

A medication to prevent constipation by softening your stool is:

Docusate sodium 100 mg (Colace[®])

Take ONE (1) capsule TWICE (2) daily as needed to help you have regular bowel movements.

This medication is a stool softener to prevent constipation. It is not a laxative, so it will not help if you are already constipated. Let your nurse know if you are constipated.

Stop taking this medication if your bowel movements become loose or watery.

A special vitamin and mineral supplement for women who have had a baby is:

Prenatal and post partum supplement (Materna[®])

Take ONE (1) tablet ONCE (1) daily.

The most common side effects with the prenatal and post partum supplement (Materna[®]) are stomach upset and dark stools. To prevent stomach upset, take with food and a full glass of water, juice, or milk.

If you have any questions about your medications or the SAM Program, please ask your nurse or doctor.

Please make sure you tell your nurse if your pain is not relieved after taking the medications in the SAM Program package.

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A PATIENT GUIDE TO THE **Self-Administered Medication (SAM) Program**



Maternal Services
Royal University Hospital
Saskatoon Health Region
Saskatoon, Saskatchewan



Self-Administered Medication (SAM) Program

You have agreed to participate in the Self-Administered Medication (SAM) Program. Medications include pills, tablets, and capsules.

This program is for women on the Maternal and Newborn Care Unit who have had a baby.

After having a baby, you may need medications for pain and to prevent constipation. We want you to be able to have these medications at your bedside so you can take them when you need them. The SAM Program allows for you to do this.

To take part in the SAM Program, you need to:

Learn about the SAM Program from a nurse and follow the directions for taking these medications.

Store the medications safely at your bedside out of reach of children. Do not give your medications to family or friends or other patients. If your medications are lost or missing, tell your nurse immediately.

If you drop a medication on the floor, do not take it. Give it to your nurse so it can be thrown away. Record that the medication was dropped and not taken and take another medication from the medication package.

Write down the number of tablets or capsules that you take of each medication and the time that you took them on the provided Self-Administered Medication Program Record.

Return the Self-Administered Medication Program Record to the nurse before you leave the hospital.

The nurse will review the Self-Administered Medication Program Record and discuss your pain management with you on a daily basis.

All medications provided in the SAM Program package are safe to use when breastfeeding.

If you need these medications after you leave the hospital, you can get them at a pharmacy.

Two medications to help with pain are:

Acetaminophen 325 mg (Tylenol®)

Take ONE (1) to THREE (3) tablet(s) by mouth every SIX (6) hours as needed when you start to feel pain. Do not take more than TWELVE (12) tablets in 24 hours.

Take medication with plenty of water, juice, or milk.

Naproxen 500 mg (Naprosyn®)

Take 1 tablet by mouth every 8-12 hours as needed when you start to feel pain. Do not take more than 3 tablets in 24 hours.

The most common side effects with naproxen are stomach upset, dizziness, and rash. Let your nurse know if you have any of these side effects.

To prevent stomach upset, take naproxen with food and a full glass of water, juice, or milk.

Note: It is okay to use these pain medications together.

When you go home. Naproxen is available without a prescription as Aleve® at a lower strength. It is similar to ibuprofen (Advil®, Motrin®). When you leave the hospital, you can either take Aleve® or ibuprofen for pain, do not take both. Talk with your pharmacist about which option is best for you.