Patient Education for: ______________

Patient/Family Instructions: Your doctor has prescribed one or more of the following medications for you. While you are eating at University Hospital, our nursing, nutrition, and pharmacy staff will help you to take your medicine and watch the foods in your diet that you may need to limit or avoid. When you are discharged and taking the medication(s) on this guide at home, you will need to follow the instructions provided.

☐ Fosamax (Alendronate)
  • Action of Drug: Increases new bone formation
  • Take first thing in the morning, 30 minutes before you eat
  • Swallow tablet with 6 to 8 ounces of WATER ONLY
  • After taking medicine, remain sitting upright, standing or walking for at least 30 minutes
  • Eat foods rich in Vitamin D and Calcium (good example is milk)

☐ Antabuse (Disulfiram)
  • Action of Drug: Helps prevent alcohol abuse
  • Avoid alcohol-containing products:
    ✓ Sauces
    ✓ Vinegars
    ✓ Some juice or cider
    ✓ Extracts
    ✓ Some soups
    ✓ Some baked goods
    ✓ Mouthwash
  • Limit caffeine intake because this medicine increases the effects of caffeine. Caffeine is found in most beverages (coffee, tea, soda, diet soda) unless labeled “caffeine-free”.
  • Use caution when applying topical products containing alcohol (perfume, after-shave, some lotions, backrub products).

Special care should be taken if you are considering taking a natural/herbal product with these medications. Talk with you pharmacist, physician, or dietitian before taking a natural/herbal product.

References:
www.coumadin.com
http://mywebmd.com/content/article/4046,1413
http://mywebmd.com/content/article/4046,1197