

## **Over the Counter Medication Guide**

### **Analgesics**

- Salicylates (Aspirin)
- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Naproxen (Aleve)
- Uses
  - Aches not severe pains
  - NSAIDS (all listed analgesics except Tylenol) 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 in children
- 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 (Benadryl much more than Claritin)
  - Impaired judgment
- Decongestants
  - Rebound congestion – especially nasal sprays
  - Cardiovascular problems – oral meds
- Dextromethorphan
  - Dizziness
  - Drowsiness
  - High dose – hallucinations

### **Antacids and Anti-heartburn**

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

### **Antacids and Anti-heartburn Side Effects**

- Rebound reflux
- Drug interactions