







# KEARNEY COUNTY HEALTH SERVICES

What is my Medication? Medication: Generic (Brand)	Why am I taking it? This medication is for:	What are the possible side effects?
<b>Narcotics:</b> <input type="checkbox"/> Morphine <input type="checkbox"/> Hydromorphone (Dilaudid) <input type="checkbox"/> Hydrocodone/Acetaminophen (Norco) <input type="checkbox"/> Oxycodone/Acetaminophen (Percocet) <input type="checkbox"/> Fentanyl <input type="checkbox"/> Oxycodone	Pain 	Dizziness Drowsiness Itching Constipation Nausea/Upset Stomach
<b>NSAIDS:</b> <input type="checkbox"/> Ibuprofen (Advil, Motrin) <input type="checkbox"/> Ketorolac (Toradol) <input type="checkbox"/> Naproxen (Aleve)	Mild Pain or Decreasing Inflammation 	Risk of Bleeding GI Upset
<b>Antibiotics:</b> <input type="checkbox"/> Amoxicillin (Amoxil) <input type="checkbox"/> Cefazolin (Ancef/Kefzol) <input type="checkbox"/> Piperacillin/Tazobactam (Zosyn) <input type="checkbox"/> Vancomycin (Vancocin) <input type="checkbox"/> Levofloxacin (Levaquin) <input type="checkbox"/> Clindamycin	Treating &/or Preventing Bacterial Infection(s) 	GI upset Rash Itching Diarrhea Headache
<b>Muscle Relaxants:</b> <input type="checkbox"/> Flexeril (Cyclobenzaprine HCL) <input type="checkbox"/> Zanaflex (Tizanidine HCL) <input type="checkbox"/> Valium (Diazepam)	Muscle Spasms 	Dizziness Drowsiness Itching Nausea Stomach Upset
<b>Anxiolytics:</b> <input type="checkbox"/> Ativan (Lorazepam) <input type="checkbox"/> Xanax (Alprazolam) <input type="checkbox"/> Valium (Diazepam)	Anxiety 	Headaches Drowsiness Sedation
<b>Antiemetics:</b> <input type="checkbox"/> Ondansetron (Zofran) <input type="checkbox"/> Prochlorperazine (Compazine) <input type="checkbox"/> Scopolamine Patch <input type="checkbox"/> Promethazine (Phenergan)	Nausea/Vomiting 	Headache Weakness Dizziness Drowsiness Constipation Dry Mouth Dilated Pupil(s)

## HIBICLENS GUIDE TO GENERAL SKIN CLEANSING AT HOME

**Hibiclens, trusted by hospitals for over 40 years as a pre-operative skin wash, can help reduce the risk of surgical site infections (SSIs) caused by germs that live on the skin.**

### **Protecting yourself before surgery**

**A surgical site infection (SSI) is an infection that patients can get during or after surgery. They can happen on any part of the body where the surgery takes place and sometimes only involve superficial layers of the skin. Other SSIs are more serious – they can involve tissues under the skin, organs or implanted material.**

### **Preparing for surgery**

**Many hospitals and healthcare facilities specifically recommend bathing with Hibiclens. If you don't receive definite instructions, here's how to prepare for your surgery:**

- **If you plan to wash your hair, use your regular shampoo; then rinse your hair and body thoroughly to remove any shampoo residue**
- **Wash your face with your regular soap or water only**
- **Thoroughly rinse your body with water from the neck down**
- **Apply Hibiclens directly on your skin or on a wet washcloth and wash gently; move away from the shower stream when applying Hibiclens to avoid rinsing it off too soon**
- **Rinse thoroughly with warm water and keep out of eyes, ears and mouth; if Hibiclens comes in contact with these areas, rinse out promptly**
- **Dry your skin with a towel**
- **Do not use your regular soap after applying and rinsing with Hibiclens**
- **Do not apply lotions or deodorants to the cleaned body area**

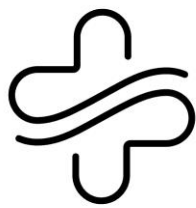
**You may be instructed to bathe multiple times with Hibiclens – be sure to follow your doctor's orders!**

### **Why is Hibiclens pink?**

**Hibiclens has been used in hospitals for many years as an antiseptic skin cleanser, and its color relates back to its acute care history. It is pink for identification purposes to prevent mistakes in the operating room.**



• **CDC <https://www.cdc.gov/features/safesurgery/index.html>**



## 0-10 SCALE OF PAIN SEVERITY

Severity	Description of Experience
<b>10 Unable to Move</b>	I am in bed and can't move due to my pain. I need someone to take me to the emergency room to get help for my pain.
<b>9 Severe</b>	My pain is all that I can think about. I can barely talk or move because of the pain.
<b>8 Intense</b>	My pain is so severe that it is hard to think of anything else. Talking and listening are difficult.
<b>7 Unmanageable</b>	I am in pain all the time. It keeps me from doing most activities.
<b>6 Distressing</b>	I think about my pain all of the time. I give up many activities because of my pain.
<b>5 Distracting</b>	I think about my pain most of the time. I cannot do some of the activities I need to do each day because of the pain.
<b>4 Moderate</b>	I am constantly aware of my pain but I can continue most activities.
<b>3 Uncomfortable</b>	My pain bothers me but I can ignore it most of the time.
<b>2 Mild</b>	I have a low level of pain. I am aware of my pain only when I pay attention to it.
<b>1 Minimal</b>	My pain is hardly noticeable.
<b>0 No Pain</b>	I have no pain.

