



Postpartum Medication Self-Administration Record

The self-medication program is designed so you can take medications when and if you feel you need them. The medications included in the self-medication program are **for your use only** and will be kept in the drawer at your bedside. Please keep drawer closed at all times.

***Please keep the drawer closed when not in use.
Do not let children near the medications.***

The Medications are:

- ACETAMINOPHEN (Pain medication)
- IBUPROFEN (Pain medication)
- NAPROXEN (Pain medication)

A nurse will help you to use the self-medication program and answer any questions you may have.

Note: Tylenol (Acetaminophen), Advil (Ibuprofen), and Naproxen are safe for breastfeeding mothers and babies.

When To Take The Medications:

1. Pain Medication:

- Acetaminophen – Take either one or two tablets by mouth when you start to feel pain. Do not take any more Acetaminophen for another four hours.
- Ibuprofen – Take either one or two tablets by mouth when you start to feel pain. Do not take any more Ibuprofen for 4-6 hours and no more than 6 tablets in 24 hours.
- Naproxen – Take one tablet by mouth when you start to feel pain. Do not take any more Naproxen for another 12 hours.

How To Take The Medications:

1. Remove the self-medication package from the bedside and take out the zip-lock bag (plastic container) containing the medication you need.
2. Write time and your initials on the *Self Medication Record* under the date column and return the package to the drawer.
3. Your nurse will also initial when completing postpartum assessments.

Take medications with plenty of water.

I have reviewed the medication(s) that I am self-administering with the nurse, and I understand how to use the medication.

Patient Signature

Date

Please keep all medications safely stored in a closed drawer when not in use. Do not let visitors or any other patients access your medications. They are for your use only.

Allergies: Reaction:

Medication	Date:	Date:	Date:
Ibuprofen 200mg tablets Take 1 to 2 tablets orally every 4 to 6 hours as needed for pain. Take orally with food to reduce stomach upset. Do not take more than 6 tablets (1200mg) in 24 hours.	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:
Acetaminophen 500mg tablets Take 1 to 2 tablets orally every 4 hours as needed for pain. You can take this medication with or without food. Do not take more than 8 tablets (4000mg) in 24 hours	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:
Naproxen 500mg tablets Take 1 tablet orally every 12 hours as needed for pain. Take orally with food to reduce stomach upset. Do not take with Ibuprofen. Do not take more than 2 tablets (1000mg) in 24 hours	Time: Initial:	Time: Initial:	Time: Initial:
	Time: Initial:	Time: Initial:	Time: Initial:

PLEASE RETURN THIS RECORD TO THE NURSE