



POSTPARTUM DISCHARGE MEDICATION INFORMATION

These instructions are intended for healthy adult patients. If you use routine medications for a chronic health condition, please check with your doctor or pharmacist for dosage recommendations.

The following medications are all available from your grocery or drug store and can be taken at home after you have your baby. You received some of them while were in the hospital and can continue them at home.

All of these medications are safe when breastfeeding. If taken as directed, these medications do not pass into the colostrum/breast milk in significant amounts to affect your baby.

DOCUSATE SODIUM 100 mg (COLACE™): Take 1 or 2 capsules every night until you have a bowel movement.

1. This medication helps treat constipation. It softens your stool so that you do not have to work as hard to push it out.
2. Continue using your stool softener as long as you are taking narcotics for pain or iron pills.
3. Increase the amount of fluids you drink. Eat a diet that is higher in fiber, fruits and vegetables. This will help your body resume normal bowel movements.

LAXATIVES: If you are still unable to have bowel movements, buy a laxative from your drug or grocery store. Miralax, Dulcolax and Senna are common ones that are gentle and work well. Follow the instructions on the package for how to take these medications.

IBUPROFEN 200 mg (ADVIL™, MOTRIN™, etc.): Take 3 tablets that are 200 mg each (600 mg total) every 6 hours as needed for mild to moderate discomfort. Do not exceed 12 tablets (2400 mg) in 24 hours.

This medication is used to relieve **mild to moderate** pain (1 to 4 out of 10 score for pain). It can help reduce swelling of your bottom or your surgical incision. It is often very helpful for cramping pain that may occur after delivery and during breastfeeding.

1. Ibuprofen should be taken with food, juice or milk to prevent stomach upset.
2. Ibuprofen (3 tablets) and Acetaminophen (2 tablets) may be used together for maximum pain relief.
3. Ibuprofen can also be combined with a narcotic if your pain is **moderate or severe** (4 to 10 out of 10 score for pain).
4. Avoid taking with tranquilizers, antihistamines, or alcohol as this can make you dizzy or drowsy.
5. Before you begin to take ibuprofen, notify your physician, nurse, or pharmacist if you have ever had stomach problems, bleeding from the stomach or rectum, ulcers, or an allergic reaction to aspirin.

ACETAMINOPHEN 325 mg (TYLENOL™, MEJORALITO™, FEVERALL™, etc.): Take 2 tablets (650 mg) every 6 hours as needed for mild to moderate discomfort. Do not exceed 8 tablets (2600 mg) in 24 hours

1. This medication is used to relieve **mild to moderate pain** (1 to 4 out of 10 score for pain) aches or headaches.
2. Ibuprofen (3 tablets) and Acetaminophen (2 tablets) may be used together for maximum pain relief.
3. This medication **should not** be used when you are taking medications that already contain acetaminophen such as Oxycodone/Acetaminophen (Percocet) or Hydrocodone/Acetaminophen (Vicodin or Norco).

POSTPARTUM DISCHARGE MEDICATION LOG

DATE TAKEN	TIME TAKEN	MEDICATION