

## LA Bus Meds Schedule

Sunday, 2019-06-30

JEMS Special Camp 2019

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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>
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	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		

2019-06-13

<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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Sunday, 2019-06-30

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Time	Camper	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
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, abdominal pain, constipation, 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	Benzotropine (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		

2019-06-13

<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	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		

2019-06-13

<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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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		

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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		
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		

## LA Bus Meds Schedule

Saturday, 2019-07-06

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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>
12 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		

2019-06-13



<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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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, abdominal pain, constipation, 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, 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		
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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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, somnolence, dystonia, headache, insomnia, agitation, anxiety, pain, tachycardia, orthostatic hypotension	mood stabilizer--anti-psychotic		
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	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		

## LA Bus Meds Schedule

As Needed

JEMS Special Camp 2019

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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	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		

2019-06-13