

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Mo Tu We Th Fr Sa	Atenolol	anti-hypertensive	25 mg/tab--dose is 1 tab	twice daily	SE--dizziness, bradycardia, hypotension, heart failure, intermittent claudication, bronchospasm	
8:00 am	Mo Tu We Th Fr Sa	CVS Stool softener	stool softener	250 mg/capsule--dose is 1 capsule	twice daily		
8:00 am	Mo Tu We Th Fr Sa	Hydrocodone (Norco)	relief of pain	5/325 mg/1 tablet--dose is 1 tablet	three times daily--8 am; noon; 4 pm	BEDTIME DOSE IS 2 TABLETS. GIVE WITH FOOD. SE--lightheadness, dizziness, sedation, mental clouding, bradycardia, nausea, vomiting, constipation, hypotension	
8:00 am	Mo Tu We Th Fr Sa	Lamictal (Lamotrigine)	seizure control	200 mg/tab--dose is 2 tablets	three times daily--8 am; noon; 4 pm	SE--ataxia, dizziness, headache, somnolence, seizures, aggravated reaction, anxiety, concentration disturbance, blurred vision, nausea, vomiting, constipation, dry mouth, rash, photosensitivity reactions. AVOID EXCESS SUN EXPOSURE.	
8:00 am	Mo Tu We Th Fr Sa	Potassium Citrate ER	prevent kidney stones	10 meq/tab--dose is 1 tablet	three times a day	SE--confusion, anxiety, irregular heartbeat, leg discomfort, muscle weakness, numbness or tingling feeling in hands or feet, stomach pain, diarrhea. TAKE WITH LOTS OF WATER.	
8:00 am	Mo Tu We Th Fr Sa	Pravastatin	cholesterol lowering agent	20 mg/tab--dose is 1 tablet	daily in am	SE--dizziness, fatigue, headache, chest pain, rhinitis, nausea, abdominal pain, constipation, myopathy, rhabdomyolysis	
8:00 am	Mo Tu We Th Fr Sa	Zonegran (Zonisamide) cap	seizure control	100 mg/capsule--dose is 2 capsules	three times a day--8 am; noon; 4 pm	SE--dizziness, nausea, headache, somnolence, seizures, difficulties in concentration, mental slowing, diplopia, dry mouth, nausea, kidney stones, rash. DO NOT CRUSH OR OPEN CAPSULE. ENCOURAGE FLUIDS TO AVOID DEHYDRATION.	

Guardian Signature Sheet

Abasolo, Jerry

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
12:00 noon	Mo Tu We Th Fr	Hydrocodone (Norco)	relief of pain	5/325 mg/1 tablet--dose is 1 tablet	three times daily--8 am; noon; 4 pm	BEDTIME DOSE IS 2 TABLETS. GIVE WITH FOOD. SE--lightheadness, dizziness, sedation, mental clouding, bradycardia, nausea, vomiting, constipation, hypotension	
12:00 noon	Mo Tu We Th Fr	Lamictal (Lamotrigine)	seizure control	200 mg/tab--dose is 2 tablets	three times daily--8 am; noon; 4 pm	SE--ataxia, dizziness, headache, somnolence, seizures, aggravated reaction, anxiety, concentration disturbance, blurred vision, nausea, vomiting, constipation, dry mouth, rash, photosensitivity reactions. AVOID EXCESS SUN EXPOSURE.	
12:00 noon	Mo Tu We Th Fr	Oyster, Calcium and D supplement	nutritional supplement	500/200mg/tab--dose is 1 tablet	daily at noon		
12:00 noon	Mo Tu We Th Fr	Potassium Citrate ER	prevent kidney stones	10 meq/tab--dose is 1 tablet	three times a day	SE--confusion, anxiety, irregular heartbeat, leg discomfort, muscle weakness, numbness or tingling feeling in hands or feet, stomach pain, diarrhea. TAKE WITH LOTS OF WATER.	
12:00 noon	Mo Tu We Th Fr	Zonegran (Zonisamide) cap	seizure control	100 mg/capsule--dose is 2 capsules	three times a day--8 am; noon; 4 pm	SE--dizziness, nausea, headache, somnolence, seizures, difficulties in concentration, mental slowing, diplopia, dry mouth, nausea, kidney stones, rash. DO NOT CRUSH OR OPEN CAPSULE. ENCOURAGE FLUIDS TO AVOID DEHYDRATION.	

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Abasolo, Jerry

JEMS Special Camp 2019

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
4:00 pm	Su Mo Tu We Th Fr	CVS Stool softener	stool softener	250 mg/capsule--dose is 1 capsule	twice daily		
4:00 pm	Su Mo Tu We Th Fr	Hydrocodone (Norco)	relief of pain	5/325 mg/1 tablet--dose is 1 tablet	three times daily--8 am; noon; 4 pm	BEDTIME DOSE IS 2 TABLETS. GIVE WITH FOOD. SE--lightheadness, dizziness, sedation, mental clouding, bradycardia, nausea, vomiting, constipation, hypotension	
4:00 pm	Su Mo Tu We Th Fr	Lamictal (Lamotrigine)	seizure control	200 mg/tab--dose is 2 tablets	three times daily--8 am; noon; 4 pm	SE--ataxia, dizziness, headache, somnolence, seizures, aggravated reaction, anxiety, concentration disturbance, blurred vision, nausea, vomiting, constipation, dry mouth, rash, photosensitivity reactions. AVOID EXCESS SUN EXPOSURE.	
4:00 pm	Su Mo Tu We Th Fr	Potassium Citrate ER	prevent kidney stones	10 meq/tab--dose is 1 tablet	three times a day	SE--confusion, anxiety, irregular heartbeat, leg discomfort, muscle weakness, numbness or tingly feeling in hands or feet, stomach pain, diarrhea. TAKE WITH LOTS OF WATER.	
4:00 pm	Su Mo Tu We Th Fr	Zonegran (Zonisamide) cap	seizure control	100 mg/capsule--dose is 2 capsules	three times a day--8 am; noon; 4 pm	SE--dizziness, nausea, headache, somnolence, seizures, difficulties in concentration, mental slowing, diplopia, dry mouth, nausea, kidney stones, rash. DO NOT CRUSH OR OPEN CAPSULE. ENCOURAGE FLUIDS TO AVOID DEHYDRATION.	

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Guardian Signature Sheet

Abasolo, Jerry

JEMS Special Camp 2019
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Camper will receive the following medications/supplements at the indicated times:

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
9:00 pm	Su Mo Tu We Th Fr	Allerclear Loratadine	allergy relief, antihistamine, itchy or allergic skin reaction	10mg/tab--dose is 1 tablet	daily at bedtime		
9:00 pm	Su Mo Tu We Th Fr	Atenolol	anti-hypertensive	25 mg/tab--dose is 1 tab	twice daily	SE--dizziness, bradycardia, hypotension, heart failure, intermittent claudication, bronchospasm	
9:00 pm	Su Mo Tu We Th Fr	Hydrocodone/Acetaminophen -BEDTIME	pain relief	5/325 mg/tab--dose is 2 TABLETS	daily at bedtime	SE--dizziness, nausea, vomiting, constipation, hypotension	
9:00 pm	Su Mo Tu We Th Fr	Lamictal Bedtime	seizure control	200 mg/tab--dose is 3 tablets	daily at bedtime--9 pm	SE--nausea, dizziness, confusion, rash. DO NOT TAKE ON AN EMPTY STOMACH.	
9:00 pm	Su Mo Tu We Th Fr	Vinegar--external use	treatment for ear itch eczema	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	
9:00 pm	Su Mo Tu We Th Fr	Zonegran (Zonisamide) Bedtime	seizure control	100 mg/cap--dose is 3 capsules	daily at bedtime--9 pm	SE--nausea, dizziness, confusion	

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Chen, Jonathan

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
8:00 am	Mo Tu We Th Fr Sa	Gabapentin	relief of neuropathic pain	400 mg/capsule--dose is 1 capsule	three times per day--8 am; 2 pm; 9 pm	SE--ataxia, dizziness, fatigue, somnolence, abnormal thinking, amnesia, weight gain, diplopia, rhinitis, constipation, coughing	
2:00 pm	Mo Tu We Th Fr	Gabapentin	relief of neuropathic pain	400 mg/capsule--dose is 1 capsule	three times per day--8 am; 2 pm; 9 pm	SE--ataxia, dizziness, fatigue, somnolence, abnormal thinking, amnesia, weight gain, diplopia, rhinitis, constipation, coughing	
9:00 pm	Su Mo Tu We Th Fr	Gabapentin	relief of neuropathic pain	400 mg/capsule--dose is 1 capsule	three times per day--8 am; 2 pm; 9 pm	SE--ataxia, dizziness, fatigue, somnolence, abnormal thinking, amnesia, weight gain, diplopia, rhinitis, constipation, coughing	

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Chien, Stephen

JEMS Special Camp 2019

Page 1

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

<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 am	Mo Tu We Th Fr Sa	Valsartan	anti-hypertensive	160 mg/tab--dose is 1 tablet	once daily after breakfast	SE--dizziness, headache insomnia, fatigue, vertigo, hypotension	

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

signed: _____ relationship to camper: _____ date: _____

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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	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		
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.	
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.		

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Conville, Mariko

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
8:00 am	Mo Tu We Th Fr Sa	Cytomel	Treatment for Hashimoto's hypothyroiditis	5 mcg/tablet--dose is 2 tablets	daily in morning	SE--chest pain, irregular pulse, leg cramps, excessive sweating, srnsitivity to heat, vomiting, nervousness	
8:00 am	Mo Tu We Th Fr Sa	Kristalose	reduce constipation	20 mg/packet--dose is 1 packet	twice daily--breakfast and dinner	Mix with liquid.	
8:00 am	Mo Tu We Th Fr Sa	Lorazepam (Ativan) AM	anti anxiety	1 mg/tablet--dose is 3 tablets	daily in AM	SE--drowsiness, amnesia, agitation, dizziness, weekness, unsteadiness, disorientation, hypotension, visual disturbance	
8:00 am	Mo We Th Sa	Synthroid	Hashimoto's hypothyroiditis--thyroid hormone replacement	88 mcg/tablet --dose is 1 tablet	daily in am on MWTHSAT	SE--insomnia, tremor, headache, tachycardia, arrhythmias	
8:00 am	Tu Fr	Synthroid 1/2 tab Tu, Fri.	Hashimoto's hypothyroiditis	88 mcg/tablet--dose is 1/2 tab on TU and Fri only	Tuesday and Friday AM only	SE--insomnia, tremor, headache, fever, fatigue, anxiety tachycardia, palpitations, arrhythmias	
6:00 pm	Su Mo Tu We Th Fr	Kristalose	reduce constipation	20 mg/packet--dose is 1 packet	twice daily--breakfast and dinner	Mix with liquid.	

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Guardian Signature Sheet

Conville, Mariko

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
9:00 pm	Su Mo Tu We Th Fr	Latuda	relief of Kleeftstra behavioral symptoms; anti-psychotic	20 mg/tab--dose is 2 tablets	daily at bedtime	SE--somnolence, akathisia, parkinsonism, drooling, extrapyramidal disorder, agitation, dystonia, secures, dizziness, insomnia. AVOID GRAPEFRUIT JUICE OR GRAPEFRUIT. Monitor for neuroleptic malignant syndrome: fever, diaphoresis, muscle rigidity, altered mental status, irregular pulse or BP, cardiac arrhythmia, rhabdomyolysis, acute renal failure.	
9:00 pm	Su Mo Tu We Th Fr	Lorazepam BEDTIME	anti-anxiety	1 mg/tab--dose is 1 tablet	daily at bedtime	SE--drowsiness, amnesia, agitation, dizziness, weakness, unsteadiness, disorientation, hypotension, visual disturbance	
9:00 pm	Su Mo Tu We Th Fr	Myrbetriq	bladder antispasmodic	50 mg/tab--dose is 1 tablet	daily at bedtime	DO NOT CRUSH OR DIVIDE TABLETS. SE--headache, fatigue, dizziness, hypertension, dry mouth, constipation	
9:00 pm	Su Mo Tu We Th Fr	Trader Joe's OTC Folic Acid/B6/B12	nutritional supplement	1 tablet	daily at bedtime		

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Eugenio, Benjamin

JEMS Special Camp 2019

Page 1

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

<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>
as needed	Su Mo Tu We Th Fr	Xyzal	treatment for sinus allergies	5 mg/tab--dose is 1 tablet	as needed for allergy symptoms at bedtime, if needed	as needed once per day. SE--fatigue, pyrexia, dry mouth, epistaxis, diarrhea, vomiting, cough. discontinue if urinary retention;	

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Gong, Richard

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	Bio-Kult probiotic	promotes healthy digestion and immune system	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	
9:00 am	Mo Tu We Th Fr Sa	Integrative Nutrivitamin Enzyme Complex, without iron	multivitamin, general nutritional health supplement	1 capsule	twice daily with morning meal and evening meal		
9:00 am	Mo Tu We Th Fr Sa	Radiant Life Krill Extra	Fish Oil nutritional supplement	1 capsule	twice daily with morning meal and dinner meal		
6:00 pm	Su Mo Tu We Th Fr	Bio-Kult probiotic	promotes healthy digestion and immune system	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	
6:00 pm	Su Mo Tu We Th Fr	Integrative Nutrivitamin Enzyme Complex, without iron	multivitamin, general nutritional health supplement	1 capsule	twice daily with morning meal and evening meal		
6:00 pm	Su Mo Tu We Th Fr	Radiant Life Krill Extra	Fish Oil nutritional supplement	1 capsule	twice daily with morning meal and dinner meal		
as needed	Su Mo Tu We Th Fr Sa	Diphenhydramine	allergy relief, antihistamine, itchy or allergic skin reaction	1-2 capsules as needed for above symptoms	as needed every 4 hrs if needed; do not exceed 6 doses in 24 hrs.	SE--drowsiness, sedation, dizziness, incoordination, seizures, confusion, insomnia, headache vertigo, restlessness, palpitations, hypotension	

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

signed: _____ relationship to camper: _____ date: _____

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Guardian Signature Sheet

Hata, Randall

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	Docusate Sodium	stool softener	250 mg/capsule--dose is 1 capsule	twice daily		
9:00 am	Mo Tu We Th Fr Sa	Fish Oil	nutritional supplement	1000 mg/capsule--dose is 1 capsule	once daily in am		
9:00 am	Mo Tu We Th Fr Sa	Multi- Vitamin	nutritional supplement	1 tablet	daily in AM		
9:00 am	Mo Tu We Th Fr Sa	Vitamin C	nutritional supplement	500 mg/tablet--dose is 1 tablet	once daily in am		
6:00 pm	Su Mo Tu We Th Fr Sa	Crestor	cholesterol lowering agent	20mg/tab--dose is 1 tablet	daily in pm.	SE--muscle weakenss, dizziness, headache, abdoinal pain, constipatio, itching, rash	
6:00 pm	Su Mo Tu We Th Fr Sa	Docusate Sodium	stool softener	250 mg/capsule--dose is 1 capsule	twice daily		
9:00 pm	Su Mo Tu We Th Fr	Aquaphor spray	prevent skin dryness	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	
as needed	Su Mo Tu We Th Fr Sa	Fluticasone 50 mcg Nasal Spray	relief of nasal congestion	1 puff each nostril	as needed for sinus congestion	SE--nasal congestion, blood in nasal mucosa, nasal irritation	
as needed	Su Mo Tu We Th Fr Sa	Refresh eye drops	eye lubrication to prevent dryness	1 drop in each eye	as needed for eye dryness		

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

signed: _____ relationship to camper: _____ date: _____

Guardian Signature Sheet

Kanazawa, Curtis

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
as needed	Su Mo Tu We Th Fr Sa	Chlorpheniramine	seasonal allergies	4 mg--1 tablet	as needed every 4 hrs for allergy symptoms--1 tablet	drowsiness, impaired motor function, dry mouth, blurred vision	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Mo Tu We Th Fr Sa	Active C	immune system support	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	
8:00 am	Mo Tu We Th Fr Sa	All-In-One	multi-vitamin/mineral supplement	1 tablet	before breakfast and before dinner		
8:00 am	Su Mo Tu We Th Fr	Benfotiamine	protection from high blood sugar	250 mg/capsule--dose is 1 capsule	daily before breakfast		
8:00 am	Mo Tu We Th Fr Sa	Fola Pro	methyalted folic acid supplement	800 mcg/capsule--dose is 1 capsule	daily before breakfast		
8:00 am	Mo Tu We Th Fr Sa	Magnesium Glycinate	nutritional supplement to balance glutamate, aids muscle flexibility, calming effect	400 mg/capsule--doae is 1 capsule	daily before breakfast		
8:00 am	Mo Tu We Th Fr Sa	Pantothenic Acid	nutritional supplement to prevent allergies	500 mg/tablet--dose is 1 tablet	daily before breakfast		
8:00 am	Mo Tu We Th Fr Sa	Probiotic	nutritional supplement to promote intestinal health	1 capsule	twice daily before breakfast and before dinner		
8:00 am	Mo Tu We Th Fr Sa	Ultimate Fungal	nutritional supplement to control fungus in gut, helps eczema	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	
8:00 am	Mo Tu We Th Fr Sa	Vitamin D3	5000 IU/capsule--dose is 1 capsule	1 capsule	daily before breakfast		
8:00 am	Mo Tu We Th Fr Sa	Wobenzyme	nutritional supplement digestive enzyme	1 capsule	twice daily before breakfast and before dinnner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	

Guardian Signature Sheet

Kanemori, David

JEMS Special Camp 2019
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Camper will receive the following medications/supplements at the indicated times:

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
5:00 pm	Su Mo Tu We Th Fr	Active C	immune system support	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	
5:00 pm	Su Mo Tu We Th Fr	All-In-One	multi-vitamin/mineral supplement	1 tablet	before breakfast and before dinner		
5:00 pm	Su Mo Tu We Th Fr	Cat's Claw	prevents Lyme disease	500 mg/capsule--dose is 1 capsule	daily before dinner		
5:00 pm	Su Mo Tu We Th Fr	Kidney Support	nutritional supplement to support kidney	1 capsule	daily before dinner	Includes 500 mcg of Vit B12	
5:00 pm	Su Mo Tu We Th Fr	Liver Support	nutritional supplement to support liver	1 capsule	daily before dinner	Includes Vit D3--50 IU; Vit B3 10 mg	
5:00 pm	Su Mo Tu We Th Fr	Probiotic	nutritional supplement to promote intestinal health	1 capsule	twice daily before breakfast and before dinner		
5:00 pm	Su Mo Tu We Th Fr	TMG (Trimethyl Glycine)	metabolism support	1 tablet	daily before dinner		
5:00 pm	Su Mo Tu We Th Fr	Ultimate Fungal	nutritional supplement to control fungus in gut, helps eczema	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	
5:00 pm	Su Mo Tu We Th Fr	Wobenzyme	nutritional supplement digestive enzyme	1 capsule	twice daily before breakfast and before dinner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	
as needed	Su Mo Tu We Th Fr Sa	Calendula	homeopathic ointment for healing scrapes and cuts	apply small amount to affected areas	as needed for scrapes and cuts		

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Mar, Jodi

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
8:00 am	Mo Tu We Th Fr Sa	Lamotrigine	seizure control	25 mg/chewable dispersible tablet--dose is 100 mg or 4 chewable dispersible tablets	twice daily--breakfast and dinner	If tablets are chewed, give a small amt of water or diluted fruit juice to aid in swallowing. SE ataxia, dizziness, headache, somnolence, seizures, anxiety, decreased memory, blurred vision, AVOID EXCESSIVE SUN EXPOSURE. Report headache, fever, neck stiffness, rash, confusion	
8:00 am	Mo Tu We Th Fr Sa	Levothyroxine	thyroid hormone replacement	50 mcg--1 tablet	daily in the morning	SE--insomnia, tremor, headache, anxiety, palpitations	
9:00 am	Mo Tu We Th Fr Sa	Fish Oil	nutritional supplement to reduce triglycerides	one gummy-- 500 mg	once daily in the morning or at breakfast	none	
9:00 am	Mo Tu We Th Fr Sa	Multi-vites Gummy Vitamin	nutritional supplement	2 adult multivitamin gummies	once daily at breakfast		
5:00 pm	Su Mo Tu We Th Fr	Lamotrigine	seizure control	25 mg/chewable dispersible tablet--dose is 100 mg or 4 chewable dispersible tablets	twice daily--breakfast and dinner	If tablets are chewed, give a small amt of water or diluted fruit juice to aid in swallowing. SE ataxia, dizziness, headache, somnolence, seizures, anxiety, decreased memory, blurred vision, AVOID EXCESSIVE SUN EXPOSURE. Report headache, fever, neck stiffness, rash, confusion	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Mo Tu We Th Fr Sa	Brimonidine 0.2% eye solution	glaucoma treatment	1 drop in each eye	twice daily	SE--asthenia, dizziness, allergic conjunctivitis, ocular hyperemia, pruritus, burning, inflammation, dryness	
8:00 am	Mo Tu We Th Fr Sa	Carbamazepine ER (Carbatrol)	anti-seizure	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.	
8:00 am	Su Mo Tu We Th Fr Sa	Hydrocortisone cream	ant inflammation	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		
8:00 am	Mo Tu We Th Fr Sa	Oyster Shell 500 Vitamin D3 200	nutritional supplement	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		
8:00 am	Mo Tu We Th Fr Sa	RisperidoneAM	mood stabilizer--anti-psychotic	2 mg/tablet--dose is 1 tablet	daily in AM	SE--drowsiness, akathisia, dystonia, headache, insomnia, agitation, anxiety, tachycardia, orthostatic hypotension	
8:00 am	Mo Tu We Th Fr Sa	Thera-M	nutritional supplement	1 tablet	daily in am		
8:00 am	Mo Tu We Th Fr Sa	Triamcinolone 0.5%	steroid cream	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	

Guardian Signature Sheet

Miyashiro, Cindy

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
5:00 pm	Su Mo Tu We Th Fr Sa	Brimonidine 0.2% eye solution	glaucoma treatment	1 drop in each eye	twice daily	SE--asthenia, dizziness, allergic conjunctivitis, ocular hyperemia, pruritus, burning, inflammation, dryness	
5:00 pm	Su Mo Tu We Th Fr Sa	Carbamazepine ER (Carbatrol)	anti-seizure	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.	
5:00 pm	Su Mo Tu We Th Fr Sa	Oyster Shell 500 Vitamin D3 200	nutritional supplement	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		
5:00 pm	Su Mo Tu We Th Fr Sa	Simvastatin	cholesterol lowering agent	20mg/tab--dose is 1 tablet	once daily in evening	SE--asthenia, headache, abdominal pain, constipation, flatulence. AVOID USE OF GRAPEFRUIT JUICE.	

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Miyashiro, Cindy

JEMS Special Camp 2019

Page 3

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

<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>
8:00 pm	Su Mo Tu We Th Fr	Hydrocortisone cream	ant inflammation	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		

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Guardian Signature Sheet

Miyashiro, Cindy

JEMS Special Camp 2019
Page 4

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
9:00 pm	Su Mo Tu We Th Fr	Chlorhexidine 0.12% mouth rinse	treatment for gum disease	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	
9:00 pm	Su Mo Tu We Th Fr Sa	Citalopram HBR (Celexa)	antidepressant	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	
9:00 pm	Su Mo Tu We Th Fr	Latanoprost	glaucoma treatment	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.	
9:00 pm	Su Mo Tu We Th Fr Sa	Oyster Shell 500 Vitamin D3 200	nutritional supplement	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		
9:00 pm	Su Mo Tu We Th Fr Sa	Risperidone HS dose 0.5 mg tab	mood stabilizer--anti-psychotic	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	
9:00 pm	Su Mo Tu We Th Fr Sa	Risperidone HS dose 1 mg tablet	mood stabilizer, anti-psychotic	1 mg/tablet--dose is 1 tablet	daily at bedtime--9 pm	SE--drowsiness, akathisia, dystonia, headache, insomnia, agitation, anxiety, parkinsonism, dizziness	
9:00 pm	Su Mo Tu We Th Fr	Triamcinolone 0.5%	steroid cream	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	
9:00 pm	Su Mo Tu We Th Fr	Vitamin E cream	promotes skin health	apply to affected areas of skin rash to back of legs	daily at bedtime		

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

signed: _____ relationship to camper: _____ date: _____

Guardian Signature Sheet

Mock, Vanessa

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	Vitafusion Calcium	nutritional supplement	500 mg--2 gummies	once daily at breakfast		
9:00 am	Mo Tu We Th Fr Sa	Vitafusion MultiVites Gummy vitamins	nutritional supplement	2 tummies	once daily at breakfast		

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Nagao, Lacey

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	One A Day Multivitamin for Women	nutritional supplement	1 tablet	daily at breakfast		
9:00 am	Mo Tu We Th Fr Sa	Vitamin D3	nutritional supplement	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Nakagaki, Christine

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	Adult Multivitamn Gummies	nutritional supplement	2 gummies	once daily at breakfast		
9:00 am	Mo Tu We Th Fr Sa	Claritin Reditabs	control of seasonal allergies	10 mg/tablet--dose is 1 tablet	once daily at breakfast	SE--insomnia, dry mouth, headache, somnolence, nervousness, dizziness, fatigue	
6:00 pm	Su Tu Th	Miralax	constipation relief	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.	
as needed	as needed	Ibuprofen Jr. Strength	as needed for relief of menstrual cramps, fever	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.	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Mo Tu We Th Fr Sa	Benzotropine (Cogentin)	control drooling, salivation--anti-cholinergic agent	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.	
8:00 am	Mo Tu We Th Fr Sa	Divalproex	seizure disorder	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	
8:00 am	Mo Tu We Th Fr Sa	Fiber Pill	promote bowel regularity	625 mg/tablet--dose is 1 tablet	twice daily--8 am and 6 pm		
8:00 am	Mo Tu We Th Fr Sa	Levitiracetam (Keppra)	seizure control	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	
8:00 am	Mo Tu We Th Fr Sa	Oyster Calcium	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily -- 8 am and 6 pm		
8:00 am	Mo Tu We Th Fr Sa	Vitamin D3	nutritional supplement	2000 IU/tablet--dose is 1 tablet	once daily in am		
2:00 pm	Su Mo Tu We Th Fr Sa	Levitiracetam (Keppra)	seizure control	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	

Guardian Signature Sheet

Narahara, Craig

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
6:00 pm	Su Mo Tu We Th Fr Sa	Benzotropine (Cogentin)	control drooling, salivation--anti-cholinergic agent	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.	
6:00 pm	Su Mo Tu We Th Fr Sa	Divalproex	seizure disorder	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	
6:00 pm	Su Mo Tu We Th Fr Sa	Fiber Pill	promote bowel regularity	625 mg/tablet--dose is 1 tablet	twice daily--8 am and 6 pm		
6:00 pm	Su Mo Tu We Th Fr Sa	Oyster Calcium	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily -- 8 am and 6 pm		
9:00 pm	Su Mo Tu We Th Fr Sa	Gemfibrozil (Lopid)	cholesterol control	600 mg/tablet--dose is 1 tablet	daily at bedtime--9 pm	SE--fatigue, headache, vertigo, atrial fibrillation, hypokalemia, leukopenia, dermatitis	
9:00 pm	Su Mo Tu We Th Fr Sa	Levitiracetam (Keppra)	seizure control	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	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Nishio, Marc

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
8:00 am	Tu Th Sa	Lomotil--EVEN days	anti-diarrhea	2.5 mg/tab --dose is 1 tablet	three times daily		
8:00 am	Mo We Fr	Lomotil --ODD Days	anti-diarrhea	2.5 mg/tab --dose is 1 tablet	twice daily	Odd days--twice daily dosing	
8:00 am	Mo Tu We Th Fr Sa	Omeprazole	control heartburn	20 mg/capsule--dose is 1 capsule	daily in am	SE--asthenia, dizziness, headache, abdominal pain, constipation, flatulence, nausea, rash	
8:00 am	Mo Tu We Th Fr Sa	Risperidone	control of stimulatory behaviors	0.5 mg/tab---1 tablet	twice daily	SE--akathisia, somnolence, dystonia, headache, insomnia, agitation, anxiety, tachycardia, constipation	
9:00 am	Mo Tu We Th Fr Sa	Calcium with Vitamin D	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		
9:00 am	Mo Tu We Th Fr Sa	Vitamin D3	nutritional supplement	1000IU/capsule--dose is 1 capsule	daily		
12:00 noon	Tu Th	Lomotil--EVEN days	anti-diarrhea	2.5 mg/tab --dose is 1 tablet	three times daily		
5:00 pm	Su Tu Th	Lomotil--EVEN days	anti-diarrhea	2.5 mg/tab --dose is 1 tablet	three times daily		
5:00 pm	Mo We Fr	Lomotil --ODD Days	anti-diarrhea	2.5 mg/tab --dose is 1 tablet	twice daily	Odd days--twice daily dosing	
6:00 pm	Su Mo Tu We Th Fr	Calcium with Vitamin D	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		

Guardian Signature Sheet

Nishio, Marc

JEMS Special Camp 2019
Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 pm	Su Mo Tu We Th Fr	Montelukast (generic for Singular)	seasonal allergy control	10 mg/tab--1 tablet	once daily at bedtime	SE--headache, asthenia, dizziness, fatigue, conjunctivitis	
8:00 pm	Su Mo Tu We Th Fr	Risperidone	control of stimulatory behaviors	0.5 mg/tab---1 tablet	twice daily	SE--akathisia, somnolence, dystonia, headache, insomnia, agitation, anxiety, tachycardia, constipation	
as needed	Su Mo Tu We Th Fr Sa	Lomotil	control diarrhea	2.5 mg/tab --dose is 1 tablet	AS NEEDED FOR DIARRHEA--AN ADDITIONAL 1 TABLET PER DAY	SE--drowsiness, dizziness, headache, restlessness, dry mouth, nausea, blurred vision	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Ouye, Jamie

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
8:00 am	Mo Tu We Th Fr Sa	Calcium Gummies	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	
8:00 am	Mo Tu We Th Fr Sa	Vitamin C	nutritional supplement	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		
8:00 am	Mo Tu We Th Fr Sa	Vitamin D Gummy	nutritional supplement	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		
8:00 am	Mo Tu We Th Fr Sa	Women's Gummy Vitamin	nutritional supplement	1 Gummy Vitamin	twice daily before breakfast and dinner		
5:00 pm	Su Mo Tu We Th Fr	Calcium Gummies	nutritional supplement	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	
5:00 pm	Su Mo Tu We Th Fr	Vitamin C	nutritional supplement	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		
5:00 pm	Su Mo Tu We Th Fr	Vitamin D Gummy	nutritional supplement	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		
5:00 pm	Su Mo Tu We Th Fr	Women's Gummy Vitamin	nutritional supplement	1 Gummy Vitamin	twice daily before breakfast and dinner		

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Peeler, Jennifer

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	amphetamine salts	treatment for ADHD	5 mg/tab--dose is 3 tabs or 15 mg	twice daily breakfast and lunchtime	SE--restlessness, headache, dry mouth, uncontrollable shaking of a part of your body, constipation or diarrhea	
9:00 am	Mo Tu We Th Fr Sa	Oxybutynin	urinary antispasmodic	5 mg/tablet--dose is 1 tablet	twice daily--morning and evening	SE--dizziness, insomnia restlessness, asthenia, palpitations, tachycardia, vasodilation, constipation, dry mouth, urinary hesitancy urine retention, UTI	
12:00 noon	Mo Tu We Th Fr	amphetamine salts	treatment for ADHD	5 mg/tab--dose is 3 tabs or 15 mg	twice daily breakfast and lunchtime	SE--restlessness, headache, dry mouth, uncontrollable shaking of a part of your body, constipation or diarrhea	

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Peeler, Jennifer

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
6:00 pm	Su Mo Tu We Th Fr	Cephalexin Oral Suspension	antibiotic for prevention of bladder infection	250 mg/5mls. dose is 5 mls or 1 tsp.	daily in evening	SE--dizziness, headache, fatigue, agitation, confusion, hallucinations, anorexia, diarrhea, neutropenia, gastritis. Prolonged use can result in overgrowth of nonsusceptible organisms.	
6:00 pm	Su Mo Tu We Th Fr	Escitalopram Oxalate (Lexapro) oral solution	antidepressant;treatment for generalized anxiety disorder	5 mg/5 mls. dose is 20 mls.	daily every evening	SE--suicidal behavior, fever, insomnia, dizziness, somnolence, paresthesia, lightheadness, tremor, irritability, palpitations. Alert for serotonin toxicity: FEVER,MENTAL STATUS CHANGES,MUSCLE TWITCHING EXCSSIVE SWEATING, SHIVERING, SHAKING, DIARRHEA, LOSS OF COORDINATION.	
6:00 pm	Su Mo Tu We Th Fr	Oxybutynin	urinary antispasmodic	5 mg/tablet--dose is 1 tablet	twice daily--morning and evening	SE--dizziness, insomnia restlessness, asthenia, palpitations, tachycardia, vasodilation, constipation, dry mouth, urinary hesistancy urine retention, UTI	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Mo Tu We Th Fr Sa	Buspirone	anti-anxiety	10 mg--1 tablet	twice daily: 8 am and 5 pm	SE--dizziness, nausea, headache, nervousness, lightheaded, drowsiness, fatigue, blurred vision. Give water before giving medication. DO NOT USE GRAPEFRUIT JUICE.	
8:00 am	Mo Tu We Th Fr Sa	Citalopram HBR (Celexa)	anti-depressant	40 mg--1 tablet	once daily--8 am	SE-nausea, dry mouth, loss of appetite, fatigue, drowsiness, sweating, blurred vision, yawning	
8:00 am	Mo Tu We Th Fr Sa	Lisinopril	treat high blood pressure	10 mg--1 tablet	daily in the morning--8 am	SE--dizziness, lightheadedness, fatigue, headache, dry cough.	
8:00 am	Mo Tu We Th Fr Sa	Metformin	controls high blood sugar	1000 mg--1 tablet	twice daily--8 am and 5 pm	Give before meals. Peak action is in 2-4 hours. SE--muscle weakness, headache, dizziness, chills, lightheadedness, diarrhea, low blood sugar, stomach upset	
8:00 am	Mo Tu We Th Fr Sa	RisperidoneAM	treatment of mental/mood disorder	1 mg--1 tablet	once daily--8 am	SE--drowsiness, dizziness, lightheadedness, drooling, nausea, tiredness, agitation, neuroleptic malignant syndrome(EPS effects, hyperthermia, autonomic disturbance), tremor, orthostatic hypotension, tachycardia.WEAR SUNBLOCK; USE CAUTION IN HOT WEATHER TO PREVENT HEATSTROKE.	

Guardian Signature Sheet

Refuerzo, Melling

JEMS Special Camp 2019
Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
5:00 pm	Su Mo Tu We Th Fr	Buspirone	anti-anxiety	10 mg--1 tablet	twice daily: 8 am and 5 pm	SE--dizziness, nausea, headache, nervousness, lightheaded, drowsiness, fatigue, blurred vision. Give water before giving medication. DO NOT USE GRAPEFRUIT JUICE.	
5:00 pm	Su Mo Tu We Th Fr	Metformin	controls high blood sugar	1000 mg--1 tablet	twice daily--8 am and 5 pm	Give before meals. Peak action is in 2-4 hours. SE--muscle weakness, headache, dizziness, chills, lightheadedness, diarrhea, low blood sugar, stomach upset	
8:00 pm	Su Mo Tu We Th Fr	Loratadine	relief of seasonal allergies	10 mg--1 tablet	daily in the evening--8 pm	SE--drowsiness, impaired motor function, blurred vision, constipation, dry mouth and dry throat	
8:00 pm	Su Mo Tu We Th Fr	Risperidone PM dose	treatment of mental/mood disorder	2 mg--1 tablet	once daily in evening--8 pm	SE--drowsiness, dizziness, lightheadedness, drooling, nausea, tiredness, agitation, neuroleptic malignant syndrome (EPS symptoms, hyperthermia, autonomic disturbance) tremor, orthostatic hypotension, tachycardia. WEAR SUNBLOCK; USE CAUTION IN HOT WEATHER TO PREVENT HEATSTROKE.	
8:00 pm	Su Mo Tu We Th Fr	Simvastatin	cholesterol lowering agent	20 mg--1 tablet	daily at bedtime--8 pm	SE--stomach upset, bloating, constipation, gall stones. AVOID USE OF GRAPEFRUIT JUICE.	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Takamune, Lisa

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	Clopidogrel	anti platelet action; promotes heart and blood circulation	75 mg/tablet--dose is 1 tablet	daily in AM	SE--confusion, fatal intracranial bleeding, hypotension, hemorrhage, bronchospasm, respiratory tract bleeding, epistaxis, hematuria, dyspepsia, gastritis, ulcers AVOID USE OF GRAPEFRUIT OR GRAPEFRUIT JUICE. May take longer than usual to stop bleeding. REfrain from activities in which trauma and bleeding may occur. Notify if unusal bleeding or bruising occurs.	
9:00 am	Mo Tu We Th Fr Sa	Vitamin B-12	nutritional supplement	500 mg/tablet--dose is 1 tablet	daily after breakfast		
9:00 am	Mo Tu We Th Fr Sa	Vitamin C	nutritional supplement	500 mg/tablet--dose is 1 tablet	daily after breakfast		
6:00 pm	Su Mo Tu We Th Fr	L-Arginine	nutritional supplement for the heart	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Takamune, Lisa

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
9:00 pm	Su Mo Tu We Th Fr	Zioptan	glaucoma treatment	one drop both eyes	daily at bedtime	SE--headache, ocular stinging or irritation. DRUG COMES IN SINGLE USE CONTAINERS AND UNUSED PORTIONS MUST BE DISCARDED BECAUSE CONTAINERS DO NOT CONTAIN A PRESERVATIVE.	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Tani, Glenn Ricky

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
8:00 pm	Su Mo Tu We Th Fr	Celexa (Citalopram)	anti-anxiety--anti-depressant	40 mg/tablet--dose is 1 tablet	daily at bedtime	SE--somnolence, insomnia, anxiety, agitation, dizziness, paresthesia, tachycardia, orthostatic hypotension, dry mouth, nausea, diarrhea	
8:00 pm	Su Mo Tu We Th Fr	Cogentin (Benztropine)	antiparkinsonian, anticholinergic, anti-agitation	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.	
8:00 pm	Su Mo Tu We Th Fr	Seroquel (Quetiapine Fumarate)	anti-psychotic, anti-depressant, anti-anxiety	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.	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Verzani, Amanda

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
8:00 am	Mo Tu We Th Fr Sa	Trileptal (Oxcarbazepine)AM	anti-seizure	300 mg/tablet dose is 450 mg--1.5 tablets	daily in AM	there is a different dose for the bedtime dose. SE--sleepiness, abnormal gait, ataxia, dizziness, headache, abnormal vision, hypotension, abdominal pain, rash. Report signs of low sodium--nausea, malaise, headache, lethargy and confusion.	
9:00 pm	Su Mo Tu We Th Fr	Baclofen	anti-spasticity	10 mg/tab --dose is 2 tablets	daily at bedtime--9 pm	SE--sleepiness	
9:00 pm	Su Mo Tu We Th Fr	Trileptal(Oxcarbazepine)HS	anti-seizure	300 mg/tab-dose is 2 tabs at bedtime	daily at bedtime--9 pm	SE--drowsiness, abnormal gait, dizziness, headache, tremor, abdominal pain, nausea, vomiting, rash, acne, bruising	
as needed	Su Mo Tu We Th Fr Sa	Neosporin	topical antibiotic ointment	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	
as needed	as needed	Tylenol Extra Strength	500 mg--1 tablet	1 tablet	as needed for headache, injury, menstrual cramp		

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Visitacion, Dana

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
8:00 am	Mo Tu We Th Fr Sa	Bupirone AM	anti-anxiety	5 mg/tab--dose is 3 tabs or 15 mg	daily in AM. (there is a different dose in PM)	different dose for evening dose. SE--dizziness, drowsiness, headache, nervousness, insomnia, light-headedness, fatigue, tachycardia, blurred vision, dry mouth. Do not use grapefruit juice.	
8:00 am	Mo Tu We Th Fr Sa	Claritin (Non-Drowsy Allergy Relief)	seasonal allergies	10mg--1 tablet	once daily in am	Se--headache, sleepiness, drowsiness, fatigue, nervousness, stomach pain	
8:00 am	Mo Tu We Th Fr Sa	Fluvoxamine Maleate	antidepressant	50mg/tab--dose is 100 mg or 2 tabs	once daily in morning	SE--dizziness, drowsiness, suicidal ideation	
8:00 am	Mo Tu We Th Fr Sa	Jolessa	regulate menstrual cycles	0.15-0.03 mg/1 tab dose is 1 tab	once daily in morning	SE--gastrointestinal symptoms, bleeding/spoitting, fluid retention, mood changes	
9:00 am	Mo Tu We Th Fr Sa	Multi- Vitamin	nutritional supplement	1 tablet	once daily in morning		
9:00 am	Mo Tu We Th Fr Sa	Vitamin C	nutritional supplement	1000 mg/tab--dose is 1 tablet	once daily in morning		

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Visitacion, Dana

JEMS Special Camp 2019

Page 2

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 pm	Su Mo Tu We Th Fr	Buspirone PM	anti-anxiety	5 mg/tablet--dose is 1 tablet or 5 mg	daily at pm--one hour before bedtime	SE--dizziness, drowsiness, headache, nervousness, insomnia, lightheadedness, dry mouth, rash	
8:00 pm	Su Mo Tu We Th Fr	Guanfacine	anti-hypertensive	1 mg/tab--dose is 1 tab	once daily in evening	SE--dizziness, lightheadedness, drowsiness, dry mouth, loss of appetite. Give evening medication one hour before bedtime.	
8:00 pm	Su Mo Tu We Th Fr	Melatonin	promote sleep	3 mg/1 tab and 5 mg/1 tab--dose is 1 tab of each for total of 8 mg total	once daily in the evening	evening medications are taken one hour before bedtime	
8:00 pm	Su Mo Tu We Th Fr	Nortriptyline	anti-depressant and to promote sleep	10 mg/capsule. dose is 40 mg or 4 capsules	once daily in evening	SE--nausea, drowsiness, weakness, tiredness, excitement, anxiety, changes in appetite. Evening medications are taken one hour before bedtime	
8:00 pm	Su Mo Tu We Th Fr	Theanine	amino acid	100 mg/tab--dose is 1 tab	once daily in evening	evening meds are taken one hour before bedtime	
as needed	Su Mo Tu We Th Fr Sa	Benadryl	seasonal allergies/common cold symptoms	25 mg/tab--dose is 2 tabs or 50 mg	as needed for seasonal allergy symptoms	SE--drowsiness, dry mouth, nausea	
as needed	Su Mo Tu We Th Fr Sa	Ibuprofen	relief of headache or mild pain	200 mg/tab--dose is 1 tab	as needed for headache or mild pain--1 tab every 4 hrs if needed	give with food.	

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)

Guardian Signature Sheet

Wang, Rebecca

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
8:00 am	Fr	Alendronate Sodium	promotes bone health	70 mg/tablet--dose is 1 tablet	once per week on Friday morning, 30 minutes before breakfast	DO NOT ALLOW TO LIE DOWN FOR 30 MINUTES AFTER TAKING DRUG AND UNTIL AFTER FIRST FOOD OF THE DAY. GIVE DRUG WITH AT LEAST 6-8 OZ OF WATER BEFORE FIRST FOOD OR DRINK OF THE DAY TO FACILITATE DELIVERY TO THE STOMACH. SE--abdominal pain, nausea, dyspepsia, constipation, diarrhea, esophageal ulcer, vomiting, dysphagia	
9:00 am	Mo Tu We Th Fr Sa	Areds 2 Eye Vitamin	nutritional supplement for eyes	1 tablet	twice daily with morning meal and dinner meal		
9:00 am	Mo Tu We Th Fr Sa	Calcium Gummies	nutritional supplement to promote bone health	1 gummy	daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Flax Seed Oil	nutritional supplement for heart health	1400 mg/tablet dose is 1 tablet	daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Move Free	nutritional supplement to promote joint health	1 tablet	once daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	One a Day for Women	nutritional supplement multivitamin	1 tablet	once daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Vitamin D3	nutritional supplement	2000 IU/tablet--dose is 1 tablet	once daily in the morning		

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Guardian Signature Sheet

Wang, Rebecca

JEMS Special Camp 2019

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

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
6:00 pm	Su Mo Tu We Th Fr	Areds 2 Eye Vitamin	nutritional supplement for eyes	1 tablet	twice daily with morning meal and dinner meal		
6:00 pm	Su Mo Tu We Th Fr	Citracal Calcium Citrate	nutritional supplement to promote bone health	630 mg/tablet--dose is 1 tablet	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Digestive Advantage	nutritional supplement to promote digestive health	1 gummy	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Vitamin B-12	nutritional supplement fort energy health	1000 mg/tablet--dose is 1 tablet	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Vitamin C	nutritional supplement	500 mg/tablet--dose is 1 tablet	once daily in the evening		

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

signed: _____ relationship to camper: _____ date: _____

2019-06-01,10:00am(PDT)