

Delaware Over-the-Counter Medication List
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MEDICATION GUIDE:

Many medications may be problematic to persons in recovery from chemical dependence and/or on psychiatric medications. These include prescription and over-the-counter medications. The chemical ingredients in many OTC remedies have effects very similar to those of addictive drugs, and often the brain cannot distinguish one from another. The effect is that of a trigger with the emergence of powerful cravings. In addition, some drugs may cause false positives on urine drug screens, which should be avoided.

This guide is intended to help licensees understand what types of medications are generally safe to take without a doctor’s guidance, and which need to be avoided all together (i.e. because they contain alcohol) or used only with a doctor’s guidance. Please contact your agreement monitor and consult your primary care physician and pharmacist if you have further questions.

We are indebted to Talbott Recovery Center and Serenity Lane for their help in providing information used in this guide.

ALCOHOL CONTAINING MEDICATIONS:

This is a **partial** list of over-the-counter medications which contain alcohol. You must avoid these types of medications that contain alcohol. They can result in a positive urine screen and there is no way to differentiate between over-the-counter medication and alcohol for consumption. Please remember that you are responsible for ensuring that nothing you put in or on your body contains alcohol.

Consult your pharmacist or physician for alternatives that do not contain alcohol.

Cough Medicines:	Mouthwashes:
<ul style="list-style-type: none"> ✓ Vicks 44 ✓ Terpin Hydrate Elixir ✓ Nyquil ✓ Pertussin Plus ✓ Romilar ✓ Robitussin ✓ MOST COUGH MEDICINES CONTAIN ALCOHOL 	<ul style="list-style-type: none"> ✓ Listerine ✓ Colgate ✓ Scope ✓ MOST MOUTHWASHES CONTAIN ALCOHOL

Also, please remember that non-alcoholic beer DOES CONTAIN ALCOHOL. If you drink one and test positive for alcohol, you will need to be assessed.

OVER-THE-COUNTER MEDICATIONS REQUIRING PHYSICIAN GUIDANCE:

This is a **partial** list of over-the-counter medications which should be used only under physician guidance.

Decongestants (Many are Combination Products):	
<ul style="list-style-type: none"> ✓ Actifed (pseudoephedrine/triprolidine) OTC ✓ Deconamine SR (pseudoephedrine/ Semprex-D ✓ Mucinex D (pseudoephedrine/guaifenesin) OTC 	<ul style="list-style-type: none"> ✓ Bromfed DM (pseudoephedrine/ chlorpheniramine/pyrilamine) ✓ Duratuss (pseudoephedrine/guaifenesin)

<p>(pseudoephedrine/acrivastine)</p> <ul style="list-style-type: none"> ✓ Alavert D (loratadine/pseudoephedrine) OTC chlorpheniramine) OTC ✓ Novafed (pseudoephedrine) OTC ✓ Dimetapp ✓ Allegra D (fexofenadine/pseudoephedrine) (pseudoephedrine/brompheniramine) OTC ✓ Profen (pseudoephedrine) OTC ✓ Sudafed (pseudoephedrine) OTC 	<p>chlorpheniramine/pyrilamine)</p> <ul style="list-style-type: none"> ✓ Zyrtec D(cetirizine/pseudoephedrine) ✓ Clarinex D (desloratadine/pseudoephedrine) ✓ Entex PSE (pseudoephedrine/guaifenesin) ✓ Claritin D (loratadine/pseudoephedrine) OTC ✓ Humibid DM (pseudoephedrine/pyrilamine) dextromethorphan/ potassium guaiacolsulfonate) 	
<p>Decongestants should be used with caution because they are stimulating and can trigger relapse.</p>		
<p>Sleep Aids:</p>		
<ul style="list-style-type: none"> ✓ Excedrin PM (diphenhydramine) OTC ✓ Sominex (diphenhydramine) OTC ✓ Nytol (diphenhydramine) OTC ✓ Tylenol PM (diphenhydramine/acetaminophen) OTC 	<ul style="list-style-type: none"> ✓ Sleep-eze (diphenhydramine) OTC ✓ Unisom (diphenhydramine) OTC 	
<p>Sleep aids act in the central nervous system and can alter judgment and cause sedation.</p>		
<p>Vertigo/Motion Sickness:</p>		
<ul style="list-style-type: none"> ✓ Dramamine (dimenhydrinate) OTC 		
<p>These medications affect the central nervous system and can cause dizziness, drowsiness or blurred vision.</p>		
<p>Antihistamines (Sedating)</p>		
<ul style="list-style-type: none"> ✓ Periactin (cyproheptadine) ✓ Atarax (hydroxyzine hydrochloride) ✓ Polarmine (dexchlorpheniramine) ✓ Benadryl (diphenhydramine) OTC ✓ Tavist (clemastine) OTC 	<ul style="list-style-type: none"> ✓ Chlor-Trimeton (chlorpheniramine) OTC ✓ Teldrin (chlorpheniramine) OTC ✓ Dimetane (brompheniramine) OTC ✓ Vistaril (hydroxyzine pamoate) ✓ Efidac (chlorpheniramine) OTC 	
<p>Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause fatigue or sedation.</p>		
<p>MEDICATION INFORMATION FOR THOSE IN RECOVERY:</p> <p>The following is a list of OTC medications judged to be safe for people in recovery. Please note that this list is not inclusive of all safe medications and its listing here does not represent an endorsement of its effectiveness.</p>		
<p>Cough Medications:</p> <ul style="list-style-type: none"> ✓ Halls Mentholypus ✓ Ricola Cough Drops ✓ Robitussin-Guaifensin Syrup ✓ Tessalon Pearles <p><i>Avoid: Any medication containing Pseudoephedrine or Dextromethorphan ("DM")</i></p> <p><i>No: Codeine, hydrocodone, Benadryl</i></p>	<p>Nasal Sprays:</p> <ul style="list-style-type: none"> ✓ Saline Nasal Spray <p><i>Avoid: Medicated nasal sprays</i></p> <p><i>No: NeoSynephrine, Sudafed, or products containing Pseudoephedrine</i></p>	<p>Sinus/Cold/Flu Medications:</p> <ul style="list-style-type: none"> ✓ Airborne ✓ Alavert ✓ Claritin ✓ Zycam Cold Remedy <p><i>No: Benadryl, products containing Dextromethorphan ("DM"), antihistamine or Pseudoephedrine</i></p>
<p>Diarrhea/Gas Medications:</p> <ul style="list-style-type: none"> ✓ Beano ✓ Citrucel ✓ Dulcolax ✓ Gas-X Strips, Chewable Tabs or Gel Caps ✓ Imodium ✓ Kaopectate ✓ Simethecone <p><i>Suggestion: Dietary control, exercise, increased water consumption</i></p>	<p>Nicotine Preparations:</p> <ul style="list-style-type: none"> ✓ Comit ✓ NicoDerm ✓ Nicorette ✓ Nicotine Transdermal Sys. <p><i>Never: Smoke while using these products</i></p>	<p>Skin Preparations:</p> <ul style="list-style-type: none"> ✓ Caladryl ✓ Calamine Lotion ✓ Clotrimazole ✓ Cortain ✓ Cortizone-10 ✓ Cruex ✓ Desenex ✓ Hydrocortisone Ointment/Cream ✓ Lamisil ✓ Lotrimin ✓ Neosporin ✓ Tinactin (Tolnaftate)

		✓ Triple Antibiotic Ointment
Mouthwash: ✓ Crest Pro-Health Rinse ✓ Biotene Mouthwash ✓ Listerine Breath Strips ✓ Therabreath Oral Rinse ✓ Tom's Natural <i>Avoid: All alcohol-based products</i>	Supplements: ✓ Multivitamins <i>Avoid: Herbal "energy" supplements</i> <i>Note: Discuss with physician before taking specific vitamins or supplements</i>	Stomach Acid Preparations: ✓ Alka-Seltzer ✓ Gaviscon ✓ Maalox ✓ Milk of Magnesia ✓ Mylanta ✓ Pepcid ✓ Pepto-Bismol ✓ Prilosec ✓ Roloids ✓ Tagamet HB ✓ Tums ✓ Zantac
Stool Softeners, Fiber, Laxatives: ✓ Benefiber ✓ Colace Stool Softener ✓ Dulcolax Stool Softener ✓ FiberCon ✓ Fleets Enemas ✓ Metamucil ✓ Colace Laxative ✓ Doxidan Laxative ✓ Per-Colace Laxative <i>Suggestion: Dietary control, exercise, increased water consumption</i> <i>Note: May be habit forming causing dependence for normal functioning</i>		
Note: Brand names have been listed here; however, most pharmacies carry their own label of medication. Compare the label on the brand name with the store label to be sure that none of the "to be avoided" ingredients have been added.		
Please feel free to share this list with your Primary Care Physician. Discuss any new medications and over-the-counter medications you are considering with your PCP.		