

Date:								
	Morning	Mid Morning	Lunch Time	Afternoon	Dinner Time	Evening	Bed Time	Other
Daily Medications:								
Naproxen 500mg (1 tab BID x 4 wks) take with food								
Omeprazole 20mg, (1 tab x 1 month)								
Aspirin 81 mg, (1 tab BID x 4 wks) take with food								
Doxycycline 100 mg BID								
Tylenol 500 mg (2 tabs every 6 hrs prn)								
Polar Care (as often as possible or 30 min QID)								
Stationary Bike or CPM (2hrs per day)								
Pain and PRN:								
Tramadol 50 mg every 8 hours for pain								
Oxycodone 5 mg every 6-8 hours for pain								
Senna-S, (1 tab prn) (for constipation)								
Ondansetron (1 tab every 6 hrs for nausea)								
Other MD Instructions:								