

S.A.M.

Self-Administered Medication Program

Taking your own medications after childbirth

After your baby is born, you may wish to take part in SAM, our Self-Administered Medication Program.

With SAM, you can take your own medications, when you need them, to manage pain and keep your bowels moving regularly.

To take part in SAM, you will need to:

- learn about your medications from a nurse or pharmacist
- follow the directions on the medication containers
- keep your medications safely at your bedside
- use only the medications provided by the hospital
- record the medications you take

Do not give your medications to anyone else.

Each medication is considered safe to use while you are breastfeeding. When you go home, you can buy these medications at the drug store, without a prescription.

Medications to help relieve pain

Acetaminophen 325 mg

Acetaminophen is also called Tylenol®.

- Take 1 or 2 tablets every 4 to 6 hours, if needed. Do not take more than 10 tablets in 24 hours. This is the maximum daily dose.
- Take the tablets with a full glass of water, or other liquid.
- If Acetaminophen does not relieve your pain, you may also take Ibuprofen.

Ibuprofen 400 mg

Ibuprofen is also called Advil® or Motrin®

If you have asthma or an allergy to aspirin (ASA), please talk to your nurse before taking Ibuprofen.

- Take 1 tablet every 4 to 6 hours, if needed. Do not take more than 6 tablets in 24 hours. This is the maximum daily dose.
- To prevent stomach upset, take this medication with food and a full glass of water, or other liquid.
- If Ibuprofen does not relieve your pain, you may also take Acetaminophen.

Medications to help you have soft, regular bowel movements

Docosate Sodium 100 mg

This medication works to soften your bowel movements. Docosate Sodium is also called Colace® or Regulex®.

- Take one capsule in the morning and one in the evening, if needed.
- Stop taking this medication if your bowel movements get loose or watery.

Use your Medication Record to keep track of:

- what medication you take
- how much you take
- when you take it

If you have any questions about your medication or the SAM Program, you can ask your nurse or the pharmacist.

Please tell your nurse if your pain is not relieved after taking SAM medications.

Your nurse can help you get more comfortable.