Commonly Prescribed Classes of Medications

**Analgesic**

Commonly prescribed: OxyContin, Roxicodone, Oxecta (Oxycodone); Vicodin (hydrocodone and acetaminophen); Percocet (oxycodone and acetaminophen); Darvocet (propoxyphene and acetaminophen)

Common OTC: Aleve, Anaprox, Naprosyn (naproxen); Advil, Dolgesic, Motrin, (ibuprofen); Tylenol (acetaminophen)

Possible side effects:
- Anxiety, dizziness, drowsiness, headache, nervousness, insomnia
- Indigestion, nausea, and vomiting, constipation or diarrhea, abdominal bleeding, stomach ulcer
- Fatigue, weakness; inability to give accurate feedback regarding pressure, temperature, pain

**Anti-Alzheimer**

Commonly prescribed: Aricept (donepezil): oral; Exelon (rivastigmine): transdermal

Possible side effects:
- Headache, dizziness, confusion
- Nausea, constipation or diarrhea; loss of appetite

**Antianginal**

Indications: Angina pectoris

Commonly prescribed: Nitrogard; Nitro-Dur; Nitrol (all: nitroglycerine, sublingual)

Possible side effects
- Headache, nausea, tachycardia can occur

**Antianxiety; tranquilizer**

Commonly prescribed: Ativan (lorazepam); Lexapro (escitalopram); Paxil (paroxetine)

Possible side effects:
- Insomnia, fatigue, dizziness, sweating
- Nausea, dry mouth, constipation
- Serious side effects may include lack of concentration, confusion, thoughts of suicide
- For medication-related constipation, offer abdominal massage
**Antiarrhythmic**

Commonly prescribed: Cardizem (diltiazem); Lanoxin (digoxin); Lopressor (metoprolol)

Possible side effects:
- Worsening of arrhythmia symptoms, or chest pain
- Dizziness, lightheadedness or fainting, blurred vision
- Coughing, shortness of breath
- Diarrhea or constipation, loss of appetite; metallic taste in the mouth
- Swelling in the legs, feet; photosensitivity

**Antibiotic; antibacterial**

Commonly prescribed: Augmentin (amoxicillin-clavulanate); Cipro (ciprofloxacin; Keflex (cefalexin); Levaquin (levofloxacin)

Possible side effects:
- Hives or other rash, skin hypersensitivity; vaginal candidiasis in women
- Nausea, constipation, vomiting, diarrhea; dizziness, insomnia, agitation

**Anticholinergic; antispasmodic**

Commonly prescribed: Combivent (ipratropium bromide); albuterol sulfate; Symbicort (budesonide/formoterol)

Possible side effects:
- Constipation, dry mouth, nausea, vomiting; difficulty swallowing, urinating
- Blurred vision, decreased perspiration, headache

**Anticoagulant; blood thinner**

Commonly prescribed: Coumadin (warfarin); Pradaxa (dabigatran etexilate mesylate)

Possible side effects:
- Easy bruising, jaundice, skin rash
- Nausea, vomiting, diarrhea, mouth sores
- Headache, fever
- Excessive menstrual bleeding; hemorrhage, from excessive dosage
Antidepressant; SSRI; MAO inhibitor

Commonly prescribed: Elavil (amitriptyline), Abilify (aripiprazole), Cymbalta (duloxetine), and Paxil (paroxetine).

Possible side effects:
- Insomnia; anxiety, restlessness
- Dizziness, tremor; sweating, fatigue
- Nausea, diarrhea or constipation, weight gain

Antidiabetic; insulin

Commonly prescribed oral antidiabetics for Type II diabetes: Metformin (glucophage); Glipizide (glucotrol)

Commonly prescribed insulin for Type I diabetes: Humalog (insulin lispro); Lantus (insulin glargine)

Possible side effects:
- Usually well tolerated; incidents of hypoglycemia may occur

Antidiarrheal

Commonly prescribed: Lomotil; paregoric oral

Possible side effects:
- Abdominal pain, nausea, vomiting, constipation

Antihypertensive

Commonly prescribed: ACE inhibitors: Accupril (quinapril); Lotensin (benazepril); Vasotec (enalapril); Calcium channel blockers: Cardizem (diltiazem), Procardia, (nifedipine); Norvasc (amlodipine); Beta blockers: Coreg (carvedilol), Lopressor (metoprolol), and Inderal (propranolol)

Possible side effects:
- Easy bruising, rash; swelling of feet, lower legs
- Dizziness or lightheadedness, fatigue; chilly hands, feet; headache, nightmares, insomnia
- Episodes of arrhythmia, chest pain, hypotension
- Heartburn, vomiting, diarrhea or constipation; sudden weight gain
- Shortness of breath, wheezing, difficulty breathing
- Rarely, a beta blocker can cause hyperglycemia or hypoglycemia, or may mask hypoglycemia symptoms
Antiinflammatory; NSAID; corticosteroid

Commonly prescribed steroidal antiinflammatories (corticosteroids): Flonase (fluticasone); Deltasone (prednisone); Medrol (methylprednisolone). Commonly prescribed non-steroidal antiinflammatories (NSAIDS): Naprosyn (naproxen)

Possible side effects:

**Prescribed or over-the-counter NSAID (non-steroidal antiinflammatory drug):**

- Headache, drowsiness and fatigue, upset stomach, nausea, and diarrhea or constipation. Long term use may damage the gastrointestinal tract, increase risk for heart attack

**Short term use of an oral corticosteroid antiinflammatory:**

- Abnormal hair growth, skin eruptions, insomnia, increased risk for infection, delayed healing

**Long term use (for more than two weeks) of a corticosteroid antiinflammatory:**

- Hypertension, edema, increased risk for blood clot, muscle weakness, osteoporosis

**Inhaled corticosteroid antiinflammatory:**

- Usually free of side-effects when used properly, although for some people, restlessness or nervousness can be a temporary side effect

**Injected corticosteroid antiinflammatory:**

- Temporary redness at the injection site
- Following repeated injections, significant, systemic side effects such as abnormal hair growth, skin eruptions, insomnia, increased risk for infection, delayed healing, hypertension, edema, increased risk for blood clot, muscle weakness, osteoporosis can occur

Antimigraine; triptan

Commonly prescribed: Alsuma or Imitrex (sumatriptan); Zomig (zolmitriptan)

Possible side effects:

- Arrhythmia, heart attack
- Dizziness, drowsiness, or fatigue, disruption of thermoregulation, other sensory disturbances
- Nausea, diarrhea, or vomiting
- Muscle weakness; nasal, throat, mouth, or jaw discomfort
Antinausea; antiemetic

Commonly prescribed: Antivert (meclizine); Ativan (lorazepam); Deltasone (prednisone)

Possible side effects:
- Headache, agitation, facial flushing, fatigue or drowsiness, muscle tightness or spasm
- Diarrhea or constipation
- Unmonitored use of certain antinausea drugs may increase risk for addiction

Antiosteoporosis; bisphosphonate; bone resorption inhibitor

Commonly prescribed: Actonel (risedronate); Fosamax (alendronate); Reclast (zoledronic acid)

Possible side effects:
- Hypertension, chest pain, joint, spine and muscle pain, bursitis
- Abdominal pain, gastritis, diarrhea or constipation
- Rare side effects include tissue necrosis in the mandible, or spontaneous fracture of the femur

Antiplatelet; antithrombotic

Commonly prescribed: Plavix (clopidogrel)

Possible side effects:
- Fever, chills or sore throat
- Dizziness, severe headache, tinnitus
- Difficulty swallowing, severe stomach pain, swelling of face or hands
- Labored breathing, wheezing or chest tightness
- A serious side effect is unusual bleeding, such as blood in the urine or stools, nosebleeds, unusual bruising, heavy bleeding from cuts, black tarry stools, coughing up of blood, vomit that looks like coffee grounds, and for women, unusually heavy menstrual bleeding or unexpected vaginal bleeding

Antipsychotic; antimanic

Commonly prescribed: Risperdal (risperidone); Seroquel (quetiapine); Zyprexa (olanzapine); lithium carbonate

Possible side effects:
- Itching or rash, or swelling of the face, throat, or extremities
- Loss of coordination, changes in vision, slurred speech, blackouts, seizure or hallucination
- Changes in heart rate
- Excessive thirst, frequent urination

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**Antiseizure; anticonvulsant**

Commonly prescribed: Ativan (lorazepam); Depakote (ivalproex); Dilantin, (phenytoin); Neurontin (gabapentin); Lyrica (pregabalin)

Possible side effects:
- Skin rash, weight gain
- Fatigue, dizziness, loss of coordination
- Increased risk for osteoporosis

**Antiviral**

Indications: serious viral infection such as influenza or shingles

Commonly prescribed: Valtrex (valacyclovir); Zovirax (acyclovir)

Possible side effects:
- Skin rash, muscle pain
- Agitation, confusion
- Nausea, vomiting, diarrhea, dizziness, decreased kidney function
- Anemia, impaired immune functioning

**Barbiturate; sedative**

Commonly prescribed: Nembutal (pentobarbital); Luminal (phenobarbital); Seconal (secobarbital)

Possible side effects:
- Dizziness, drowsiness, weakness, headache, insomnia, blurred vision; lack of coordination
- Nausea, vomiting, diarrhea or constipation, dry mouth
- Runny nose, sore throat
- More serious side effects include fever, chills, seizure, confusion, tremor, swelling in the lower extremities, easy bruising

**Biologic; DMARD; immunosuppressant; immunomodulator**

Commonly prescribed: Enbrel (etanercept); Humira (adalimumab); Remicade (infliximab)

Possible side effects:
- Flu-like symptoms, increased risk for infections, decreased ability to fight them
- Nausea, vomiting, impaired liver and kidney functioning
- Nervous system toxicity, anemia, poor clotting
- Possible but uncommon side effects include increased risk for lymphoma or other cancer, and tuberculosis
**Cholesterol-lowering statin; antihyperlipidemic; PCSK9 inhibitor**

Commonly prescribed: Lescol (fluvastatin); Lipitor (atorvastatin); Pravachol (pravastatin); Zocor (simvastatin). PCSK9 inhibitors include Repatha (evolocumab) and Praluent (alirocumab)

Possible side effects:
- Rash or flushing of the skin
- Headache, dizziness, drowsiness or weakness; insomnia
- Abdominal cramping, bloating, diarrhea, or constipation, nausea or vomiting
- Increased risk for developing Type II diabetes is being studied

**Diuretic**

Commonly prescribed: Aldactone (spironolactone); Avalide (irbesartan-hydrochlorothiazide); Lasix (furosemide)

Possible side effects:
- Increased frequency and volume of urination

**Hypnotic; non-barbiturate sedative**

Commonly prescribed: Ambien (zolpidem tartrate); Lunesta (eszopiclone)

Possible side effects:
- Paresthesia, drowsiness, dizziness, headache, loss of balance, weakness, tremor, unusual dreams
- Loss of appetite, stomach pain, diarrhea or constipation, dry mouth
- A rare side effect is amnesia for activities, events experienced while under the influence

**Laxative**

Commonly prescribed: Miralax (polyethylene glycol); Amitiza (lubiprostone); Linzess (linaclotide)

Possible side effects:
- Abdominal bloating, cramping, nausea, increased intestinal gas
- Increased constipation, if not accompanied by increased water intake

**Skeletal muscle relaxant**

Commonly prescribed: Flexeril (cyclobenzaprine); Skelaxin (metaxalone); Soma (carisoprodol)

Possible side effects:
- Drowsiness, weakness, headache, dizziness, depression; seizure
- Dry mouth, abdominal pain, indigestion, constipation

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Treatment Planning for Medication Side Effects

**Integumentary**
- **Skin:** Bruising; rash; lesions; dryness; epidermal fragility; hypersensitivity or lack of sensitivity to touch
  - Keep touch a hand-width away from a bruise, rash, or lesion
  - Gently palpate, to assess perception of sensation on the skin
  - Assess skin turgor; ensure sufficient lubrication
- **Hair:** loss of head, body hair (alopecia)
  - Respect client’s wishes about having head exposed, covered, and touched
  - Scalp may be itchy, or tender
  - During hair loss process, avoid use of lubricant
  - Body-wide hair loss leads to easy chilling; offer blanket

**Musculoskeletal**
- Muscle pain; joint stiffness; risk for spontaneous fracture
  - **Refer for medical evaluation:** muscle pain not objectively verified by your assessment, for a client taking a cholesterol-lowering drug (statin)
  - Avoid deep pressure, vigorous ROM, stretches on a client taking corticosteroid (for longer than two weeks) or antiosteoporosis drug

**Gastrointestinal**
- Dry mouth; nausea; acute or chronic diarrhea or constipation
  - **Dry mouth:** offer water partway through session
  - **Nausea, chronic diarrhea:** avoid prone position, touch of the abdomen, rocking or jostling; Acute diarrhea is a contraindication to massage
  - **Constipation:** offer abdominal massage

**Neurological**
- Headache; dizziness; drowsiness; inability to provide accurate feedback about pain, pressure, temperature
  - **Headache:** offer scalp massage; encourage deep breathing
  - **Dizziness:** avoid flat supine or prone positions, rocking or jostling strokes
  - **Drowsiness:** ask if client wishes to end with stimulating strokes
  - **Altered perception of sensation:** avoid extremes of touch, pressure, temperature
Cardiovascular

- Hypertension
  - Avoid deep pressure, sustained gliding strokes
- Hypotension
  - Ensure adequate warmth; be prepared to assist the client on and off the table, around the treatment space
- Anemia
  - Ensure adequate warmth; avoid overtiring the client, if fatigue is present

Endocrine

- Hypoglycemia
  - Check that client has a source of sugar on-hand
  - If not, offer non-diet soda, fruit juice
- Hyperglycemia
  - Refer for evaluation by primary health care practitioner

Respiratory

- Shortness of breath; wheezing, chest tightness; coughing
  - Elevate the client’s torso to 45 degrees when supine
  - Address hypertonic muscles of respiration
  - Slow the pace of strokes, to encourage deeper respiration

Lymphatic/Immune

- Edema
  - Elevate affected extremities, except if CHF is diagnosed
- Increased susceptibility to infection; decreased ability to fight infection
  - Defer massage if you have or have been exposed to any infectious condition
  - Follow Standard Precautions for prevention of transmission of pathogens

Additional Side Effects

- Disturbed thermoregulation
  - Warm? Use lotion, 100% cotton sheets; gently blot excess perspiration; be aware that chilling may follow
  - Chilly? Warm the client directly, not the treatment room
• Insomnia, agitation
  – *Slow the pace of strokes, avoid friction, vibration, percussion*
  – *Ask if client prefers to be lulled to sleep or stimulated at the session end*

• Fever, flu-like symptoms
  – *Fever is a contraindication to techniques with circulatory intent*

• Mood swings
  – *Assess medication compliance*
  – *Remain neutral; accommodate behavior within acceptable boundaries, workplace policies*

• Fatigue
  – *Shorten session duration; limit techniques that require client participation*