

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Atenolol	25 mg/tab--dose is 1 tab	twice daily	SE--dizziness, bradycardia, hypotension, heart failure, intermittent claudication, bronchospasm	anti-hypertensive
8:00 am	CVS Stool softener	250 mg/capsule--dose is 1 capsule	twice daily		stool softener
8:00 am	Hydrocodone (Norco)	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	relief of pain
8:00 am	Lamictal (Lamotrigine)	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.	seizure control
8:00 am	Potassium Citrate ER	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.	prevent kidney stones
8:00 am	Pravastatin	20 mg/tab--dose is 1 tablet	daily in am	SE--dizziness, fatigue, headache, chest pain, rhinitis, nausea, abdominal pain, constipation, myopathy, rhabdomyolysis	cholesterol lowering agent
8:00 am	Zonegran (Zonisamide) cap	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.	seizure control

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
12:00 noon	Hydrocodone (Norco)	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	relief of pain
12:00 noon	Lamictal (Lamotrigine)	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.	seizure control
12:00 noon	Oyster, Calcium and D supplement	500/200mg/tab--dose is 1 tablet	daily at noon		nutritional supplement
12:00 noon	Potassium Citrate ER	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.	prevent kidney stones
12:00 noon	Zonegran (Zonisamide) cap	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.	seizure control

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
4:00 pm	CVS Stool softener	250 mg/capsule--dose is 1 capsule	twice daily		stool softener
4:00 pm	Hydrocodone (Norco)	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	relief of pain
4:00 pm	Lamictal (Lamotrigine)	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.	seizure control
4:00 pm	Potassium Citrate ER	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.	prevent kidney stones
4:00 pm	Zonegran (Zonisamide) cap	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.	seizure control

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 pm	Allerclear Loratadine	10mg/tab--dose is 1 tablet	daily at bedtime		allergy relief, antihistamine, itchy or allergic skin reaction
9:00 pm	Atenolol	25 mg/tab--dose is 1 tab	twice daily	SE--dizziness, bradycardia, hypotension, heart failure, intermittent claudication, bronchospasm	anti-hypertensive
9:00 pm	Hydrocodone / Acetaminophen -BEDTIME	5/325 mg/tab--dose is 2 TABLETS	daily at bedtime	SE--dizziness, nausea, vomiting, constipation, hypotension	pain relief
9:00 pm	Lamictal Bedtime	200 mg/tab--dose is 3 tablets	daily at bedtime--9 pm	SE--nausea, dizziness, confusion, rash. DO NOT TAKE ON AN EMPTY STOMACH.	seizure control
9:00 pm	Zonegran (Zonisamide) Bedtime	100 mg/cap--dose is 3 capsules	daily at bedtime--9 pm	SE--nausea, dizziness, confusion	seizure control

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Gabapentin	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	relief of neuropathic pain
2:00 pm	Gabapentin	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	relief of neuropathic pain
9:00 pm	Gabapentin	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	relief of neuropathic pain

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	Valsartan	160 mg/tab--dose is 1 tablet	once daily after breakfast	SE--dizziness, headache insomnia, fatigue, vertigo, hypotension	anti-hypertensive

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	Levonorgestrel/estradiol	0.15-0.03 mg/1 tab dose is 1 tab	daily in AM	SE--nausea, vomiting headache, stomach cramping, dizziness	to control menses
9:00 am	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	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
as needed	Acetaminophen	500 mg--1 tablet	as needed every 4 hrs for pain; do not exceed 5 doses in 24 hrs.		mild pain relief

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Cytomel	5 mcg/tablet--dose is 2 tablets	daily in morning	SE--chest pain, irregular pulse, leg cramps, excessive sweating, sensitivity to heat, vomiting, nervousness	Treatment for Hashimoto's hypothyroiditis
8:00 am	Kristalose	20 mg/packet--dose is 1 packet	twice daily--breakfast and dinner	Mix with liquid.	reduce constipation
8:00 am	Lorazepam (Ativan) AM	1 mg/tablet--dose is 3 tablets	daily in AM	SE--drowsiness, amnesia, agitation, dizziness, weakness, unsteadiness, disorientation, hypotension, visual disturbance	anti anxiety
8:00 am	Synthroid	88 mcg/tablet --dose is 1 tablet	daily in am on MWTHSAT	SE--insomnia, tremor, headache, tachycardia, arrhythmias	Hashimoto's hypothyroiditis--thyroid hormone replacement
8:00 am	Synthroid 1/2 tab Tu, Fri.	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	Hashimoto's hypothyroiditis
6:00 pm	Kristalose	20 mg/packet--dose is 1 packet	twice daily--breakfast and dinner	Mix with liquid.	reduce constipation

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
9:00 pm	Latuda	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.	relief of Kleefstra behavioral symptoms; anti-psychotic
9:00 pm	Lorazepam BEDTIME	1 mg/tab--dose is 1 tablet	daily at bedtime	SE--drowsiness, amnesia, agitation, dizziness, weakness, unsteadiness, disorientation, hypotension, visual disturbance	anti-anxiety
9:00 pm	Myrbetriq	50 mg/tab--dose is 1 tablet	daily at bedtime	DO NOT CRUSH OR DIVIDE TABLETS. SE--headache, fatigue, dizziness, hypertension, dry mouth, constipation	bladder antispasmodic
9:00 pm	Trader Joe's OTC Folic Acid/B6/B12	1 tablet	daily at bedtime		nutritional supplement

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
as needed	Xyzal	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;	treatment for sinus allergies

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
as needed	Diphenhydramine	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	allergy relief, antihistamine, itchy or allergic skin reaction

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	Docusate Sodium	250 mg/capsule--dose is 1 capsule	twice daily		stool softener
6:00 pm	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	Docusate Sodium	250 mg/capsule--dose is 1 capsule	twice daily		stool softener
as needed	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

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
as needed	Chlorpheniramine	4 mg--1 tablet	as needed every 4 hrs for allergy symptoms--1 tablet	drowsiness, impaired motor function, dry mouth, blurred vision	seasonal allergies

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Lamotrigine	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, somnolnce, seizures, anxiety, decreased memory, blurred vision, AVOID EXCESSIVE SUN EXPOSURE. Report headache, fever, neck stiffness, rash, confusion	seizure control
8:00 am	Levothyroxine	50 mcg--1 tablet	daily in the morning	SE--insomnia, tremor, headache, anxiety, palpitations	thyroid hormone replacement
5:00 pm	Lamotrigine	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, somnolnce, seizures, anxiety, decreased memory, blurred vision, AVOID EXCESSIVE SUN EXPOSURE. Report headache, fever, neck stiffness, rash, confusion	seizure control

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	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
8:00 am	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
8:00 am	Oyster Shell 500 Vitamin D3 200	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		nutritional supplement
8:00 am	RisperidoneAM	2 mg/tablet--dose is 1 tablet	daily in AM	SE--drowsiness, akathisia, dystonia, headache, insomnia, agitation, anxiety, tachycardia, orthostatic hypotension	mood stabilizer--anti-psychotic
8:00 am	Thera-M	1 tablet	daily in am		nutritional supplement

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
5:00 pm	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	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	Oyster Shell 500 Vitamin D3 200	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		nutritional supplement
5:00 pm	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

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 pm	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	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	Oyster Shell 500 Vitamin D3 200	1 tablet	three times daily-- 8 am, 5 pm, 9 pm		nutritional supplement
9:00 pm	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	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

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	Claritin Reditabs	10 mg/tablet--dose is 1 tablet	once daily at breakfast	SE--insomnia, dry mouth, headache, somnolence, nervousness, dizziness, fatigue	control of seasonal allergies
6:00 pm	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
as needed	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

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
8:00 am	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
8:00 am	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
8:00 am	Fiber Pill	625 mg/tablet--dose is 1 tablet	twice daily--8 am and 6 pm		promote bowel regularity
8:00 am	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
8:00 am	Oyster Calcium	500 mg/tablet--dose is 1 tablet	twice daily -- 8 am and 6 pm		nutritional supplement
8:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in am		nutritional supplement
2:00 pm	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

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
6:00 pm	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	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	Fiber Pill	625 mg/tablet--dose is 1 tablet	twice daily--8 am and 6 pm		promote bowel regularity
6:00 pm	Oyster Calcium	500 mg/tablet--dose is 1 tablet	twice daily -- 8 am and 6 pm		nutritional supplement
9:00 pm	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	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

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Lomotil--EVEN days	2.5 mg/tab --dose is 1 tablet	three times daily		anti-diarrhea
8:00 am	Lomotil --ODD Days	2.5 mg/tab --dose is 1 tablet	twice daily	Odd days--twice daily dosing	anti-diarrhea
8:00 am	Omeprazole	20 mg/capsule--dose is 1 capsule	daily in am	SE--asthenia, dizziness, headache, abdominal pain, constipation, flatulence, nausea, rash	control heartburn
8:00 am	Risperidone	0.5 mg/tab---1 tablet	twice daily	SE--akathisia, somnolence, dystonia, headache, insomnia, agitation, anxiety, tachycardia, constipation	control of stimulatory behaviors
12:00 noon	Lomotil--EVEN days	2.5 mg/tab --dose is 1 tablet	three times daily		anti-diarrhea
5:00 pm	Lomotil--EVEN days	2.5 mg/tab --dose is 1 tablet	three times daily		anti-diarrhea
5:00 pm	Lomotil --ODD Days	2.5 mg/tab --dose is 1 tablet	twice daily	Odd days--twice daily dosing	anti-diarrhea
8:00 pm	Montelukast (generic for Singular)	10 mg/tab--1 tablet	once daily at bedtime	SE--headache, asthenia, dizziness, fatigue, conjunctivitis	seasonal allergy control
8:00 pm	Risperidone	0.5 mg/tab---1 tablet	twice daily	SE--akathisia, somnolence, dystonia, headache, insomnia, agitation, anxiety, tachycardia, constipation	control of stimulatory behaviors

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
as needed	Lomotil	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	control diarrhea

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	amphetamine salts	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	treatment for ADHD
9:00 am	Oxybutynin	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	urinary antispasmodic
12:00 noon	amphetamine salts	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	treatment for ADHD

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
6:00 pm	Cephalexin Oral Suspension	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.	antibiotic for prevention of bladder infection
6:00 pm	Escitalopram Oxalate (Lexapro) oral solution	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, EXCESSIVE SWEATING, SHIVERING, SHAKING, DIARRHEA, LOSS OF COORDINATION.	antidepressant; treatment for generalized anxiety disorder
6:00 pm	Oxybutynin	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	urinary antispasmodic

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
8:00 am	Buspirone	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.	anti-anxiety
8:00 am	Citalopram HBR (Celexa)	40 mg--1 tablet	once daily--8 am	SE-nausea, dry mouth, loss of appetite, fatigue, drowsiness, sweating, blurred vision, yawning	anti-depressant
8:00 am	Lisinopril	10 mg--1 tablet	daily in the morning--8 am	SE--dizziness, lightheadedness, fatigue, headache, dry cough.	treat high blood pressure
8:00 am	Metformin	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	controls high blood sugar
8:00 am	RisperidoneAM	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.	treatment of mental/mood disorder

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
5:00 pm	Buspirone	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.	anti-anxiety
5:00 pm	Metformin	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	controls high blood sugar
8:00 pm	Loratadine	10 mg--1 tablet	daily in the evening--8 pm	SE--drowsiness, impaired motor function, blurred vision, constipation, dry mouth and dry throat	relief of seasonal allergies
8:00 pm	Risperidone PM dose	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.	treatment of mental/mood disorder
8:00 pm	Simvastatin	20 mg--1 tablet	daily at bedtime--8 pm	SE--stomach upset, bloating, constipation, gall stones. AVOID USE OF GRAPEFRUIT JUICE.	cholesterol lowering agent

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
9:00 am	Clopidogrel	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 unusual bleeding or bruising occurs.	anti platelet action; promotes heart and blood circulation
9:00 pm	Zioptan	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.	glaucoma treatment

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 pm	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	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	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

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Trileptal (Oxcarbazepine)AM	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.	anti-seizure
9:00 pm	Baclofen	10 mg/tab --dose is 2 tablets	daily at bedtime--9 pm	SE--sleepiness	anti-spasticity
9:00 pm	Trileptal(Oxcarbazepine)HS	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	anti-seizure
as needed	Tylenol Extra Strength	1 tablet	as needed for headache, injury, menstrual cramp		500 mg--1 tablet

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Buspirone AM	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.	anti-anxiety
8:00 am	Claritin (Non-Drowsy Allergy Relief)	10mg--1 tablet	once daily in am	Se--headache, sleepiness, drowsiness, fatigue, nervousness, stomach pain	seasonal allergies
8:00 am	Fluvoxamine Maleate	50mg/tab--dose is 100 mg or 2 tabs	once daily in morning	SE--dizziness, drowsiness, suicidal ideation	antidepressant
8:00 am	Jolessa	0.15-0.03 mg/1 tab dose is 1 tab	once daily in morning	SE--gastrointestinal symptoms, bleeding/spoitting, fluid retention, mood changes	regulate menstrual cycles

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

Time	Medication	Dosage	Frequency	Special Instructions	Purpose
8:00 pm	Buspirone PM	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	anti-anxiety
8:00 pm	Guanfacine	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.	anti-hypertensive
8:00 pm	Melatonin	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	promote sleep
8:00 pm	Nortriptyline	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	anti-depressant and to promote sleep
8:00 pm	Theanine	100 mg/tab--dose is 1 tab	once daily in evening	evening meds are taken one hour before bedtime	amino acid
as needed	Benadryl	25 mg/tab--dose is 2 tabs or 50 mg	as needed for seasonal allergy symptoms	SE--drowsiness, dry mouth, nausea	seasonal allergies/common cold symptoms
as needed	Ibuprofen	200 mg/tab--dose is 1 tab	as needed for headache or mild pain--1 tab every 4 hrs if needed	give with food.	relief of headache or mild pain

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.

Camper is to be taken to the Health Supervisor every day at the following times for medication administration:

<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>
8:00 am	Alendronate Sodium	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	promotes bone health

IMPORTANT:

- For any camper care health issue requiring immediate attention, contact Lisa Hirano by cell phone at (408) 981-7282.
- Return this form to Health Supervisor Eiko Kanzaki at the end of camp.