Low blood pressure
- Constipation
- Blurred vision

**Some medicines are not safe to take while taking oxybutynin.**

Some prescription medicines can make these problems worse. Some nonprescription over-the-counter medicines can also make problems worse. Read the labels on all medicine bottles. **Talk to your pharmacist or doctor before taking other medicines.**

**Avoid taking these medicines with oxybutynin:**

- **Sedating antihistamines:** diphenhydramine, chlorpheniramine, hydroxyzine, cyproheptadine, promethazine, tripeleminamine, and dexchlorpheniramine.
- **Stomach relaxers:** dicyclomine, hyoscyamine, and belladonna alkaloids.
- **Some antidepressants:** amitriptyline, imipramine, and doxepin.
- **[More medicines to avoid](#)**

**There are safer medicines than oxybutynin.**

Talk with your doctor about switching to a safer medicine such as:

- Darifenacin (Enablex®)

- Solifenacin (Vesicare®)
- Trospium (Sanctura®)
- Fesoterodine (Toviaz®)

**How to stop taking oxybutynin**

Talk with your doctor **before** you stop taking this medicine. Ask your doctor how to stop taking it gradually.

**Remember**

- There are safer medicines than oxybutynin.
- Talk with your doctor about changing to a safer medicine.
- Talk with your doctor about gradually stopping this medicine.

## Anticholinergics (first generation antihistamines)

### *Brief*

**Consider switching to a safer medication**

### *Summary*

**This product contains an antihistamine. It can cause confusion, low blood pressure, constipation, bladder problems and blurred vision.**

- It is effective for severe itching and allergic reactions.
- If you are taking it for another reason, ask your doctor about substituting something safer.

### *Details*

**This type of antihistamine pill or syrup can cause the following health problems and symptoms:**

- Confusion
- Low blood pressure
- Constipation
- Bladder problems
- Blurred vision

This type of antihistamine is an effective treatment for severe itching or a severe allergic reaction. If you are taking it for another reason, talk with your doctor about substituting something safer.

**If you are taking this for allergies, there are safer medicines known as non-sedating antihistamines such as:**

- Fexofenadine (Allegra®)
- Loratadine (Claritin®)
- Cetirizine (Zyrtec®)

**If you are taking this to help you sleep, there are safer therapies.**

There are non-drug methods and safer medicines that can help you sleep better. Talk with your doctor about changing to a safer medicine such as non-prescription melatonin or prescription trazodone.

**How to stop taking this medicine**

**Stop taking this medicine gradually.** Ask your doctor how to stop taking it gradually. Stopping quickly can cause rebound symptoms.

**What is rebound?**

Rebound means that any sleeping problems can seem worse than ever when you don't take the medicine. The problem is that many people who have



rebound symptoms start taking their medicine again. They think the medicine may help them, but in fact, it makes things worse.

- Rebound symptoms can last up to three weeks.
- Rebound symptoms eventually disappear.
- Starting the medicine again makes things worse.

**Some medicines are not safe to take while taking this medicine.**

Some prescription medicines can make these problems worse. Some nonprescription over-the-counter medicines can also make them worse. Read the labels on all medicine bottles. **Talk to your pharmacist or doctor before taking other medicines.**

**Avoid taking these medications with this type of antihistamine:**

- **Sedating antihistamines:** chlorpheniramine, hydroxyzine, cyproheptadine, promethazine, tripeleminamine, and dexchlorpheniramine.
- **Stomach relaxers:** dicyclomine, hyoscyamine, and belladonna alkaloids.
- **Some antidepressants:** amitriptyline, imipramine, and doxepin.
- **Bladder relaxers:** oxybutynin.
- [More medicines to avoid](#)

**Remember**

- There are safer medicines for allergies. Talk to your doctor about changing to a safer medicine.
- If you are taking this to help you sleep, talk with your doctor about effective non-drug methods, or changing to a safer medicine.
- Stop taking this medicine **gradually**.

<b>Barbiturates</b>
<i>Brief</i>
<b>Consider switching to a safer medication</b>
<i>Summary</i>
<p><b>This product contains {drug}. It can cause falls, confusion, and drug interactions.</b></p> <ul style="list-style-type: none"> <li>• There are safer medicines than {drug}. They work just as well.</li> <li>• Talk to your doctor about changing to a safer medicine.</li> </ul>
<i>Details</i>
<p><b>Older adults should avoid {drug}</b>  {Drug} contains a barbiturate. Older adults who take a barbiturate have a higher risk of falls and broken bones and confusion. Barbiturates also interact with many other drugs.</p> <p><b>There are safer medicines</b>  Other medicines work just as well as barbiturates. They are also <b>safer</b> than barbiturates. <b>Talk with your doctor about changing to a safer medicine.</b></p> <p><b>Are you taking this for seizures or epilepsy?</b>  There are safer medicines that you can use. <b>Talk with your doctor about changing to a safer medicine.</b></p> <p><b>How to stop taking this medicine</b>  Talk with your doctor <b>before</b> you stop taking this medicine. Ask your doctor how to stop taking it gradually.</p> <p><b>Remember</b></p> <ul style="list-style-type: none"> <li>• There are safer medicines than {drug}. They work just as well.</li> <li>• Talk with your doctor about changing to a safer medicine.</li> <li>• Talk with your doctor about gradually stopping this medicine.</li> </ul>

<b>Meperidine</b>
<b>Brief</b>
<b>Consider switching to one of these safer medications</b>
<b>Summary</b>
<p><b>This product contains meperidine. It can cause falls, confusion, sedation, and seizures.</b></p> <ul style="list-style-type: none"><li>• Ask your doctor for a safer medicine. These work just as well as oral meperidine:<ul style="list-style-type: none"><li>○ Acetaminophen for mild to moderate pain.</li><li>○ Hydrocodone for moderate to severe pain.</li></ul></li></ul>
<b>Details</b>
<p><b>Older adults should avoid meperidine</b> Older adults who take meperidine have a higher risk of falls and broken bones, confusion, sedation and seizures.</p> <p><b>There are safer medicines</b> Other medicines work just as well as meperidine for managing pain. They are also <b>safer</b> than meperidine. <b>Talk with your doctor about changing to a safer medicine for your pain.</b></p> <p><b>Some examples of safer medicines for pain are:</b></p> <ul style="list-style-type: none"><li>• Acetaminophen for mild to moderate pain.</li><li>• Hydrocodone for moderate to severe pain.</li></ul> <p><b>How to stop taking this medicine</b> Talk with your doctor <b>before</b> you stop taking this medicine. Ask your doctor how to stop taking it gradually.</p> <p><b>Remember</b></p> <ul style="list-style-type: none"><li>• There are safer medicines than meperidine. They work just as well.</li><li>• Talk with your doctor about changing to a safer medicine for your pain.</li><li>• Talk with your doctor about gradually stopping this medicine.</li></ul>

<b>Ketorolac</b>
<i>Brief</i>
<b>Consider switching to one of these safer medications</b>
<i>Summary</i>
<p><b>This product contains ketorolac. It can cause serious stomach bleeding.</b></p> <ul style="list-style-type: none"> <li>• Take ketorolac for 5 days or less at a time.</li> <li>• Ask your doctor for a safer medicine: <ul style="list-style-type: none"> <li>○ Acetaminophen does not cause stomach bleeding.</li> <li>○ Ibuprofen or naproxen can also cause stomach bleeding but the risk is lower than ketorolac.</li> </ul> </li> </ul>
<i>Details</i>
<p><b>Ketorolac should only be taken for 5 days or less at a time.</b></p> <ul style="list-style-type: none"> <li>• This medicine is a pain reliever.</li> <li>• Older people who take ketorolac have a higher risk of serious stomach bleeding.</li> </ul> <p><b>Has your pain lasted for more than 5 days?</b>  If you still need relief from pain after 5 days, talk with your doctor or pharmacist about changing to a safer medicine. <b>There are medicines that work as well as ketorolac at managing pain, but are safer.</b></p> <p><b>Some examples of safer medicines for pain are:</b></p> <ul style="list-style-type: none"> <li>• Acetaminophen, which does not cause stomach bleeding.</li> <li>• Ibuprofen or naproxen, which are less likely than ketorolac to cause stomach bleeding.</li> </ul> <p><b>Remember</b></p> <ul style="list-style-type: none"> <li>• Ketorolac can cause stomach bleeding.</li> <li>• Take ketorolac for 5 days or fewer at a time.</li> <li>• Talk with your doctor about changing to a safer medicine if your pain lasts for more than 5 days.</li> </ul>

## Skeletal muscle relaxants

### *Brief*

**Consider switching to a safer medication**

### *Summary*

**This product contains {drug}. It can cause severe sedation and confusion.**

- If your pain lasts more than 1 week, ask your doctor to switch you to a safer medicine.

### *Details*

**{Drug} can cause serious side effects:**

- Severe sedation.
- Severe confusion.

**{Drug} should only be taken for 1 week or less.**

- This medicine is a muscle relaxant.
- **Older people are very sensitive** to medicines like {drug}.

**Has your pain lasted for more than 1 week?**

If you still need relief of back or neck pain after 1 week, talk with your doctor or pharmacist about changing to a safer medicine.

### **Remember**

- This medicine can cause severe sedation and confusion.
- Talk to your doctor about changing to a safer medicine if your pain lasts for more than one week.

<b>Iron</b>
<i>Brief</i>
<b>Could your dose be too high?</b>
<i>Summary</i>
<p><b>This product contains iron. Some products contain a large amount of iron.</b></p> <ul style="list-style-type: none"><li>• <b>Most</b> people need only 1 tablet of oral iron or less per day. Some people need a higher dose.</li><li>• In <b>high doses</b> this medicine can cause severe constipation and stomach ache.</li><li>• Talk with your doctor or pharmacist about your dose of iron.</li></ul>
<i>Details</i>
<p><b>What is iron for?</b> You may be taking this medicine to treat iron deficiency anemia.</p> <p><b>In high doses this medicine may cause the following:</b></p> <ul style="list-style-type: none"><li>• Severe constipation.</li><li>• Stomach discomfort.</li></ul> <p><b>Lower doses cause fewer problems.</b> <b>Most</b> older adults should take only 1 tablet of oral iron or less per day. Studies have shown that a dose of 15 mg per day of elemental iron is as <b>effective</b> as a dose of 50 mg to 150 mg per day, but causes fewer side effects. <b>Talk with your doctor or pharmacist about changing to a lower dose of iron.</b></p> <p><b>Some people need a high dose.</b> Higher doses may be needed for some older adults if blood tests show they don't respond to the low dose.</p> <p><b>What can you do?</b></p> <ul style="list-style-type: none"><li>• Talk with your doctor or pharmacist about your dose.</li><li>• Ask your doctor or pharmacist if you should try a lower dose of iron.</li></ul> <p><b>Remember</b></p> <ul style="list-style-type: none"><li>• In <b>high doses</b> this medicine can cause health problems and symptoms.</li><li>• Some people need a high dose of iron.</li><li>• Talk with your doctor or pharmacist about your dose of iron.</li></ul>

## NSAIDs and aspirin

### *Brief*

#### Do you have risk factors for serious stomach bleeding?

### *Summary*

**This product contains an NSAID, or "Non-Steroidal Anti-Inflammatory Drug." It can cause serious stomach bleeding in some patients.**

- Talk to your doctor if you have any of the following risk factors for stomach bleeding:
  - Older than 75
  - Have previously had ulcers or stomach bleeding
  - Take anticoagulants such as warfarin (Coumadin®)
  - Take corticosteroid medicines such as prednisone
- If you have a high bleeding risk your doctor can prescribe a medicine to protect your stomach from bleeding. Ask your doctor whether such a drug might be appropriate for you.
- Avoid taking other NSAIDS while taking this one. Many other medicines contain an NSAID.

### *Details*

#### **What is {drug}?**

{Drug} is an NSAID. An **NSAID** is a Non-Steroidal Anti-Inflammatory Drug. You may be taking it for pain. It is an effective and widely used pain reliever.

#### **{Drug} can cause serious stomach bleeding.**

Older adults have a greater risk of stomach bleeding from NSAIDs. Taking more than one NSAID at a time can make it worse.

#### **Signs of stomach bleeding**

- Vomiting of blood
- Bloody bowel movements
- Black stools
- Fatigue
- Abdominal pain

#### **Avoid taking other NSAIDs while taking {drug}.**

Your pharmacist can tell you if a medicine contains an NSAID. **Talk to your pharmacist before taking any medicines while taking {drug}.** Here are some examples of common prescription and over-the-counter medicines that may contain an NSAID:

- Ibuprofen (for example, Advil® or Motrin®)
- Naproxen (for example, Aleve®, Naprosyn®, Anaprox®)

- Aspirin
- COX-2 inhibitors (for example, Celebrex®)

**It is *easy* to take too many NSAIDs**

Many medicines contain an NSAID. This makes it easy to accidentally take too much. In fact, **40% of people take two or more NSAIDs at the same time WITHOUT KNOWING IT.** Nonprescription over-the-counter cold and flu medicines and pain relievers often contain an NSAID.

**What else can you do?**

Talk with your doctor about your risk of bleeding. If you are at high risk, your doctor may prescribe a medicine to protect your stomach. The risk of bleeding is higher if you:

- Are older than 75
- Have previously had ulcers or stomach bleeding
- Take anticoagulants such as warfarin (Coumadin®)
- Take corticosteroid medicines such as prednisone

**Remember**

- Avoid taking other NSAIDs while taking {drug}.
- Talk to your pharmacist before you take other medicines.
- Talk with your doctor about your bleeding risks.



<b>Belladonna alkaloids</b>
<i>Brief</i>
<b>Consider switching to a safer medication</b>
<i>Summary</i>
<p><b>This product contains a belladonna alkaloid. It can cause confusion, low blood pressure, constipation, bladder problems and blurred vision.</b></p> <ul style="list-style-type: none"> <li>To reduce your risk, ask your doctor for a safer medicine.</li> </ul>
<i>Details</i>
<p><b>Belladonna alkaloids can cause the following problems and symptoms:</b></p> <ul style="list-style-type: none"> <li>Confusion</li> <li>Low blood pressure</li> <li>Constipation</li> <li>Bladder problems</li> <li>Blurred vision</li> </ul> <p><b>Some medicines are not safe to take while taking belladonna alkaloids</b> Some prescription medicines can make these problems and symptoms worse. Some nonprescription over-the-counter medicines can also make them worse. Read the labels on all medicine bottles. <b>Talk to your pharmacist or doctor before taking other medicines.</b></p> <p><b>Avoid taking these medications with belladonna alkaloids:</b></p> <ul style="list-style-type: none"> <li><b>Sedating antihistamines:</b> diphenhydramine, chlorpheniramine, hydroxyzine, cyproheptadine, promethazine, tripelemnamine, and dexchlorpheniramine.</li> <li><b>Antispasmodics:</b> dicyclomine, hyoscyamine, scopolamine, atropine.</li> <li><b>Some antidepressants:</b> amitriptyline, imipramine, and doxepin.</li> <li><b>Bladder relaxers:</b> oxybutynin.</li> <li><a href="#">More medicines to avoid</a></li> </ul> <p><b>What can you do?</b> Talk with your doctor about changing to a safer medicine.</p> <p><b>How to stop taking this medicine</b> Talk with your doctor <b>before</b> you stop taking this medicine. Ask your doctor how to stop taking it gradually. Stopping quickly can cause withdrawal</p>

symptoms such as dizziness, anxiety, or nausea.

**Remember**

- Belladonna alkaloids can cause health problems and symptoms.
- Talk with your doctor about changing to a safer medicine.
- Talk with your doctor about gradually stopping this medicine.

## Dicyclomine

### *Brief*

**Consider switching to one of these safer medications**

### *Summary*

**This product contains dicyclomine. It can cause confusion, low blood pressure, constipation, bladder problems and blurred vision.**

- To reduce your risk, ask your doctor for a safer medicine. These work just as well:
  - **For constipation:** psyllium.
  - **For diarrhea:** loperamide, aluminum hydroxide, and cholestyramine.

### *Details*

**Most older adults should avoid dicyclomine.**

Dicyclomine is an intestinal antispasmodic. Most older adults should not take this type of medicine.

**Dicyclomine can cause the following health problems and symptoms:**

- Confusion
- Low blood pressure
- Constipation
- Bladder problems
- Blurred vision

**There are safer medicines.**

Other medicines are as **effective** as dicyclomine at relieving intestinal problems. They are also **safer** than dicyclomine. **Talk with your doctor about changing to a safer medicine.**

**Safer medicines for bowel problems**

- **For constipation:** psyllium
- **For diarrhea:** loperamide, aluminum hydroxide, and cholestyramine

**How to stop taking this medicine**

Talk with your doctor **before** you stop taking this medicine. Ask your doctor how to stop taking it gradually. Stopping quickly can cause withdrawal symptoms such as dizziness, anxiety, or nausea.

**Remember**

- There are safer medicines for bowel problems.
- Talk with your doctor about changing to a safer medicine.
- Talk with your doctor about gradually stopping this medicine.