Over the Counter Meds
101
What are OTC medications?

What are some risks associated with OTC meds?

What are some uses of OTC meds?
Risks of OTC Meds

- Potential for Abuse
  - Ephedrine
  - Dextromethorphan
  - Accessibility

- Toxicity
- Side Effects
- Avoiding Seeing the Doctor
- Drug Interactions
Weighing Risks/Benefits

- Avoid unnecessary visit vs. Delay necessary treatment
  - 1-2 week limit
- Read the label!
- Know the active ingredients
- Talk to your Pharmacist
Analgesics

What is an analgesic?

What are some examples?
- Salicylates (Aspirin) - Bayer Aspirin
- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Naproxen (Aleve)

What are some uses?
- Aches not severe pain
- NSAIDS useful for inflammation (i.e. joint pain, arthritis)
- Fever (controversial)
Analgesic Side Effects

- NSAIDS/Aspirin
  - Rebound headaches
  - GI irritation
  - Blood thinning
  - Kidney stress
- Aspirin
  - Reye’s Syndrome
- Acetaminophen
  - Liver failure
Cold, Cough, and Allergy Meds

- Decongestants (allergies and cold)
  - Pseudoephedrine (Sudafed)
  - Oxymetazoline (Afrin)
  - Spray vs. pill
- Antitussives (cough)
  - Dextromethorphan (Robitussin DM)
  - For nonproductive cough
- Expectorants (cough)
  - Guaifenesin (Mucinex)
  - For productive cough
- Antihistamines (allergies)
  - Diphenhydramine (Benadryl)
  - Loratadine (Claritin)
Cold, Cough, and Allergy Med Side Effects

- **Antihistamines**
  - Dizziness
  - Drowsiness (First generation vs. Second generation)
  - Impaired judgment

- **Decongestants**
  - Rebound congestion - especially nasal sprays
  - Cardiovascular problems - oral meds

- **Dextromethorphan**
  - Dizziness
  - Drowsiness
  - High dose - hallucinations
Antacids and Anti-heartburn

- **Examples**
  - Calcium Carbonate (TUMS), Aluminum Salts and Magnesium Salts
  - Ranitidine (Zantac)
  - Famotidine (Pepcid)
  - Omeprazole (Prilosec)

- **See Doctor if**
  - Severe stomach pain, blood in stool, diarrhea, vomiting
Antacids and Anti-heartburn Side Effects

- Rebound reflux
- Drug interactions
Citations

- Micromedex Drug Reference