



ADVICE ABOUT SELF-MEDICATION AFTER DELIVERY

What you need to know

Self-medication after delivery means that you self-administer the medication in the kit (bag) that was given to you.

The nursing staff gave you explanations and a form for keeping track of your doses; you can contact them at any time for help with understanding and managing your medication.

Safety precautions

- Safely store all medications and keep out of reach of children and visitors.
- Do not give your medication to anyone else; this medication is reserved for your personal use.
- Do not take any medication other than that given to you by the hospital staff. Inform the staff of any special needs you may have.

Here is a description of each medication, their administration routes, and their main side effects.

Acetaminophen 500 mg

Description

This medication is an analgesic (pain killer) used to relieve minor pain. It takes effect within one hour.

Instructions for use

- Take 1-2 tablets every 6 hours, as needed.
- Take with or without food.
- Maximum: 8 tablets per day.

If you are allergic to acetaminophen, do not use this medication and inform the nursing staff.



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If you are allergic to Aspirin, Naproxen, or another anti-inflammatory (e.g., Anaprox, Aleve, Advil, or Motrin), do not use this medication and inform the nursing staff.

Naproxen 500 mg

Description

This medication is an anti-inflammatory used to relieve moderate pain and inflammation, as well as pain caused by uterine contractions after delivery. It takes effect within one hour.

Instructions for use

- Take 1 tablet twice a day (approximately every 12 hours), as needed.
- Take with food.
- Maximum: 2 tablets per day.

Possible side effects

- Heartburn, nausea, drowsiness.

If the heartburn or nausea persists, inform the nursing staff.

If you are allergic to hydrocortisone or to another topical corticosteroid, do not use this medication and inform the nursing staff.

Hydrocortisone 0.5%/zinc sulfate ointment

Description

This medication contains a topical anti-inflammatory belonging to the cortisone family. It is used to relieve pain and itching caused by hemorrhoids. It takes effect within 15 minutes.

Instructions for use

- Apply on external hemorrhoids or in the rectum:
 - wash your hands well;
 - thoroughly clean the area to be treated;
 - apply a small amount of the product;
 - if you need to apply the product in the rectum, place the applicator on the tube, insert the applicator in the rectum, and gently squeeze the tube;
 - wash your hands after use.
- Use regularly twice a day. You can reapply after each bowel movement. Maximum: a total of 4 applications per day.

Possible side effects

- Irritation at the application site, tingling on application.



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What you need to know

If you are allergic to lidocaine, do not use this medication and inform the nursing staff.

Lidocaine 5% ointment

Description

This medication contains a topical anesthetic that numbs the skin to relieve the pain caused by an episiotomy or perineal tears. It takes effect in less than 5 minutes.

Instructions for use

- Apply to the perineum no more than 4 times per day, as needed:
 - wash your hands well;
 - thoroughly clean the area to be treated;
 - apply a small amount of the product;
 - wash your hands after use.

Possible side effects

- Irritation at the application site.
If the pain or irritation increases after using lidocaine, discontinue using the product and inform the nursing staff.

If you are allergic to polyethylene glycol, do not use this medication and let the nursing staff know. If you experience diarrhea, stop using it.

Polyethylene glycol (PEG 3350) 17 g

Description

This medication is indicated as a laxative for the treatment of occasional constipation. It is an osmotic agent that helps retain water in stool. It could take 2-4 days (48-96 hours) for a bowel movement to occur.

Instructions for use

- The usual dose is 17 g (approximately one heaping tablespoon or single-dose packet) of powder per day only if constipated (or as prescribed by your doctor), stirred until completely dissolved in a glass or cup (250 ml) of water, juice, soft drink, coffee or tea.

Possible side effects

- Nausea, feeling of fullness, cramps, diarrhea, gas.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.