

## ANTIBIOTICS

- If you have had antibiotics prescribed for you, it is VERY important that you follow the instructions on the bottle. We usually prescribe a loading dose (a number of pills to begin your course of antibiotics). The reason we do this is to obtain a higher level of the antibiotics in your blood more quickly.
- Unless you are specifically instructed to, you do not need to wake yourself up in the middle of the night to stay on an “every six hour” regimen. Try to space the four doses out evenly throughout your waking hours. If you forget a dose, take it as soon as you remember and stay on your original schedule
- BE SURE TO FINISH THE BOTTLE OF ANTIBIOTICS UNTILL THEY ARE COMPLETELY GONE. DO NOT stop taking pills once you feel better.
- It is OK to take your antibiotics with any pain medication prescribed by us.

A couple of things for females:

- Antibiotics *may* affect birth control pills. Please practice an alternate form of birth control during the cycle in which you take antibiotics and continue to take your birth control pills.
- Antibiotics *may* lead to a yeast infection. Two cups of yogurt a day may help in preventing a yeast infection. Talk to you pharmacist.

## PAIN MEDICATIONS

- If you have had pain medications prescribed for you, it is very important that you follow the instructions on the bottle. We typically prescribe one or two of the following pain medications: Ibuprofen, acetaminophen, Tylenol #3 and Norco.

**IBUPROFEN:** Ibuprofen (Advil or Motrin) can cause an upset stomach. Try to take ibuprofen with food. If you have kidney problems, speak with your physician before using ibuprofen. You may take up to 800 mg of ibuprofen every six hours (Do NOT take 800 mg more frequently than every six hours).

**ACETAMINOPHEN:** If you have liver problems, speak with your physician before using acetaminophen (Tylenol). You may take 650-1000 mg of acetaminophen every six hours, but do not exceed 3000 mg per day. You may take acetaminophen as well as ibuprofen, either alternating medications at three-hour intervals OR both together every six hours.

**TYLENOL #3:** Tylenol #3 contains acetaminophen combined with codeine, which is a narcotic. You should NOT drink, drive, or operate heavy machinery while using Tylenol #3. It may make you drowsy. If you have taken any form of acetaminophen in the previous six hours, do NOT take Tylenol #3. However, if you have NOT taken any form of Tylenol with in the previous six hours, you may take up to two Tylenol #3 as well as ibuprofen.

**NORCO:** Norco contains acetaminophen combined with hydrocodone, which is a narcotic. You should NOT drink, drive, or operate heavy machinery while using Vicodin. However, if you have NOT taken any form of acetaminophen within the last six hours, you may take one or two Norco as well as ibuprofen.

**If you have ANY questions, please call us.**

**Office: (616) 891-0004  
Dr. Scott's Cell: (616) 822-0775**