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Over the Counter Medication Education Approach

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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