



What You Need to Know about Comfort Medications

Instructions for Agrace Patients and their Family/Caregivers

- The medicines in this packet treat some very common symptoms you may feel. Agrace has ordered them for you in advance, so you don't have to wait long to get comfort if you have these symptoms.
- Your Agrace nurse will show you how to use the enclosed medication syringes. The syringes are used to measure liquid medicines in metric units (milliliters or "mL").
- Your nurse has placed a round, colored sticker on each container of medicine. Look inside this booklet for color-coded information about each medicine.
- Each time you take any of these medicines, make a note on your medication log sheet (see inside).
- **CAUTION!** If you drink alcohol while using these medicines, any dizziness or drowsiness may get worse.



**Please call
an Agrace nurse
before using these
medicines for
the first time:
1-800-553-4289**



For pain or trouble breathing, try morphine sulfate

- **How to say it:** MORE-feen SUL-fate
- **How to take it:** Your nurse will show you how to take morphine and will offer ideas for how to take it if you have trouble swallowing.
- **Common side effects:** Dizziness, drowsiness, nausea, itching and constipation. Most side effects (except constipation) go away after a few days.*

NOTES:

Substitute/alternate medicine: _____



For anxiety, restlessness or nausea, try lorazepam

- **How to say it:** lor-A-ze-pam
- **Also called:** Ativan (AT-uh-van)
- **How to take it:** Swallow pill by mouth.
- **If you cannot swallow whole pills,** your nurse will show you how to crush your pill and dissolve it in a small amount (0.5 mL or 1/8 teaspoon) of water. Place the crushed medicine inside your cheek or under your tongue.
- **Common side effects:** Fatigue (tiredness), drowsiness and dizziness.*

NOTES:



For noisy or wet breathing, try hyoscyamine

- **How to say it:** hye-oh-SYE-a-meem
- **Also called:** Levsin
- **How to take it:** Place pill inside your cheek or under your tongue, where it will dissolve.
- **Common side effects:** Drowsiness, dizziness, headache and dry mouth.*

NOTES:



For severe confusion or nausea, try haloperidol (liquid)

- **How to say it:** hallo-PERRY-doll
- **Also called:** Haldol (HAL-doll)
- **How to take it:** Swallow it, or place it inside your cheek or under your tongue if you have trouble swallowing.
- **Common side effects:** Dizziness, restless movement, headache, blurred vision, dry mouth and decreased urination.*

NOTES:

* Anytime you have concerns about these symptoms, medicines or their side effects, please call Agrace.

SAMPLE Comfort Medication Log

Date	Time	Symptom	Medication	Dose	Result
4/10	1:30 PM	7 out of 10 leg pain	Morphine	2.5 mL	Pain went down to 3 out of 10 at 2:30 PM
4/11	4:55 AM	Anxiety	Lorazepam	0.5 mg	Sleeping at 5:45 AM
5/14	8:00 AM	Nausea	Haldol	0.5 mg / 0.25 mL	Resting comfortably at 9:15 AM
5/19	4:00 PM	Wet breathing	Hyoscyamine	0.125 mg	Doesn't seem better at 5:00 PM, called Agrace nurse



Comfort Medication Log

Record the details each time you take (or caregivers give) a dose of any of these comfort medications.

You can find tips for relieving common side effects in your Agrace Patient & Family Care Handbook, in the green Patient Support section. In that section, you will also find step-by-step directions for crushing medications.



Date	Time	Symptom	Medication	Dose	Result

Comfort Medication Log *Continued*



Date	Time	Symptom	Medication	Dose	Result