

Living With Parkinson Disease: Your Daily Guide

Medical-Surgical · Neurology

Parkinson disease slowly lowers dopamine, a brain chemical that controls movement. This causes shaking, stiffness, slow movement, and poor balance. Taking medicine on time and moving safely help you stay active.

Take your medicine on time

- Take carbidopa-levodopa at the exact same times every day. Set alarms.
- Your dose times: _____.
- Protein (meat, eggs, milk, beans) makes it work less well. If you notice this, take it at least 30 minutes before meals, or follow your provider's plan.
- Take it with crackers if it upsets your stomach.
- **Never stop it suddenly.** Refill early.

Ask before new medicines

- Some medicines for nausea or mental health make Parkinson worse. Ask your pharmacist first.
- Dark urine or sweat from this medicine is harmless.

Prevent falls

- Take big steps and land on your heel. Turn in a wide circle.
- Remove throw rugs. Use grab bars and night lights.
- If your feet "freeze": stop, stand tall, and rock side to side. Then step over an imaginary line.

Eat and swallow safely

- Sit straight up to eat and for 30 minutes after.

- Take small bites. Tuck your chin when you swallow.

Help your bowels and blood pressure

- Eat fiber, drink fluids, and stay active.
- Sit on the edge of the bed, then stand up slowly.

Call your provider today if you have

- Seeing or hearing things that are not there, or new confusion
- Sudden worse shaking, stiffness, or slowness, or new falls
- Coughing or choking when you eat, or weight loss
- Dizziness when you stand, or falling asleep without warning

Call 911 or your local emergency number if you have

- Choking with trouble breathing
- High fever with very stiff muscles and confusion
- A fall with a head injury, or you cannot get up
- Fainting

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/parkinsons-disease-living-with/patient

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