

# Tracking Your Medicines

After giving birth

## Day 1

**Pain score:** 0 = no pain, 10 = the worst pain. **Rate your pain before taking medicine and 1 hour after.**

Pain Medicines	Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
	<b>Acetaminophen (analgesic)</b> 1,000 mg by mouth every 6 hours or 650 mg by mouth every 4 hours									
Before		After	Before	After	Before	After	Before	After	Before	After
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose										
	Before	After	Before	After	Before	After	Before	After	Before	After
<b>Ibuprofen (anti-inflammatory)</b> 600 mg by mouth every 6 hours										
	Before	After	Before	After	Before	After	Before	After	Before	After
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose										
	Before	After	Before	After	Before	After	Before	After	Before	After

**If your doctor prescribed opioids:** Always take your nonprescription pain medicines first. Use opioids for break-through pain only. Tracking your opioid use and pain scale in hospital will help you taper your doses at home.

Opioids Start with smallest dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
	<b>Medicine:</b>  <b>Pain Score</b> Rate your pain from 0 to 10, before and after dose									
Before		After	Before	After	Before	After	Before	After	Before	After
<b>Medicine:</b>  <b>Pain Score</b> Rate your pain from 0 to 10, before and after dose										
	Before	After	Before	After	Before	After	Before	After	Before	After

## Day 2

**Pain score:** 0 = no pain, 10 = the worst pain. **Rate your pain before taking medicine and 1 hour after.**

Pain Medicines		Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
<b>Acetaminophen (analgesic)</b> 1,000 mg by mouth every 6 hours or 650 mg by mouth every 4 hours											
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose	Before	After		Before	After		Before	After		Before	After
<b>Ibuprofen (anti-inflammatory)</b> 600 mg by mouth every 6 hours											
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose	Before	After		Before	After		Before	After		Before	After

**If your doctor prescribed opioids:** Always take your nonprescription pain medicines first. Use opioids for break-through pain only. Tracking your opioid use and pain scale in hospital will help you taper your doses at home.

Opioids		Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
Start with smallest dose											
<b>Medicine:</b>											
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose	Before	After		Before	After		Before	After		Before	After
<b>Medicine:</b>											
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose	Before	After		Before	After		Before	After		Before	After

### Day 3

**Pain score:** 0 = no pain, 10 = the worst pain. **Rate your pain before taking medicine and 1 hour after.**

Pain Medicines		Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
<b>Acetaminophen (analgesic)</b> 1,000 mg by mouth every 6 hours or 650 mg by mouth every 4 hours											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Ibuprofen (anti-inflammatory)</b> 600 mg by mouth every 6 hours											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose											
	Before	After	Before	After	Before	After	Before	After	Before	After	

**If your doctor prescribed opioids:** Always take your nonprescription pain medicines first. Use opioids for break-through pain only. Tracking your opioid use and pain scale in hospital will help you taper your doses at home.

Opioids		Time	Dose	Time	Dose	Time	Dose	Time	Dose	Time	Dose
Start with smallest dose											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Medicine:</b>											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Medicine:</b>											
	Before	After	Before	After	Before	After	Before	After	Before	After	
<b>Pain Score</b> Rate your pain from 0 to 10, before and after dose											
	Before	After	Before	After	Before	After	Before	After	Before	After	

Other Medicines	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time	Date	Time
<b>Senna</b> (herbal laxative): Take by mouth 2 times a day														
<b>Polyethylene glycol</b> (oral fiber drink): Take 17 grams 1 time a day														
<b>Medicine:</b> Dose:														
<b>Medicine:</b> Dose:														
<b>Medicine:</b> Dose:														
<b>Medicine:</b> Dose:														
<b>Medicine:</b> Dose:														
<b>Medicine:</b> Dose:														