

ANSWERS

Patient Teaching and Safe Medication Practices

1. Answer: “You can take tetracycline with milk to prevent stomach upset.”

Rationale: Dairy products and antacids bind tetracycline, decreasing absorption. It should be taken on an empty stomach with water.

2. Answer: Take levothyroxine on an empty stomach 30–60 minutes before breakfast.

Rationale: Levothyroxine absorption is reduced by food and calcium; it should be taken first thing in the morning on an empty stomach.

3. Answer: “Keep your intake of green vegetables consistent from day to day.”

Rationale: Vitamin K-rich foods (like spinach) reduce warfarin’s effectiveness; consistent intake prevents INR fluctuations.

4. Answer: “I’ll store the tablets in a dark, tightly closed container.”

Rationale: Nitroglycerin tablets must be kept in a dark, dry container. They should be taken sublingually, one every 5 minutes up to three doses.

5. Answer: “Rifampin may reduce the effectiveness of your birth control pills.”

Rationale: Rifampin decreases the effectiveness of oral contraceptives; backup contraception is needed.



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6. Answer: “I’ll take it right before bedtime to avoid forgetting.”

Rationale: Furosemide causes frequent urination and should be taken in the morning to avoid nocturia.

7. Answer: “Avoid alcohol during and 48 hours after treatment.”

Rationale: Alcohol with metronidazole causes a severe disulfiram-like reaction (nausea, vomiting, flushing).

8. Answer: “Do not mix glargine with any other insulin.”

Rationale: Glargine is a long-acting insulin and must never be mixed with other insulins due to pH incompatibility.

9. Answer: “Use effective birth control while on this medication.”

Rationale: Isotretinoin is teratogenic; pregnancy must be strictly avoided during therapy.

10. Answer: To verify his understanding through the teach-back method

Rationale: The teach-back method ensures the patient accurately understands and can apply medication instructions, promoting safety and adherence.

