

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		

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: _____