

Guardian Signature Sheet

Chua, Hannah

JEMS Special Camp 2019
Page 1

Camper will receive the following medications/supplements at the indicated times:

| Time | Days | Medication | Purpose | Dosage | Frequency | Special Instructions | Initial |
|------------|----------------------|----------------------------|------------------------|------------------------------------|----------------------------------|---|---------|
| 9:00 am | Mo Tu We Th Fr Sa | Acetyl L-carnitine | Nutritional supplement | 500 mg/capsule--dose is 1 capsule | three times daily | | |
| 9:00 am | Mo Tu We Th Fr Sa | Fish Oil | Nutritional supplement | 1000mg/capsule--dose is 1 capsule | twice daily | | |
| 9:00 am | Mo Tu We Th Fr Sa | Levonorgestrel / estradiol | to control menses | 0.15-0.03 mg/1 tab dose is 1 tab | daily in AM | SE--nausea, vomiting headache, stomach cramping, dizziness | |
| 9:00 am | Mo Tu We Th Fr Sa | Miralax | prevent constipation | 1/2 capful | twice daily breakfast and dinner | SE--diarrhea--if this occurs, skip two days of miralax and restart at 1/4 capful twice daily. Give with a full glass of liquid. | |
| 9:00 am | Mo Tu We Th Fr Sa | Vitamin D3 | nutritional supplement | 2000 IU/capsule--dose is 1 capsule | once daily at breakfast | | |
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| 12:00 noon | Mo Tu We Th Fr Sa | Acetyl L-carnitine | Nutritional supplement | 500 mg/capsule--dose is 1 capsule | three times daily | | |
| | | | | | | | |
| | | | | | | | |
| 6:00 pm | Su Mo Tu We Th Fr Sa | Acetyl L-carnitine | Nutritional supplement | 500 mg/capsule--dose is 1 capsule | three times daily | | |
| 6:00 pm | Su Mo Tu We Th Fr Sa | Fish Oil | Nutritional supplement | 1000mg/capsule--dose is 1 capsule | twice daily | | |
| 6:00 pm | Su Mo Tu We Th Fr Sa | Miralax | prevent constipation | 1/2 capful | twice daily breakfast and dinner | SE--diarrhea--if this occurs, skip two days of miralax and restart at 1/4 capful twice daily. Give with a full glass of liquid. | |
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| <i>Time</i> | <i>Days</i> | <i>Medication</i> | <i>Purpose</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Initial</i> |
|-------------|-------------------|-------------------|------------------------|---------------------------------|--|-----------------------------|----------------|
| 9:00 pm | Su Mo Tu We Th Fr | Magnesium | nutritional supplement | 400 mg/tablet--dose is 1 tablet | daily at bedtime--can take half hour before with melatonin | | |
| 9:00 pm | Su Mo Tu We Th Fr | Melatonin | Nutritional supplement | 1 mg/tablet--dose is 1 tablet | daily at bedtime--can take half hour before | | |
| | | | | | | | |
| | | | | | | | |
| as needed | as needed | Acetaminophen | mild pain relief | 500 mg--1 tablet | as needed every 4 hrs for pain; do not exceed 5 doses in 24 hrs. | | |
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| | | | | | | | |

I acknowledge that the above medications listed are complete and accurate for the above camper.

signed: _____ relationship to camper: _____ date: _____