

# UVM ScholarWorks

## Over the Counter Medication Education Approach

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# Over the Counter Meds

## 101



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



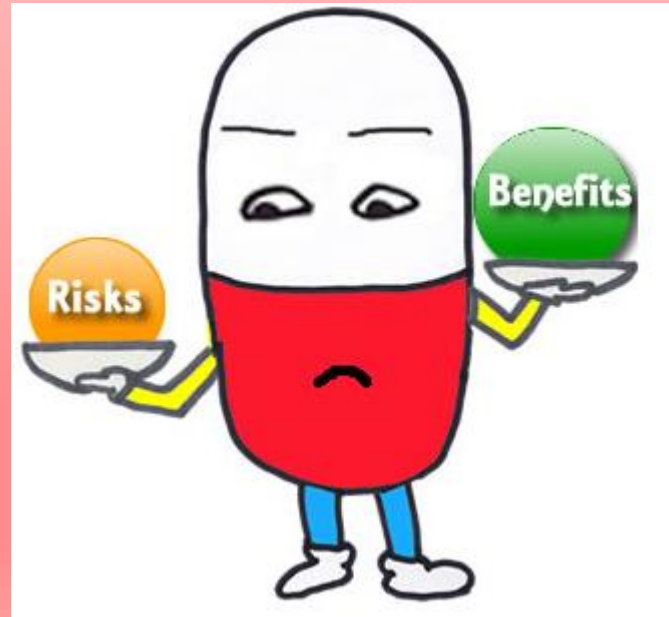
# Risks of OTC Meds



- ▶ 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



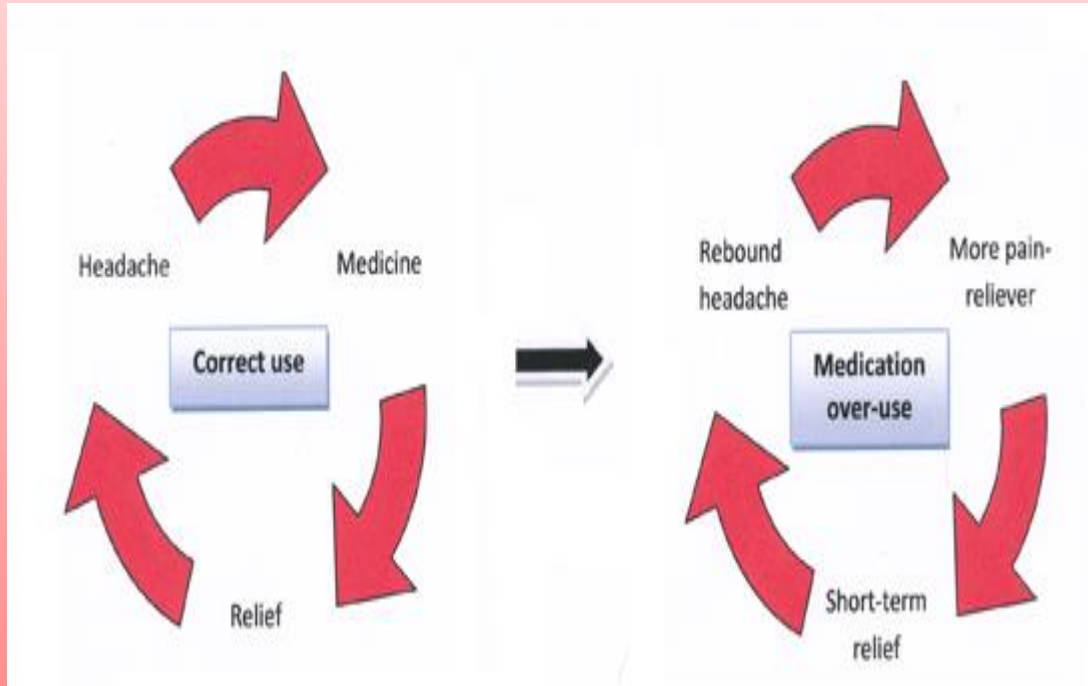
# Analgesics



- ▶ 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>