



## Medication Safety Clinical Teach-Back Cards\*

# TMF<sup>®</sup>

Quality Innovation Network

*The Medicare Quality Innovation  
Network Quality Improvement  
Organization (QIN-QIO) for Texas,  
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TMF Health Quality Institute focuses on improving lives by improving the quality of health care through contracts with federal, state and local governments, as well as private organizations. For nearly 40 years, TMF has helped health care providers and practitioners in a variety of settings improve care for their patients.

*\*Content subject to change*

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## TEACH-BACK

*"I want to make sure I explained this clearly.*

*When you get back home in a few days, what will you tell your*

*[friend or family member] about*

*[key point just discussed]?"*

Do NOT ask the patient,  
*"Do you understand?"*

## TEACH-BACK

The “teach-back” technique is an effective method for ensuring that patients understand what you have told them. It involves asking patients to explain or demonstrate what they have been told.

For example, you can say, *“Please show me how you will use the asthma inhaler, so I can be sure I have given you clear instructions.”*



## ANGIOTENSIN- CONVERTING ENZYME (ACE) INHIBITORS

These drugs improve symptoms and prevent symptoms from worsening by relaxing blood vessels, controlling fluid and slowing the progression of heart failure. You may receive one of these drugs in a combination tablet with other drugs.

Your doctor may slowly increase the dose over time to a level that is just right for you. Your doctor may also perform blood tests to make sure the drug is working properly for you.

### **Seek medical attention if you experience:**

- Lightheadedness, dizziness, falls
- Swelling of the lips, throat or eyes
- Skin rash
- New or persistent cough
- Swelling in extremities or rapid weight gain
- Fever, chills, body aches, flu symptoms
- Little or no urination

## ANGIOTENSIN- CONVERTING ENZYME (ACE) INHIBITORS

GENERIC	BRAND NAME
Benazepril	Lotensin
Captopril	Capoten
Enalapril	Vasotec
Fosinopril	Monopril
Lisinopril	Prinivil, Zestril
Moexipril	Univasc
Perindopril	Aceon
Quinapril	Accupril
Ramipril	Altace
Trandolapril	Mavik
COMBINATIONS	
Benazepril + amlodipine	Lotrel
Benazepril + HCTZ	Lotensin HCT
Captopril + HCTZ	<i>Generic only</i>
Enalapril + HCTZ	Vaseretic
Fosinopril + HCTZ	Monopril-HCT
Lisinopril + HCTZ	Zestoretic
Moexipril + HCTZ	Uniretic
Perindopril + amlodipine	Prestalia
Quinapril + HCTZ	Accuretic
Trandolapril + verapamil	Tarka



## ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)

These drugs are similar to angiotensin-converting enzyme (ACE) inhibitors, but are less likely to cause a bothersome cough. You may receive one in a combination tablet with other drugs. Your doctor may perform blood tests to make sure the drug is working properly for you.

### Seek medical attention if you experience:

- Lightheadedness, dizziness, falls
- Swelling of the lips, throat or eyes
- Skin rash
- New or persistent cough

## ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)

GENERIC	BRAND NAME
Azilsartan	Edarbi
Candesartan	Atacand
Eprosartan	Teveten
Irbesartan	Avapro
Losartan	Cozaar
Olmesartan	Benicar
Telmisartan	Micardis
Valsartan	Diovan
COMBINATIONS	
Azilsartan + chlorthalidone	Edarbyclor
Candesartan + HCTZ	Atacand HCT
Eprosartan + HCTZ	Teveten HCT
Irbesartan + HCTZ	Avalide
Losartan + HCTZ	Hyzaar
Olmesartan + amlodipine	Azor
Olmesartan + HCTZ	Benicar HCT
Olmesartan + amlodipine + HCTZ	Tribenzor
Telmisartan + amlodipine	Twynsta
Telmisartan + HCTZ	Micardis HCT
Valsartan + HCTZ	Diovan HCT
Valsartan + amlodipine	Exforge
Valsartan + amlodipine + HCTZ	Exforge HCT
Valsartan + sacubitril	Entresto





## BETA BLOCKERS

These drugs control heart rhythm, relax the heart and slow the progression of heart failure. Do not crush or chew tablets unless directed to do so by your doctor. Do not stop taking the drug without medical supervision, because stopping too quickly can cause problems. If you have diabetes, be sure to closely monitor your blood sugar while taking beta blockers.

### Seek medical attention if you experience:

- Trouble breathing
- Leg pain
- Chest pain
- Lightheadedness, dizziness or falls
- Worsening heart failure symptoms

## BETA BLOCKERS

GENERIC	BRAND NAME
Acebutolol	Sectral
Atenolol	Tenormin
Betaxolol	Kerlone
Bisoprolol	Zebeta
Carvedilol	Coreg, Coreg CR
Labetalol	<i>Generics only</i>
Metoprolol tartrate	Lopressor
Metoprolol succinate	Toprol XL
Nadolol	Corgard
Nebivolol	Bystolic
Penbutolol	Levatol
Pindolol	Visken
Propranolol	Inderal (LA, XL), Innopran XL
Sotalol	Betapace, Betapace AF, Sorine, Sotylize

### COMBINATIONS

Atenolol + chlorthalidone	Tenoretic
Bisoprolol + HCTZ	Ziac
Metoprolol tartrate + HCTZ	Lopressor HCT
Metoprolol succinate + HCTZ	Dutoprol
Nadolol + bendroflumethiazide	Corzide
Propranolol + HCTZ	<i>Generics only</i>



## ANTIARRHYTHMIC AGENT

This drug is used to help control heart rate and rhythm and to make the heart beat stronger. This leads to better blood circulation and reduced swelling of the hands and ankles in patients with heart problems. Remember to take it exactly as prescribed by your doctor.

### Seek medical attention if you experience:

- Nausea, vomiting, diarrhea
- Chest pain, palpitations or abnormal heart rhythm and/or heart rate
- Changes in vision (see yellow or blue "halo" around objects)
- Severe dizziness and/or fainting
- Weight loss and/or lack of appetite
- Abnormal weakness or lack of energy
- Illogical thinking, hallucinations

GENERIC	BRAND NAME
Digoxin	Lanoxin, Digitek, Digox



## ALDOSTERONE BLOCKERS

These medications are a special type of diuretic (water pill) that has been shown to improve the health of people with heart failure. Aldosterone is a hormone in the body that causes salt and fluid build-up. Aldosterone inhibitors block this hormone. While this type of medication may cause some increase in urination, its main action is to prevent fluid from building up.

### **Seek medical attention if you experience:**

- Lightheadedness, dizziness or falls
- Breast enlargement (in men)

GENERIC	BRAND NAME
Spironolactone	Aldactone
Spironolactone + HCTZ	Aldactazide



## DIURETICS

These medications help your body remove extra fluid by causing you to urinate more. Remember to stay close to a bathroom for approximately one hour after you take your medication, in case you should have to urinate.

Your doctor may have you take a diuretic every day or may instruct you to take it more or less often. Make a point of talking to your doctor about how often you take your diuretics and how well they are working.

### **Seek medical attention if you experience:**

- Changes in urination
- Worsening heart failure symptoms – fatigue, shortness of breath and edema
- Sudden, unexplained weight gain
- Worsening swelling
- Dizziness, headache, confusion, falls
- Palpitations or skipped heart beats
- Leg cramps, rash or change in hearing

## DIURETICS

**Caution:** Taking extra diuretics without approval of your doctor or nurse can be harmful to your kidneys, especially to someone with diabetes.

If you have nausea/vomiting, diarrhea or are unable to eat or drink, notify your health care provider. Your diuretic prescription may need to be adjusted before you become too dry (dehydrated).

GENERIC	BRAND NAME
Bumetanide	Bumex
Chlorthalidone	<i>Generics only</i>
Chlorothiazide	<i>Generics only</i>
Eplerenone	Inspra
Ethacrynic acid	Edecrin
Furosemide	Lasix
Hydrochlorothiazide (HCTZ)	Microzide
Indapamide	<i>Generics only</i>
Metolazone	<i>Generics only</i>
Triamterine	Dyrenium
Torsemide	Demadex
COMBINATIONS	
Triamterene + HCTZ	Dyazide, Maxzide



## NITRATES (VASODILATORS)

These drugs relax blood vessels and improve health in patients with heart failure. They are typically used in people who cannot take angiotensin-converting enzyme (ACE) inhibitors or angiotensin receptor blockers (ARBs), or in people who need additional medications to control blood pressure or chest pain.

Nitroglycerine and other nitrates are vasodilators and come in a variety of forms, including tablets, capsules and skin patches. Your doctor may also prescribe nitroglycerine used under the tongue for chest pain.

Nitrates may need special storage. Be sure to speak to your doctor or pharmacist about the proper way to use the nitrate product prescribed for you.

### **Seek medical attention if you experience:**

- Lightheadedness, dizziness, fainting or falls
- Skin rash
- Chest pain or tightness
- Severe headaches
- Numbness or tingling
- Joint pain or swelling
- Blue skin color
- Abnormal heart rate (too slow or too fast)

## NITRATES (VASODILATORS)

GENERIC	BRAND NAME
Isosorbide dinitrate	Isordil, Dilatrate SR, Isoditrate ER, Isordil Titradose
Isosorbide mononitrate	<i>Generic only</i>
Nitroglycerin	Nitrostat, Nitro-Time





## POTASSIUM

Potassium is a mineral that your heart needs to function properly. Because some water pills cause you to lose potassium in your urine, your doctor may prescribe potassium supplements.

Potassium can irritate your throat and stomach, so be sure to take with plenty of water and with food, and to remain upright for a period of time after swallowing. Do not crush or cut potassium capsules or tablets. Liquids are available if you have difficulty swallowing—ask your doctor.

Blood tests should be performed to check your potassium levels. Some foods and salt substitutes are high in potassium, such as bananas, dried apricots, oranges and salt substitutes. Discuss your potassium levels with your doctor frequently.

## POTASSIUM

### Seek medical attention if you experience:

- Uneven heartbeat
- Muscle weakness or limp feeling
- Severe stomach pain, constipation, nausea, bloody stools
- Numbness or tingling in your hands, feet or mouth
- Confusion or feeling like you might pass out

### Potassium supplements:

GENERIC	BRAND NAME
Potassium Chloride	K-Tab, Klor-Con, Micro-K



## BLOOD THINNERS (ANTICOAGULANTS)

Heart failure sometimes increases your risk for developing blood clots, so your doctor may prescribe one or more blood thinners. These are drugs that slow down clotting or keep certain blood cells (platelets) from clumping. Be sure to take them exactly as directed. You must not stop taking your anticoagulant without talking to your doctor as you are at risk of suffering from a stroke or blood clot. Report any bleeding to your doctor right away. If you are taking a blood thinner, you may need to have your blood tested regularly. The newest anticoagulants, referred to as NOACs, are dabigatran, apixaban, edoxaban and rivaroxaban.

### **Seek medical attention if you experience:**

- Bleeding from gums, nose, rectum or vagina
- Blood in urine or stool
- Red, dark brown or black bowel movements
- Bruising or soreness
- Severe or persistent headaches
- Abdominal pain
- Strength differences from one side or the other
- Difficulty speaking or thinking
- Change in balance
- Blurred vision

## BLOOD THINNERS:

GENERIC	BRAND NAME
ANTICOAGULANT, VITAMIN K ANTAGONIST	
Warfarin	Coumadin, Jantoven
ANTICOAGULANT, LOW MOLECULAR WEIGHT HEPARIN	
Enoxaparin	Lovenox
Dalteparin	Fragmin
ANTICOAGULANT, FACTOR Xa INHIBITOR	
Fondaparinux	Arixtra
Apixaban	Eliquis
Edoxaban	Savaysa
Rivaroxaban	Xarelto
ANTICOAGULANT, HEPARIN	
Heparin	<i>Generic only</i>
ANTICOAGULANT, DIRECT THROMBIN INHIBITOR	
Dabigatran	Pradaxa



## ANTIDIABETIC AGENTS

Antidiabetic drugs are used in the treatment of type 1 and type 2 diabetes. Type 1 diabetes involves a lack of insulin and requires insulin for treatment. However, type 2 diabetes is a disorder involving resistance to secreted insulin.

People with type 1 diabetes must use insulin. Some people with type 2 diabetes can manage their diabetes with healthy eating and exercise. However, your doctor may need to also prescribe oral (pills) or injectable (shots) medications and/or insulin to help you meet your target blood glucose levels.

### **Seek medical attention if you experience:**

- Low blood sugar
- Sweating, nervousness, shakiness and weakness
- Decreased urination
- Lightheadedness, dizziness, falls
- Difficulty breathing, nausea, vomiting, abdominal pain, confusion, unusual fatigue/sleepiness

## ANTIDIABETIC AGENTS

### *Insulin products*

GENERIC	BRAND NAME
RAPID-ACTING	
Insulin aspart	Novolog
Insulin glulisine	Apidra
Insulin human (inhaled)	Afrezza
Insulin lispro	Humalog
SHORT-ACTING	
Insulin regular	Novolin R, Humulin R
INTERMEDIATE-ACTING	
Insulin NPH	Novolin N, Humulin N
LONG-ACTING	
Insulin degludec	Tresiba
Insulin detemir	Levemir
Insulin glargine	Lantus, Toujeo
COMBINATION PRODUCTS	
Insulin NPH + regular 70/30	Novolin 70/30, Humulin 70/30
Insulin aspart protamine + aspart	Novolog 70/30
Insulin lispro protamine + lispro	Humalog 75/25
Insulin degludec + aspart	Ryzodeg 70/30
AMYLIN AGONISTS	
Pramlintide	Symlin

## ANTIDIABETIC AGENTS

### *Oral antidiabetic agents*

GENERIC	BRAND NAME
<b>SULFONYLUREAS</b>	
Glimepiride	Amaryl
Glipizide	Glucotrol
Glyburide	Micronase, Diabeta
Tolazamide	<i>Generic only</i>
Tolbutamide	<i>Generic only</i>
<b>MEGLITINIDES</b>	
Nateglinide	Starlix
Repaglinide	Prandin
<b>THIAZOLIDINEDIONES (TZDs)</b>	
Rosiglitazone	Avandia
Pioglitazone	Actos
<b>SODIUM-GLUCOSE COTRANSPORTER 2 (SGLT2) INHIBITORS</b>	
Canagliflozin	Invokana
Dapagliflozin	Farxiga
Empagliflozin	Jardiance
<b>BIGUANIDES</b>	
Metformin	Glucophage, Glumetza, Fortamet

*Oral antidiabetic agents (cont.)*

## ANTIDIABETIC AGENTS

### *Oral antidiabetic agents*

GENERIC	BRAND NAME
COMBINATION PRODUCTS	
Metformin + alogliptin	Kanazo
Metformin + canagliflozin	Invokamet
Metformin + dapagliflozin	Xigduo XR
Metformin + empagliflozin	Synjardy
Metformin + glipizide	Metaglip
Metformin + glyburide	Glucovance
Metformin + linagliptin	Jentaduetto
Metformin + pioglitazone	Actoplus Met, Actoplus Met XR
Metformin + repaglinide	Prandimet
Metformin + rosiglitazone	Avandamet
Metformin + saxagliptin	Kombiglyze XR
Metformin + sitagliptin	Janumet, Janumet XR
ALPHA-GLUCOSIDASE INHIBITORS	
Acarbose	Precose
Miglitol	Glycet
DIPEPTIDYL PEPTIDASE-4 (DPP-4) INHIBITORS	
Alogliptin	Nesina
Linagliptin	Tradjenta
Saxagliptin	Onglyza
Sitagliptin	Januvia

*Oral antidiabetic agents (cont.)*



## ANTIDIABETIC AGENTS

### *Oral antidiabetic agents*

GENERIC	BRAND NAME
COMBINATION PRODUCTS	
Alogliptin + pioglitazone	Oseni
Linagliptin + empagliflozin	Glyxambi
Saxagliptin + metformin	Kombiglyze XR
Sitagliptin + metformin	Janumet

### *Injectable antidiabetic agents*

GENERIC	BRAND NAME
GLUCAGON-LIKE PEPTIDE (GLP-1) AGONISTS	
Albiglutide	Tanzeum
Dulaglutide	Trulicity
Exenatide	Byetta, Bydureon
Liraglutide	Victoza



## OPIOID MEDICATIONS (NARCOTICS, PAIN KILLERS)

Opioids are powerful medications that can help manage pain when taken for the right condition and when used properly. When patients take them who should not, or when used improperly or for recreational purposes, they can cause serious harm, including overdose and death. You should never take an opioid medication that is not prescribed for you. You should never mix with alcohol. Taking sleep aids or anti-anxiety medication together with opioid medications can be dangerous. You should never adjust your own doses. You should never share your opioid medication with others.

### **Seek medical attention if you experience:**

- Confusion
- Trouble breathing and/or shallow breaths
- Cold, clammy skin
- Flaccid skeletal muscles
- Slow heart rate
- Lightheadedness, dizziness, falls
- Constipation

## OPIOID MEDICATIONS:

GENERIC	BRAND NAME
LONG-ACTING OPIOIDS	
Buprenorphine	Butrans, Belbuca, Buprenex
Fentanyl patch	Duragesic, Ionsys
Hydrocodone	Zohydro ER, Hysingla ER
Hydromorphone	Exalgo
Levorphanol	<i>Generic only</i>
Methadone	Dolophine, Methadose
Morphine	MS Contin, Kadian
Oxycodone	OxyContin
Oxymorphone	Opana ER
Tapentadol	Nucynta ER
Tramadol	Conzip, Ultram ER
COMBINATIONS	
Buprenorphine + naloxone	Bunavail, Suboxone, Zubsolv
Morphine + naltrexone	Embeda
Oxycodone + acetaminophen	Xartemis XR

*Opioid Medications: (cont.)*

## OPIOID MEDICATIONS:

GENERIC	BRAND NAME
SHORT-ACTING OPIOIDS	
Butorphanol nasal spray	<i>Generic only</i>
Codeine	<i>Generic only</i>
Fentanyl buccal	Fentora, Onsolis
Fentanyl injection	<i>Generic only</i>
Fentanyl nasal spray	Lazanda
Fentanyl sublingual spray	Subsys
Fentanyl sublingual tablet	Abstral
Fentanyl transmucosal system	Actiq
Hydromorphone	Dilaudid
Meperidine	Demerol, Meperitab
Morphine immediate release	<i>Generic only</i>
Oxycodone	Roxicodone, Oxaydo
Oxymorphone	Opana
Pentazocine + acetaminophen	<i>Generic only</i>
Pentazocine + naloxone	<i>Generic only</i>
Tapentadol	Nucynta
Tramadol	Ultram

*Opioid Medications: (cont.)*

## OPIOID MEDICATIONS:

GENERIC	BRAND NAME
<b>COMBINATIONS</b>	
Codeine + acetaminophen	Tylenol + Codeine (#3 or #4)
Codeine + butalbital + acetaminophen + caffeine	Fioricet with Codeine
Codeine + butalbital + aspirin + caffeine	Fiorinal with Codeine
Codeine + chlorpheniramine (liquid)	Codar AR, Lexuss 210, Tuzistra XR
Codeine + chlorpheniramine + pseudoephedrine	Tricode AR (elixir)
Codeine + promethazine	<i>Generic only</i>
Dihydrocodeine + acetaminophen + caffeine	Trezix
Dihydrocodeine + aspirin + caffeine	Synalgos-DC
Hydrocodone + acetaminophen	Vicodin, Lortab, Norco
Hydrocodone + chlorpheniramine	TussiCaps, Tussionex, Vituz
Hydrocodone + chlorpheniramine + pseudoephedrine	Zutripro
Hydrocodone + ibuprofen	Ibudone, Reprexain, Vicoprofen, Xylon
Meperidine + promethazine	<i>Generic only</i>
Oxycodone + acetaminophen	Endocet, Percocet, Primlev, Roxicet
Oxycodone + aspirin	Endodan, Percodan
Oxycodone + ibuprofen	<i>Generic only</i>
Tramadol + acetaminophen	Ultracet

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