

Over the Counter Medications	
Cold and Allergy	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Benadryl[®] Products ▪ Robitussin[®] Products ▪ Sudafed[®] Products ▪ Tylenol[®] Products ▪ TheraFlu[®] Products ▪ Claritin[®] Products 	<ul style="list-style-type: none"> ▪ Aleve[®] Products ▪ Advil[®] Products ▪ Motrin[®] Products ▪ Alka-Seltzer[®] Products ▪ Dristan[®] Sinus ▪ NyQuil[®] Elixirs ▪ Any Sore Throat Products containing menthol
Heartburn	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Axid[®] (nizatidine) ▪ Pepcid[®] (famotidine) ▪ Gas-X[®], Phazyme[®] (simethicone) ▪ Gaviscon[®] ▪ Mylanta[®] ▪ Maalox[®] ▪ Roloids[®] ▪ Tums[®] 	<ul style="list-style-type: none"> ▪ Alka-Seltzer[®] ▪ Tagamet[®] (cimetidine) ▪ Pepto-Bismol[®] (bismuth subsalicylate) ▪ Zantac[®] (ranitidine) ▪ Prilosec[®] (omeprazole)
Constipation	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Colace[®] (docusate sodium) ▪ Peri-Colace[®] (docusate and senna) ▪ Dulcolax[®] (bisacodyl) ▪ Metamucil[®] (fiber) ▪ Senokot[®] (senna) ▪ Surfak[®] (docusate calcium) ▪ Milk of Magnesia[®] ▪ Fleets[®] Enemas and Phospho-Sodas 	<ul style="list-style-type: none"> ▪ Mineral Oil ▪ Pepto-Bismol[®]

Diarrhea	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Immodium[®] (loperamide) 	<ul style="list-style-type: none"> ▪ Kaopectate[®] (bismuth subsalicylate)
Pain and Fever	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Tylenol[®] (acetaminophen) ▪ Anacin[®] Aspirin-Free ▪ Excedrin[®] Aspirin-Free ▪ Percogesic[®] 	<ul style="list-style-type: none"> ▪ Advil[®], Motrin[®] (ibuprofen) ▪ Aleve[®] (naproxen) ▪ Bayer[®], Anacin[®], Excedrin[®], Ecotrin[®], St. Joseph[®], BC Powder[®], Bufferin[®], Ascriptin[®] (aspirin*) ▪ Doan's[®] (magnesium salicylate) ▪ Orudis KT[®] (ketoprofen)
<p><i>*Aspirin may be taken once daily for heart conditions if told to do so by your doctor</i></p>	

Herbs and Supplements	
☺ Okay to Use	☹ Do Not Use
<ul style="list-style-type: none"> ▪ Multivitamins ▪ Prenatal Vitamins ▪ Calcium ▪ Calcium with vitamin D 	<ul style="list-style-type: none"> ▪ Cranberry ▪ Dan-shen ▪ Dong quai ▪ Fenugreek ▪ Garlic ▪ Ginger ▪ Ginkgo ▪ Ginseng ▪ Grapefruit juice ▪ Green tea ▪ Papain ▪ St. John's Wort
<p><i>**There are many more supplements that may interfere with Coumadin (warfarin). Please check with a health care provider before taking any new herbs or supplements</i></p>	