

# Medicines





# Medicines

*First edition*

**Developed by Allina Health.**

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This publication is for general information only and is not intended to provide specific advice or recommendations for any individual. The information it contains cannot be used to diagnose medical conditions or prescribe treatment. The information provided is designed to support, not replace, the relationship that exists between a patient and his/her existing physician.

For specific information about your health condition, please contact your health care provider.





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# Medicines

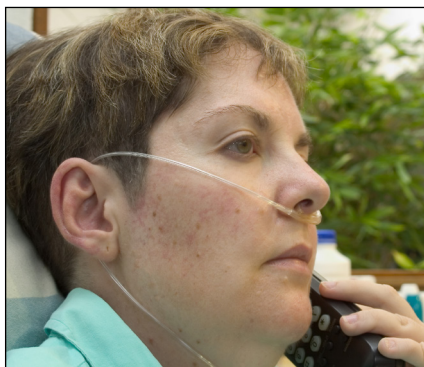
## What You Need To Know

There are many medicines used to treat COPD. It is important that you know the name, purpose, side effects and how to take each medicine you are prescribed.

### General tips

- Use the chart on pages 13-14 to keep track of your medicines. Bring the list with you to all of your regular appointments and hospital stays.
- Take all of your medicines as directed.
- Ask your primary care provider or pharmacist if you have any questions or concerns.
- Learn what your medicine label means. See an example on page 15.

## Oxygen Therapy



### Safety First

Oxygen is safe if you use it correctly. **Never smoke while using oxygen.** Oxygen is in the air around you. Keep all flammable materials away from your oxygen equipment and tubing.

Oxygen therapy can improve many COPD symptoms. Also known as oxygen and supplemental oxygen, it will:

- help your heart work easier
- increase your alertness
- let you exercise easier
- let you rest better.

You can receive oxygen from tubes resting in your nose, a face mask or a tube placed in your trachea (windpipe.)

Receiving extra oxygen increases the amount of oxygen your lungs receive and deliver to your blood. Oxygen therapy can be given for a short or long period of time. There are different ways of receiving this oxygen:

- stored as a gas or liquid in special tanks that will need to be refilled
- an oxygen concentrator, which pulls oxygen out of the air and does not need to be refilled
- portable tanks and oxygen concentrators so you can move around while using your therapy.

## Safety alert

Oxygen poses a fire risk. Follow all safety alerts and know your risks. In general:

- Do not use your oxygen around open flames, portable heaters, matches, stoves, outdoor grills or space heaters.
- Do not use your oxygen in an area that does not have air flowing through it.
- Be careful around electrical devices or toys that make sparks.
- Stay at least 8 feet away from someone who is smoking.
- Keep the oxygen unit away from oil, grease or aerosol sprays.
- If you smoke, you must be off oxygen for 15 minutes before smoking. It takes that long for the oxygen to leave your clothing, hair and skin.

## Common side effects

Oxygen therapy is generally safe. Tell your primary care provider if oxygen therapy:

- gives you a dry or bloody nose
- makes you feel tired
- gives you morning headaches.

Talk with your primary care provider if you meet the criteria to have oxygen therapy.

## Bronchodilators

### Learn More

See the chart on the next page to learn more about short- and long-acting medicine.

Bronchodilators are medicines that relax the muscles around your airways. This helps reduce your shortness of breath. There are two types:



- Short-acting: works quickly for up to 6 hours. They are also known as “rescue” medicines.
- Long-acting: takes longer to work but works for up to 12 to 24 hours.

This medicine comes as an inhaler you breathe through your mouth or in a nebulized form. An inhaler or nebulizer is the fastest way to get medicine into your lungs.

Together, you and your primary care provider will decide if this medicine is right for you and when you should use it.



## Bronchodilators

Bronchodilators			
inhaled (breathe in)	Short-acting	Long-acting	
	<b>anticholinergics:</b> open airways and decrease cough		
	<input type="checkbox"/> <b>Atrovent HFA<sup>®</sup></b> (ipratropium bromide)	<ul style="list-style-type: none"> <li>■ Lasts up to 6 hours.</li> <li>■ Take 2 puffs up to 4 times each day.</li> <li>■ Rescue medicine? Yes.</li> </ul>	<input type="checkbox"/> <b>Spiriva<sup>®</sup></b> (tiotropium) <input type="checkbox"/> <b>Incruse<sup>®</sup></b> <b>Ellipta<sup>®</sup></b> (umeclidinium bromide)
	<b>beta<sub>2</sub>-agonists:</b> open airways and improve breathing		
	<input type="checkbox"/> <b>Proventil HFA<sup>®</sup>,</b> <b>Ventolin HFA<sup>®</sup></b> (albuterol) <input type="checkbox"/> <b>ProAir HFA<sup>®</sup>,</b> <b>ProAir Respi-Click<sup>®</sup></b> (albuterol sulfate)	<ul style="list-style-type: none"> <li>■ Takes up to 6 minutes to work.</li> <li>■ May take with an anticholinergic.</li> <li>■ Used for flare-ups.</li> <li>■ Lasts up to 6 hours.</li> <li>■ Take 2 puffs up to 4 times each day.</li> <li>■ Rescue medicine? Yes.</li> </ul>	<input type="checkbox"/> <b>Serevent<sup>®</sup></b> (salmeterol xinafoate) <input type="checkbox"/> <b>Striverdi<sup>®</sup></b> <b>Respimat<sup>®</sup></b> (olodaterol hydrochloride) <input type="checkbox"/> <b>Foradil<sup>®</sup></b> <b>Aerolizer<sup>®</sup></b> (formoterol fumarate)

## Common side effects

Tell your primary care provider if any of the following side effects cause you problems:

- short-acting: dry mouth, blurry vision or cough
- long-acting: dry mouth, feeling dizzy, runny nose, scratchy throat or having tremors (shaking).

## Steroids (Corticosteroids)

### Learn More

See the chart on the next page to learn more about short- and long-acting medicine.

Steroids (corticosteroids) are medicines that reduce inflammation (swelling) in your lungs. This helps you breathe easier in a nebulized form.

Steroids come as an inhaler you breathe through your mouth, or pills or liquid you swallow. This is the fastest way to get the medicine into your lungs. This is not true for pills or liquid. These medicines can help when you have a flare-up.

### Important

- Do not use these as a rescue medicine.
- Always carry an ID card that says you take an inhaled steroid.
- Rinse your mouth with water after using to prevent thrush (mouth infection).
- Do not stop taking these medicines without first talking with your primary care provider.

### Common side effects

You and your primary care provider will work together if you have any of the following side effects:



- weight gain
- diabetes
- osteoporosis (weak, brittle bones)
- eye problems
- infections around your mouth
- hoarse voice.

These medicines have more serious side effects and precautions. Be sure you know how to take this medicine and when to call your primary care provider.

## Combination Medicines (Bronchodilators and Steroids)

There are medicines that use the long-acting bronchodilators along with steroids. See the next page for examples.

Steroids	
<b>Inhale (breathe in)</b>	
<input type="checkbox"/> <b>Flovent<sup>®</sup></b> (fluticasone propionate) <input type="checkbox"/> <b>Pulmicort<sup>®</sup></b> (budesonide)	<input checked="" type="checkbox"/> Use 2 times a day. <input checked="" type="checkbox"/> Rescue medicine? No.
<b>Pill, liquid or shot</b>	
<input type="checkbox"/> <b>Omnipred<sup>®</sup>, Econopred<sup>®</sup>, Pediapred<sup>®</sup>, Millipred<sup>®</sup>, Flo-Pred<sup>®</sup>, and Orapred<sup>®</sup></b> (prednisolone)	<input checked="" type="checkbox"/> Used for flare-ups. <input checked="" type="checkbox"/> Rescue medicine? No. It does not act quickly.

Combination medicines	
  © Allina Health System	<b>long-acting beta2-agonists and anticholinergic:</b> open airways and help you breathe better
	<input type="checkbox"/> <b>Anoro<sup>™</sup> Ellipta<sup>®</sup></b> (umeclidinium and vilanterol) <input type="checkbox"/> <b>Stiolto<sup>™</sup> Respimat<sup>®</sup></b> (tiotropium bromide and olodaterol)
	About these medicines: <ul style="list-style-type: none"> <li>— They last up to 24 hours.               <ul style="list-style-type: none"> <li>• Ellipta: take 1 inhalation each day.</li> <li>• Respimat: take 2 inhalations each day.</li> </ul> </li> <li>— Rescue medicine? No.</li> </ul>
	<b>long-acting beta2-agonists and inhaled corticosteroid:</b> open airways, reduce swelling and help you breathe better
	<input type="checkbox"/> <b>Advair Diskus<sup>®</sup></b> (fluticasone propionate and salmeterol) <input type="checkbox"/> <b>Breo<sup>®</sup> Ellipta<sup>®</sup></b> (fluticasone furoate and vilanterol) <input type="checkbox"/> <b>Symbicort<sup>®</sup></b> (budesonide and formoterol fumarate dihydrate)
	About these medicines: <ul style="list-style-type: none"> <li>— They take up to 30 minutes to work.</li> <li>— Do not use more than every 12 hours.               <ul style="list-style-type: none"> <li>• Advair: take 1 puff 2 times each day.</li> <li>• Breo: take 1 puff 1 time each day.</li> <li>• Symbicort: take 2 inhalations 2 times each day.</li> </ul> </li> <li>— Rescue medicine? No.</li> </ul>

## Antibiotics



### Anti-viral Medicine

If you have a virus, your primary care provider may want you to take an anti-viral medicine. Take it as directed.

Having an infection such as pneumonia or bronchitis can make your COPD symptoms worse.

An antibiotic fights infections caused by bacteria (germ). It can help you feel better during a flare-up (exacerbation) but it cannot prevent a flare-up.

### Tips for taking an antibiotic

- Do not take an antibiotic for a viral infection such as a cold or flu.
- Take the antibiotic the way your primary care provider says. Do not skip doses.
- Take the antibiotic until it is gone, even if you start to feel better. If you stop taking the antibiotic too soon, some of the bacteria may survive and you may get sick again.
- Do not save part of an antibiotic prescription to use another time you are sick.
- Do not take an antibiotic that is prescribed for someone else.

### Common antibiotic side effects

Tell your primary care provider if antibiotics give you:

- nausea (upset stomach)
- diarrhea (watery, loose stools)
- vomiting (throwing up)
- stomach cramps.

## Cough Medicine



Cough medicine may help your cough by either thinning the mucus or keeping you from coughing. Talk with your primary care provider before you take any cough medicine.

### Expectorant

An expectorant thins and loosens mucus and phlegm. You are more easily able to cough up the mucus from your lungs.

The main ingredient is guaifenesin. Two common brand names are Mucinex<sup>®</sup> and Robitussin<sup>®</sup>.

This medicine is not a long-term solution for thick mucus.

Ask your primary care provider:

- When should I take an expectorant?
- What dose should I take?
- How many days should I use it?
- What are side effects I should know about?

## **Suppressant**

A suppressant keeps you from coughing.

The main ingredient is dextromethorphan. Common brand names are Robitussin Cough<sup>®</sup>, Triaminic Cold and Cough<sup>®</sup>, Robitussin Cough<sup>®</sup> and Vicks 44 Cough and Cold<sup>®</sup>.

This medicine is not a long-term solution for thick mucus.

Ask your primary care provider:

- When should I take a suppressant?
- What dose should I take?
- How many days should I use it?
- What are side effects I should know about?



# Current Medicine List

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Medicine allergies: \_\_\_\_\_

Medicine	Dosage	Why take it	How often take it	Comments	a.m.	noon	p.m.	bed-time





# How to Read a Medicine Label

**pharmacy name, address and phone number** → Allina Health  
 920 E 28th St, Ste H2005, MINNEAPOLIS, MN 55407  
 612-775-3100

**prescription number and your name** → Rx: 8-055516-16  
 Patient Name: Doctor, JaneDoe

**how and when to take the medicine** → Take 1 capsule by mouth 3 times daily if needed.

**name and strength of medicine** → **diphenhydRAMINE 25 mg capsule**  
 Generic for: BENADRYL

**number of refills left, number of pills and the name of the company that made the pills** → No refills remaining MA/MA  
 QTY: 30 capsules MFG: SANDOZ

**warnings or major side effects** → May cause drowsiness. Alcohol may intensify this effect. Use care when operating a vehicle, vessel (e.g., boat), or machinery.  
 May cause dizziness  
 May cause blurred vision

**scan code** → [QR Code]

**what the pills look like** → pink and clear colored, oblong shaped capsule with...  
 [Image of two pink and clear capsules]

CAUTION: Federal law prohibits the transfer of this drug to any person other than the patient for whom it was prescribed.



## To Do List



- Know your medicines.
  - What do you take?
  - Why do you take it?
  - When do you take it?
  - How do you take it?
  - How do you get refills?
  - What are side effects you need to call your primary care provider about?
  - What do you do if you miss a regular dose?
- Bring your inhalers to a follow-up appointment so your primary care provider can see if you are using them properly.
- Talk with your primary care provider if you are having trouble handling or using your inhalers.
- Ask your pharmacist or primary care provider if you have any questions about your medicines.
- Keep a current list of all medicines you take.**  
Include prescription, over-the-counter, vitamins and herbals. (See page 13.)
- Keep all follow-up appointments.



# Questions and Notes

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