

Over the Counter Meds

101



- What are OTC medications?
- What are some risks associated with OTC meds?
- What are some uses of OTC meds?



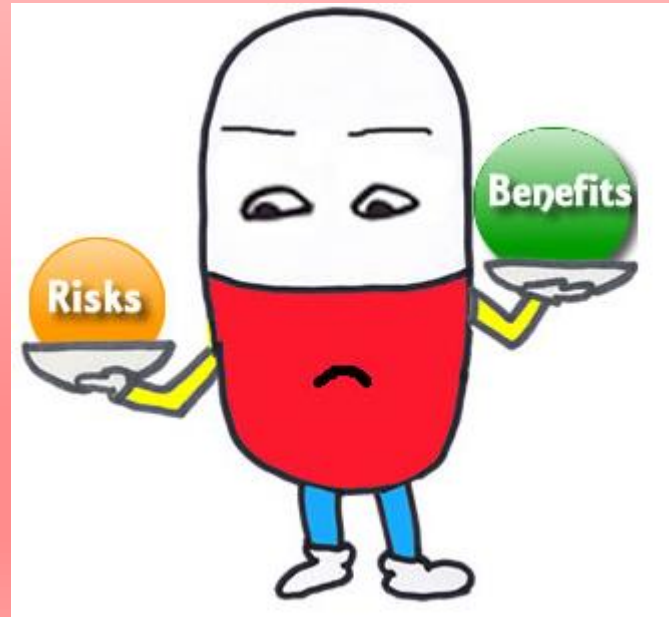
Risks of OTC Meds



- ▶ 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



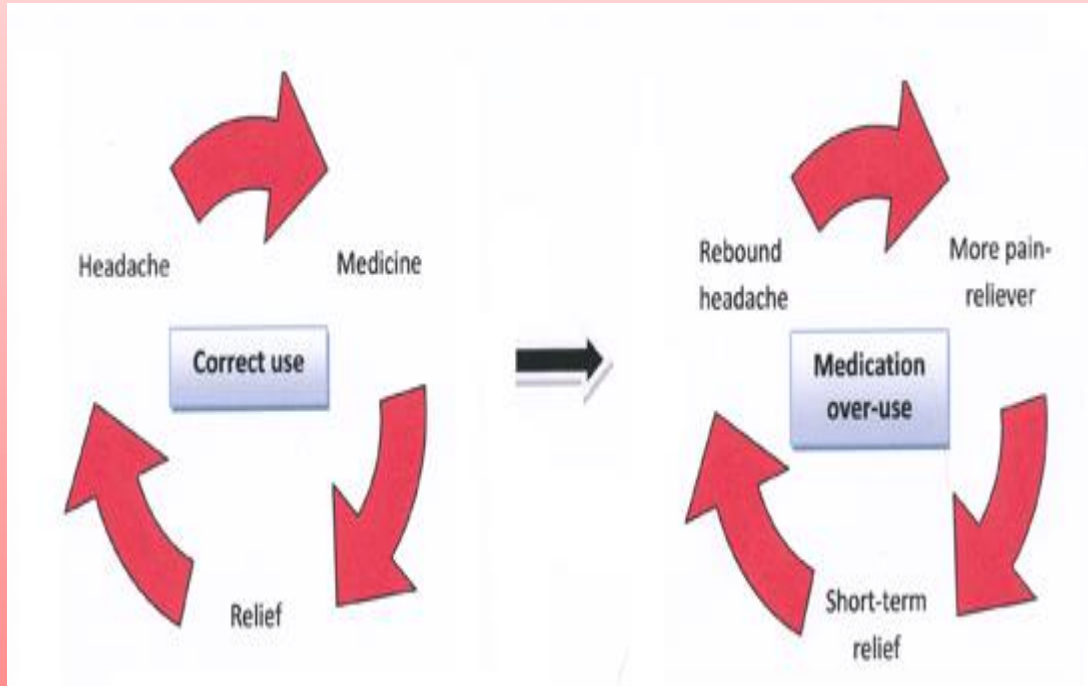
Analgesics



- ▶ 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
- ▶ Cough and cold remedies for the treatment of acute respiratory infections in young children. Department of Child and Adolescent Health and Development. World Health Organization. 2001.
- ▶ <http://www.fda.gov/drugs/DrugSafety/InformationbyDrugClass/ucm165107.htm>