Tidewater Orthopaedics
*Specialized Care You Can Trust*

# Sample Medication Schedule

| Scheduled Medication | Date | Date | Date | Date | Date | Date | Date |
|---|---|---|---|---|---|---|---|
| **Aspirin** 81mg twice a day for 35 days – Blood Thinner | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] |
| **Omnicef (cefdinir)** 300mg twice a day for 10 days - Antibiotic | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] | 7am [ ]<br>7pm [ ] |
| **Mobic (meloxicam)** 15mg once a day for 30 days – Anti-inflammatory | 7am [ ] | 7am [ ] | 7am [ ] | 7am [ ] | 7am [ ] | 7am [ ] | 7am [ ] |
| **Tylenol (acetaminophen)** 1000mg three times a day for ten days, and then as needed after ten days – pain medication | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] |

| As Needed Medication | Date | Date | Date | Date | Date | Date | Date |
|---|---|---|---|---|---|---|---|
| **Ultram (tramadol)** 50mg three times per day AS NEEDED for mild to moderate pain | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] |
| **Roxicodone (oxycodone)** 5mg every six hours AS NEEDED for severe pain | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] | 7am [ ]<br>1pm [ ]<br>7pm [ ]<br>1am [ ] |
| **Zofran (ondansetron)** 4mg one to three times a day AS NEEDED for nausea | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] |
| **Colace (docusate sodium)** 100mg one to three times a day AS NEEDED for constipation | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] | 6am [ ]<br>2pm [ ]<br>10pm [ ] |

*You may be on a different blood thinner than aspirin. Follow instructions on the bottle if so.
*You may be on a different antibiotic than Cefdinir. Follow the instructions on the bottle if so.
*You may not be prescribed Meloxicam depending on your ability to take anti-inflammatories.
*You may not be prescribed Tylenol (acetaminophen) if you have liver issues.
*Times are just suggestions and you may adjust them according to what works best for you.