

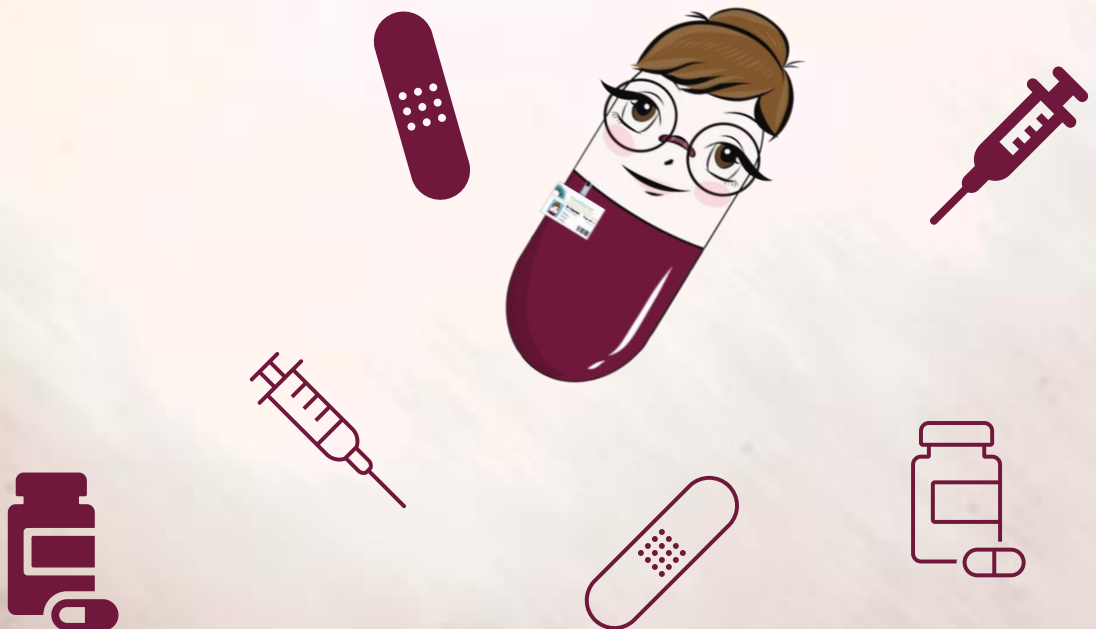


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College of Pharmacy Chapter

رابطة خريجي جامعة قطر | QU ALUMNI ASSOCIATION

# Patients Medications Use Booklet



***This booklet*** contains medications counseling information of ***some*** of the most commonly used medications in Qatar

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***This booklet*** does not replace the advice of a doctor or pharmacist

# Table of content

1. Otrivin
2. Glucophage
3. Aspirin
4. Celebrex
5. Euthyrox
6. Panadol
7. Nexium
8. Brufen
9. Ventolin
10. Seretide
11. Primolut N
12. Norvasc
13. Insulin
14. Nasonex
15. Augmentin

# Otrivin

(xylometazoline hydrochloride)



## Common uses

- In nose: treat stuffy nose in cases of allergies, sinus irritation or common cold

## Instructions of use

- Gently blow your nose before using this drug
- Use your finger to close the nostril on the side not receiving the medication
- While keeping your head upright, place the spray tip into the open nostril
- Spray the medication into the open nostril as you breathe in through your nose
- Sniff hard a few times to be sure the medication reaches deep into the nose
- Repeat these steps for the other nostril if needed.

## Warnings

- **Consult** your doctor in case of pregnancy or breastfeeding
- **Use with caution** in case of heart/blood vessel disease, overactive thyroid, diabetes, high blood pressure, difficulty urinating
- **Prolonged use** may cause recurrent or make nasal congestion worse

## Common side effects

- Dryness and stinging of nose
- Headache
- Application site burning

## Storage instructions

- Store at room temperature away from moisture, heat, and light

# Glucophage

## (Metformin)



### Common uses

- Helps control blood sugar levels
- Treat polycystic ovary syndrome (PCOS)
- Reduce body weight

### Instructions of use

- Take with a meal
- Do not crush, chew, or break an **extended-release tablet**

### Warnings

- If you need to have contrast imaging procedure, you may need to temporarily stop taking glucophage
- Avoid using if you have severe kidney disease

### Common side effects

- Low blood sugar
- Nausea or upset stomach
- Diarrhea
- Long-term use of glucophage causes reversible vitamin B12 deficiency. Hence, monitoring vitamin B12 is recommended

### Storage instructions

- Store at room temperature away from moisture, heat, and light

# Aspirin

(Acetylsalicylic acid)



## Common uses



- Pain and fever reliver
- Prevent and treat heart attacks, strokes and chest pain
- Prevent and treat migraine

## Instructions of use



- Administer with food or large amounts (240 mL) of water or milk to minimize gastric irritation

## Warnings



- Avoid in patients with hepatic failure
- Avoid in patients with active peptic ulcer disease or Asthma
- Avoid in patients with altered kidney function CrCl <10 mL/minute when used as analgesia or anti-inflammatory

## Common side effects



- Upset stomach and heartburn
- Drowsiness
- Ringing in ears

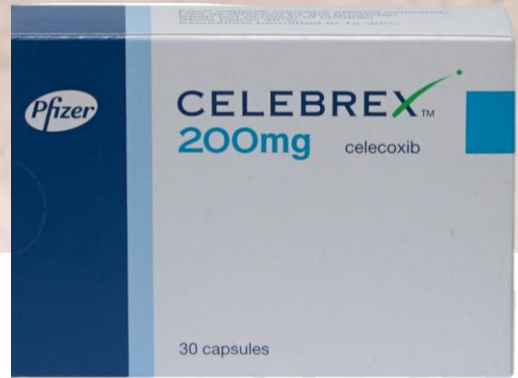
## Storage instructions



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# Celebrex

(Celecoxib)



## Common uses



- Pain and swelling
- Arthritis
- Gout

## Instructions of use



- Take as directed
- May take without regard to meals

## Warnings



Avoid/use with caution if:

- If you have allergy to this drug or its ingredients
- If you have heart, kidney, stomach problems
- If you are elderly

## Common side effects



- Abdominal cramps
- Stomach ulcers
- Water retention

## Storage instructions



- Store at room temperature away from moisture, heat, and light



# Euthyrox

## (Levothyroxine)



### Common uses

- To correct thyroid hormone levels
- Thyroid cancer

### Instructions of use

- Take on an empty stomach at least 30 to 60 minutes before breakfast or at night 3 to 4 hours after the last meal

### Warnings

- Avoid if you are allergic to this drug or any of its ingredients
- Use in caution in patients with heart disease, diabetes, elderly (may require lower dose)

### Common side effects

- Weight loss
- Hair loss (first few months only)

### Storage instructions

- Store at room temperature away from moisture, heat, and light



# Panadol

## (Paracetamol)



### Common uses



- Pain
- Fever

### Instructions of use



- Take with or without food

### Warnings



- Avoid if you have allergy to this drug or its ingredients
- Use in caution in patients with liver disease
- Use in caution in patients with known G6PD deficiency

### Common side effects



- Liver problems (with consistent and prolonged use)
- Nausea, vomiting

### Storage instructions



- Store at room temperature away from moisture, heat, and light

# Nexium

(Esomeprazole)



## Common uses



- Gastroesophageal reflux disease
- Heartburn and gastric ulcer
- Helicobacter pylori eradication

## Instructions of use



Take at least one hour before breakfast or a meal with a glass of water

## Warnings



- May increase the risk of getting bone fractures (if used for long-term)
- Decrease the levels of vitamin B12 and magnesium
- May increase risk of community-acquired pneumonia

## Common side effects



- Abdominal pain
- Constipation/ diarrhea
- Flatulence

## Storage instructions



- Store at room temperature away from moisture, heat, and light

# Brufen

## (Ibuprofen)



### Common uses

- Pain
- Fever
- Inflammation

### Instructions of use

Take with food and water to lessen stomach upset.

### Warnings

- May cause an increased risk of serious cardiovascular thrombotic events
- May cause an increased risk of gastrointestinal bleeding and ulceration

### Common side effects

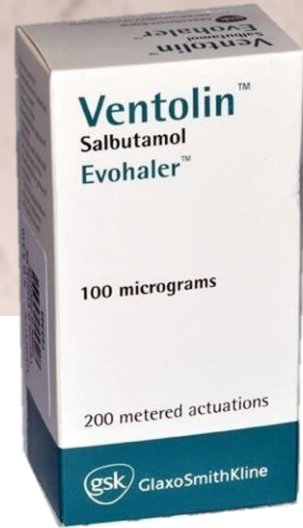
- Heartburn
- Nausea
- Dizziness

### Storage instructions

- Store at room temperature away from moisture, heat, and light

# Ventolin

## (Salbutamol)



### Common uses



- Asthma
- Chronic obstructive pulmonary disease (COPD)

### Instructions of use



#### Metered-dose inhalers:

- Shake well before use
- Seal the mouth tightly around the inhaler, release one puff
- Hold breath for 10 seconds
- Repeat as necessary

### Warnings



- Use with caution in patients with hypokalemia, glaucoma and seizure

### Common side effects



- Headaches
- Feeling nervous, restless, excitable
- Increased heart rate

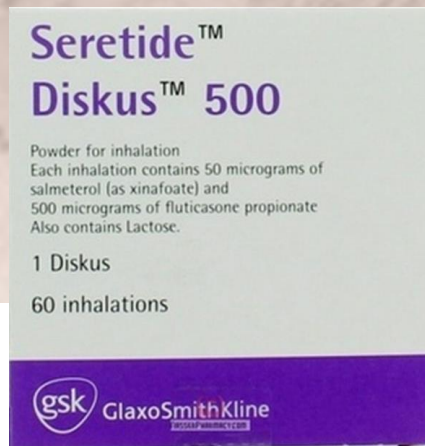
### Storage instructions



- Store at room temperature away from moisture, heat, and light

# Seretide

(Fluticasone propionate/Salmeterol)



## Common uses

- Asthma
- Chronic obstructive pulmonary disease (COPD)

## Instructions of use

### Diskus:

- Seal the mouth tightly around the inhaler
- Release one puff
- Hold breath for 10 seconds
- Repeat as necessary

## Warnings

- Used with caution in patients with heart disease, diabetes, decreased bone mineral count, liver disease

## Common side effects

- Headache
- Upper respiratory tract infection

## Storage instructions

- Store at room temperature away from moisture, heat, and light

# Primolut N®

(Norethisterone)



## Common uses

- Irregular ,painful period
- Premenstrual syndrome
- Heavy or prolonged bleeding
- Contraception

## Instructions of use

- The number of tablets that you need to take and the days/month when you need to take them will depend on why the doctor has prescribed Primolut N
- Take this medicine exactly as your doctor or pharmacist has told you

## Warnings

Avoid using:

- if you suffer from migraine, asthma, or kidney problems
- if you have had a thrombosis/embolism
- if you have diabetes/ metabolic disease

## Common side effects

- Vaginal bleeding, including spotting
- Periods shorter than normal
- Headache/swelling/ nausea

## Storage instructions

- Store at room temperature away from moisture, heat, and light

# Norvasc

(Amlodipine)



## Common uses



- High blood pressure
- Angina

## Instructions of use



- Take the prescribed tablets every day at the same time
- With a full glass of water with or without food

## Warnings



- Avoid taking the medicine with grapefruit juice
- Do not stop taking the medicine even if there is no symptoms

## Common side effects



- Peripheral edema characterized by ankle and leg swelling
- Headache

## Storage instructions



- Store at room temperature away from moisture, heat, and light



# Insulin



## Common uses

- Control blood sugar in people who have type 1 diabetes OR type 2 diabetes

## Instructions of use

- Wash your hands
- Roll the pen in your hands and turn it from side to side for one full minute
- Change the needle, adjust the pen to the correct dose, insert the needle at a 90-degree angle. Release the pinch
- press down on the dose knob until it stop ( dose became zero)
- Leave the needle in place for 5-10 seconds to prevent insulin leakage

## Warnings

- Tell your doctor and pharmacist if you are allergic to any type of insulin or any other medications
- Use in caution in patients at risk of low potassium level

## Common side effects

- Headache
- Pain
- Infusion site reaction
- Weight gain

## Storage instructions

- Keep in the refrigerator
- Do not freeze

# Nasonex

(Mometasone)



## Common uses

- Allergic rhinitis, seasonal and perennial

## Instructions of use

- Blow nose gently
- Shake nasal spray gently and remove cap
- Hold nasal spray upright, thumb beneath the bottle, fingers on either side of the nozzle
- Tilt your head forward slightly and close one nostril with your finger and place the nozzle in other nostril
- Point the nozzle away from the center ridge of your nose, towards the inside corner of your eye on the same side
- Breathe in gently through your nose and press the applicator down firmly between your fingers and thumb
- Remove the nozzle from the nostril and breathe out gently through mouth
- Wipe the nozzle and replace the cap

## Warnings

- This medicine may cause fungus infection of the mouth or throat (thrush). Tell your doctor right away if you have white patches in the mouth or throat, or pain when eating or swallowing

## Common side effects

- Headache
- Unpleasant taste or smell
- Sneezing

## Storage instructions

- Store at room temperature away from moisture, heat, and light

# Augmentin

(Amoxicillin and Clavulanate)



## Common uses

- Antibiotic used to treat a wide variety of bacterial infections such as Lower Respiratory Tract Infections, Sinusitis & skin infection

## Instructions of use

- To minimize gastrointestinal intolerance, AUGMENTIN should be taken at the start of a meal
- Take Augmentin exactly as prescribed by your doctor
- Take the full course of the medicine and everyday at the same time

## Warnings

### You should not use Augmentin:

- if you have severe kidney disease
- have liver problems or jaundice
- if you are allergic to any penicillin or cephalosporin antibiotic

## Common side effects

- Nausea, vomiting; diarrhea ;rash, itching;
- Get emergency medical help if you have signs of an allergic reaction to Augmentin (hives, difficult breathing, swelling in your face or throat

## Storage instructions

- **Tablets & dry powder:** a cool, dry place below 25 °C
- **Suspensions:** once reconstituted, should be kept in a refrigerator (2 °C to 8 °C) and used within 7 days. Do not freeze