



You may or may not have side effects from your medications. Some side effects go away after a short period of time. We have listed some of the most common side effects and how you can deal with them.

## Drowsiness

- Be aware of how the medication affects you before you do any activities where you need to be alert.
- Ask your doctor to give you most of your medication at night.

## Dry Mouth

- Suck on sugar-free, hard, sour candy.
- Chew sugarless gum.
- Sip on ice chips.

## Constipation

- Drink 6-8 cups of water a day.
- Eat more bran cereals, fruits and vegetables.
- Increase your activity.
- Ask your nurse or doctor for medication if needed.

## Dizziness

- Rise from a sitting position slowly, stay next to the chair until the dizziness passes.
- When rising from a lying position, sit with legs hanging over the side of the bed before standing.

## Weight Gain

- Be aware of how much food you are eating.
- Choose foods low in fat.
- Increase your activity.
- Start an exercise program.
- Ask your nurse or doctor to refer you to a dietitian if needed.

## Sunburn

- Limit your time in the sun, especially between 10 in the morning and 4 in the afternoon.
- Stay in the shade when outside.
- Wear a hat and long sleeved cotton shirt.
- Wear sunscreen at all times (at least a 35 block).

## Stiff or Tense Muscles

- Take a warm bath.
- Take a slow relaxing walk.
- Ask your doctor or nurse for medication if needed.

## Restlessness

- Try to distract yourself with other activities.
- Ask your nurse or doctor for medication if needed.

## Blurry Vision

- Make sure an eye doctor has recently checked your eyes.
- Ask your nurse or doctor for medication if needed.

## Drooling

- Try candy/suger-free gum.
- Should decrease with time.