

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|------------------|------------------------|--|---------------------------------------|--|------------------|--------------|----------------|
| 8:00 am | Miyashiro, Cindy | Hydrocortisone cream | 1% cream--apply small amount to rash areas on back | twice daily--AM and bedtime | | ant inflammation | | |
| | | | | | | | | |
| | | | | | | | | |
| 2:00 pm | Narahara, Craig | Levetiracetam (Keppra) | 750 mg/tablet--dose is 1 tablet | three times per day--8 am; 2 pm; 9 pm | SE--asthenia, headache, somnolence, amnesia, anxiety, ataxia, depression, dizziness, diplopia, rhinitis, cough | seizure control | | |
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2019-06-08

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|------------------|---------------------------------|-----------------------------------|-------------------------------------|---|----------------------------|--------------|----------------|
| 5:00 pm | Miyashiro, Cindy | Brimonidine 0.2% eye solution | 1 drop in each eye | twice daily | SE--asthenia, dizziness, allergic conjunctivitis, ocular hyperemia, pruritus, burning, inflammation, dryness | glaucoma treatment | | |
| 5:00 pm | Miyashiro, Cindy | Carbamazepine ER (Carbatrol) | 220 mg/capslet--dose is 3 caplets | twice daily--8 am and 5 pm | Do not crush or split ER tablets. SE--ataxia, dizziness, drowsiness, vertigo, worsening of seizures, confusion, arrhythmias, heart failure. AVOID GRAPEFRUIT JUICE. Take with food to minimize GI effects. Do not take broken or chipped tablets. Notify provider if fever, sore throat, mouth ulcers or easy bruising or bleeding. | anti-seizure | | |
| 5:00 pm | Miyashiro, Cindy | Oyster Shell 500 Vitamin D3 200 | 1 tablet | three times daily--8 am, 5 pm, 9 pm | | nutritional supplement | | |
| 5:00 pm | Miyashiro, Cindy | Simvastatin | 20mg/tab--dose is 1 tablet | once daily in evening | SE--asthenia, headache, abdominal pain, constipation, flatulence. AVOID USE OF GRAPEFRUIT JUICE. | cholesterol lowering agent | | |
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| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|---------------------|------------------------|--|--|---|--|--------------|----------------|
| 6:00 pm | Chua, Hannah | Acetyl L-carnitine | 500 mg/capsule--dose is 1 capsule | three times daily | | Nutritional supplement | | |
| 6:00 pm | Chua, Hannah | Fish Oil | 1000mg/capsule--dose is 1 capsule | twice daily | | Nutritional supplement | | |
| 6:00 pm | Chua, Hannah | Miralax | 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. | prevent constipation | | |
| 6:00 pm | Hata, Randall | Crestor | 20mg/tab--dose is 1 tablet | daily in pm. | SE--muscle weakenss, dizziness, headache, abdoinal pain, constipatio, itching, rash | cholesterol lowering agent | | |
| 6:00 pm | Hata, Randall | Docusate Sodium | 250 mg/capsule--dose is 1 capsule | twice daily | | stool softener | | |
| 6:00 pm | Nakagaki, Christine | Miralax | 17 grams/packet--dose is 1 packet. Dissolve in 4-8 oz fluid. | Dinner on Sunday, Tuesday, Thursday only | SE--nausea, abdominal cramping, bloating, upset stomach, gas, dizziness, increased sweating. | constipation relief | | |
| 6:00 pm | Narahara, Craig | Benztropine (Cogentin) | 1 mg/tab--dose is 1 tablet | twice daily--8 am and 6 pm | SE--confusion, memory impairment, nervousness, depression, disorientation, tachycardia, dilated pupils, dry mouth, urine retention, decreased sweating. USE CAUTION IN HOT WEATHER--DRUG INDUCES LACK OF SWEATING SO MAY CAUSE OVERHEATING. | control drooling, salivation--anti-cholinergic agent | | |
| 6:00 pm | Narahara, Craig | Divalproex | 500 mg/tablet--dose is 1 tablet | twice daily--8 am and 6 pm | Give with food or milk to reduce adverse GI effects. SE--asthenia, dizziness, drowsiness, headache, insomnia, nervousness, somnolence, tremor, chest pain, nausea | seizure disorder | | |
| 6:00 pm | Narahara, Craig | Fiber Pill | 625 mg/tablet--dose is 1 tablet | twice daily--8 am and 6 pm | | promote bowel regularity | | |

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|-----------------|-------------------|---------------------------------|------------------------------|-----------------------------|------------------------|--------------|----------------|
| 6:00 pm | Narahara, Craig | Oyster Calcium | 500 mg/tablet--dose is 1 tablet | twice daily -- 8 am and 6 pm | | nutritional supplement | | |
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2019-06-08

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|-------------------|--------------------------------|--|-----------------------------|---|---|--------------|----------------|
| 8:00 pm | Miyashiro, Cindy | Hydrocortisone cream | 1% cream--apply small amount to rash areas on back | twice daily--AM and bedtime | | ant inflammation | | |
| 8:00 pm | Tani, Glenn Ricky | Celexa (Citalopram) | 40 mg/tablet--dose is 1 tablet | daily at bedtime | SE--somnolence, insomnia, anxiety, agitation, dizziness, paresthesia, tachycardia, orthostatic hypotension, dry mouth, nausea, diarrhea | anti-anxiety--anti-depressant | | |
| 8:00 pm | Tani, Glenn Ricky | Cogentin (Benztropine) | 1 mg/tab--dose is 1 tablet | daily at bedtime--8 pm | SE--confusion, memory impairment, nervousness, depression, disorientation, hallucination, tachycardia, urine retention, muscle weakness, decreased sweating. Caution in hot weather because of drug induced lack of sweating may cause overheating. | antiparkinsonian, anticholinergic, anti-agitation | | |
| 8:00 pm | Tani, Glenn Ricky | Seroquel (Quetiapine Fumarate) | 300 mg/tab--dose is 1/2 tab or 150 mg | daily at bedtime--8 pm | SE--dizziness, headache, somnolence, orthostatic hypotension, tachycardia, palpitations, peripheral edema, dry mouth, constipation, Caution in hot weather. Watch for neuroleptic malignant syndrome (EPS effects, hyperthermia, autonomic disturbance) which is rare but deadly. | anti-psychotic, anti-depressant, anti-anxiety | | |
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| Time | Camper | Medication | Dosage | Frequency | Special Instructions | Purpose | Admin | Witness |
|-------------|------------------|---------------------------------|--|--|---|---------------------------------|--------------|----------------|
| 9:00 pm | Chua, Hannah | Magnesium | 400 mg/tablet--dose is 1 tablet | daily at bedtime--can take half hour before with melatonin | | nutritional supplement | | |
| 9:00 pm | Chua, Hannah | Melatonin | 1 mg/tablet--dose is 1 tablet | daily at bedtime--can take half hour before | | Nutritional supplement | | |
| 9:00 pm | Hata, Randall | Aquaphor spray | spray to affected areas on arms and legs | daily after showering | Spray on caregiver's hands then apply to his arms and legs. | prevent skin dryness | | |
| 9:00 pm | Miyashiro, Cindy | Chlorhexidine 0.12% mouth rinse | 1/2 oz undiluted rinse in mouth | once daily at bedtime | Daily at bedtime after brushing her teeth. Rinse and swish and spit out. | treatment for gum disease | | |
| 9:00 pm | Miyashiro, Cindy | Citalopram HBR (Celexa) | 40 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--somnolence, insomnia, anxiety, agitation, dizziness, paresthesia, tachycardia, orthostatic hypotension, rash. Recognize risk for serotonin toxicity--fever, mental status changes, muscle twitching, excessive sweating, shivering, shaking, diarrhea, loss of coordination | antidepressant | | |
| 9:00 pm | Miyashiro, Cindy | Latanoprost | 0.005%--dose is 1 drop in each eye | daily at bedtime--9 pm | SE--blurred vision, burning, itching, stinging, conjunctival hyperemia, dry eye, excessive tearing, eye pain. If more than one ophthalmic drug is being used, give at least 5 minutes apart. | glaucoma treatment | | |
| 9:00 pm | Miyashiro, Cindy | Oyster Shell 500 Vitamin D3 200 | 1 tablet | three times daily--8 am, 5 pm, 9 pm | | nutritional supplement | | |
| 9:00 pm | Miyashiro, Cindy | Risperidone HS dose 0.5 mg tab | 0.5 mg/tab---1 tablet | daily at 9 pm | Total HS dose is 2 tabs--1 tab of 1 mg tablet and 1 tab of 0.5 mg tablet. SE--akathisia, somnolence, dystonia, headache, insomnia, agitation, anxiety, pain, tachycardia, orthostatic hypotension | mood stabilizer--anti-psychotic | | |

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|------------------|---------------------------------|--|---------------------------------------|--|------------------------------------|--------------|----------------|
| 9:00 pm | Miyashiro, Cindy | Risperidone HS dose 1 mg tablet | 1 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--drowsiness, akathisia, dystonia, headache, insomnia, agitation, anxiety, parkinsonism, dizziness | mood stabilizer, anti-psychotic | | |
| 9:00 pm | Miyashiro, Cindy | Triamcinolone 0.5% | apply small amount to affected area | twice daily--AM and bedtime | Apply to brown skin discoloration areas. | steroid cream | | |
| 9:00 pm | Miyashiro, Cindy | Vitamin E cream | apply to affected areas of skin rash to back of legs | daily at bedtime | | promotes skin health | | |
| 9:00 pm | Narahara, Craig | Gemfibrozil (Lopid) | 600 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--fatigue, headache, vertigo, atrial fibrillation, hypokalemia, leukopenia, dermatitis | cholesterol control | | |
| 9:00 pm | Narahara, Craig | Levetiracetam (Keppra) | 750 mg/tablet--dose is 1 tablet | three times per day--8 am; 2 pm; 9 pm | SE--asthenia, headache, somnolence, amnesia, anxiety, ataxia, depression, dizziness, diplopia, rhinitis, cough | seizure control | | |
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| | | | | | | | | |
| as needed | Hata, Randall | Fluticasone 50 mcg Nasal Spray | 1 puff each nostril | as needed for sinus congestion | SE--nasal congestion, blood in nasal mucosa, nasal irritation | relief of nasal congestion | | |
| as needed | Hata, Randall | Refresh eye drops | 1 drop in each eye | as needed for eye dryness | | eye lubrication to prevent dryness | | |
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LA Bus Meds Schedule

Saturday, 2019-07-06

JEMS Special Camp 2019

Page 1

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|-----------------|------------------------|-----------------------------------|---------------------------------------|--|------------------------|--------------|----------------|
| 12:00 noon | Chua, Hannah | Acetyl L-carnitine | 500 mg/capsule--dose is 1 capsule | three times daily | | Nutritional supplement | | |
| | | | | | | | | |
| | | | | | | | | |
| 2:00 pm | Narahara, Craig | Levitiracetam (Keppra) | 750 mg/tablet--dose is 1 tablet | three times per day--8 am; 2 pm; 9 pm | SE--asthenia, headache, somnolence, amnesia, anxiety, ataxia, depression, dizziness, diplopia, rhinitis, cough | seizure control | | |
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2019-06-08

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|------------------|---------------------------------|-----------------------------------|-------------------------------------|---|----------------------------|--------------|----------------|
| 5:00 pm | Miyashiro, Cindy | Brimonidine 0.2% eye solution | 1 drop in each eye | twice daily | SE--asthenia, dizziness, allergic conjunctivitis, ocular hyperemia, pruritus, burning, inflammation, dryness | glaucoma treatment | | |
| 5:00 pm | Miyashiro, Cindy | Carbamazepine ER (Carbatrol) | 220 mg/capslet--dose is 3 caplets | twice daily--8 am and 5 pm | Do not crush or split ER tablets. SE--ataxia, dizziness, drowsiness, vertigo, worsening of seizures, confusion, arrhythmias, heart failure. AVOID GRAPEFRUIT JUICE. Take with food to minimize GI effects. Do not take broken or chipped tablets. Notify provider if fever, sore throat, mouth ulcers or easy bruising or bleeding. | anti-seizure | | |
| 5:00 pm | Miyashiro, Cindy | Oyster Shell 500 Vitamin D3 200 | 1 tablet | three times daily--8 am, 5 pm, 9 pm | | nutritional supplement | | |
| 5:00 pm | Miyashiro, Cindy | Simvastatin | 20mg/tab--dose is 1 tablet | once daily in evening | SE--asthenia, headache, abdominal pain, constipation, flatulence. AVOID USE OF GRAPEFRUIT JUICE. | cholesterol lowering agent | | |
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| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|-----------------|------------------------|-----------------------------------|----------------------------------|---|---|--------------|----------------|
| 6:00 pm | Chua, Hannah | Acetyl L-carnitine | 500 mg/capsule--dose is 1 capsule | three times daily | | Nutritional supplement | | |
| 6:00 pm | Chua, Hannah | Fish Oil | 1000mg/capsule--dose is 1 capsule | twice daily | | Nutritional supplement | | |
| 6:00 pm | Chua, Hannah | Miralax | 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. | prevent constipation | | |
| 6:00 pm | Hata, Randall | Crestor | 20mg/tab--dose is 1 tablet | daily in pm. | SE--muscle weakenss, dizziness, headache, abdoinal pain, constipatio, itching, rash | cholesterol lowering agent | | |
| 6:00 pm | Hata, Randall | Docusate Sodium | 250 mg/capsule--dose is 1 capsule | twice daily | | stool softener | | |
| 6:00 pm | Narahara, Craig | Benztropine (Cogentin) | 1 mg/tab--dose is 1 tablet | twice daily--8 am and 6 pm | SE--confusion, memory impairment, nervousness, depression, disorientation, tachycardia, dilated pupils, dry mouth, urine retention, decreased sweating. USE CAUTION IN HOT WEATHER--DRUG INDUCES LACK OF SWEATING SO MAY CAUSE OVERHEATING. | control drooling, salivat ion--anti-cholinergic agent | | |
| 6:00 pm | Narahara, Craig | Divalproex | 500 mg/tablet--dose is 1 tablet | twice daily--8 am and 6 pm | Give with food or milk to reduce adverse GI effects. SE--asthenia, dizziness, drowsiness, headache, insomnia, nervousness, somnolence, tremor, chest pain, nausea | seizure disorder | | |
| 6:00 pm | Narahara, Craig | Fiber Pill | 625 mg/tablet--dose is 1 tablet | twice daily--8 am and 6 pm | | promote bowel regularity | | |
| 6:00 pm | Narahara, Craig | Oyster Calcium | 500 mg/tablet--dose is 1 tablet | twice daily -- 8 am and 6 pm | | nutritional supplement | | |
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| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|------------------|---------------------------------|---------------------------------|---------------------------------------|---|----------------------------------|--------------|----------------|
| 9:00 pm | Miyashiro, Cindy | Citalopram HBR (Celexa) | 40 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--somnolence, insomnia, anxiety, agitation, dizziness, paresthesia, tachycardia, orthostatic hypotension, rash. Recognize risk for serotonin toxicity--fever, mental status changes, muscle twitching, excessive sweating, shivering, shaking, diarrhea, loss of coordination | antidepressant | | |
| 9:00 pm | Miyashiro, Cindy | Oyster Shell 500 Vitamin D3 200 | 1 tablet | three times daily--8 am, 5 pm, 9 pm | | nutritional supplement | | |
| 9:00 pm | Miyashiro, Cindy | Risperidone HS dose 0.5 mg tab | 0.5 mg/tab---1 tablet | daily at 9 pm | Total HS dose is 2 tabs--1 tab of 1 mg tablet and 1 tab of 0.5 mg tablet. SE--akathisia, comnolence, dystonia, headache, insomnia, agitation, anxiety, pain, tachycardia, orthostatic hypotension | mood stabilizer--anti-psy chotic | | |
| 9:00 pm | Miyashiro, Cindy | Risperidone HS dose 1 mg tablet | 1 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--drowsiness,akathisia, dystonia, headache, insomnia, agitation, anxiety, parkinsonism, dizziness | mood stabilizer, anti-psychotic | | |
| 9:00 pm | Narahara, Craig | Gemfibrozil (Lopid) | 600 mg/tablet--dose is 1 tablet | daily at bedtime--9 pm | SE--fatigue, headache, vertigo, atrial fibrillation, hypokalemia, leukopenia, dermatitis | cholesterol control | | |
| 9:00 pm | Narahara, Craig | Levitiracetam (Keppra) | 750 mg/tablet--dose is 1 tablet | three times per day--8 am; 2 pm; 9 pm | SE--asthenia, headache, somnolence, amnesia, anxiety, ataxia, depression, dizziness, diplopia, rhinitis, cough | seizure control | | |
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| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|---------------|--------------------------------|---------------------|--------------------------------|---|------------------------------------|--------------|----------------|
| as needed | Hata, Randall | Fluticasone 50 mcg Nasal Spray | 1 puff each nostril | as needed for sinus congestion | SE--nasal congestion, blood in nasal mucosa, nasal irritation | relief of nasal congestion | | |
| as needed | Hata, Randall | Refresh eye drops | 1 drop in each eye | as needed for eye dryness | | eye lubrication to prevent dryness | | |
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2019-06-08

LA Bus Meds Schedule

As Needed

JEMS Special Camp 2019

Page 1

| <i>Time</i> | <i>Camper</i> | <i>Medication</i> | <i>Dosage</i> | <i>Frequency</i> | <i>Special Instructions</i> | <i>Purpose</i> | <i>Admin</i> | <i>Witness</i> |
|-------------|---------------------|------------------------|---|--|--|---|--------------|----------------|
| as needed | Chua, Hannah | Acetaminophen | 500 mg--1 tablet | as needed every 4 hrs for pain; do not exceed 5 doses in 24 hrs. | | mild pain relief | | |
| as needed | Nakagaki, Christine | Ibuprofen Jr. Strength | 100 mg/tab--dose is 3 tablets; CHEWABLE | as needed for menstrual cramps or fever every 6-8 hrs if needed. Give with food. | SE--stomach upset, nausea, vomiting, headache, diarrhea, constipation, dizziness, drowsiness, easy bruising or bleeding.ringing in the ears. | as needed for relief of menstrual cramps, fever | | |
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2019-06-08