MEDICATIONS AND THE RECOVERING PERSON



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MEDICATIONS AND THE RECOVERING PERSON

A guide to maintaining sobriety while receiving treatment for other health problems

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INTRODUCTION

There are many types of medications which may present a hazard to a person beginning the journey of recovery from chemical dependency. These include prescription and over-the-counter medications. The danger is not always that a recovering addict may develop a new addiction – though this certainly can happen – but that one can be led back into dependence on their drug of choice. The latest scientific research has proven that all the dependence-producing drugs act on the brain in the same way to produce addiction – despite having different effects or a different kind of "high" when taken. In addition, if urine drug screening is part of the recovering person's continuing treatment program, use of many types of medications can result in falsely positive tests for the more highly addictive classes of drugs, resulting in negative consequences.

Therefore, it is very important for a recovering person to learn about the different types of medications and drugs - and which ones present a special risk to continuing recovery and sobriety. The commonly available medications and drugs are divided into three classes - A, B and C - to indicate three levels of risk

Class A drugs must be avoided completely, as they are well known to produce addiction and are the most dangerous of all. Only under very unusual conditions can the Class A drugs be taken by a recovering addict or alcoholic - and only when given by a physician or dentist. These exceptional circumstances can include: severe illness and injuries including major surgery, car accidents and other trauma, tests or procedures which can only be done under sedation or anesthesia. Medication treatments for certain psychiatric conditions are in this category, as are medications used for drug detoxification. The "street drugs" are also included in Class A.

The medications in **Class B** are also potentially very dangerous – especially when taken by recovering persons without the guidance of a physician or another healthcare professional. However, under certain circumstances, the **Class B** group can be taken safely under a physician's care.

Class C medications are generally safe from the point of view of addiction recovery. However, overuse of any medication – even the common over-the-counter remedies – can result in unwanted side effects.

People who have struggled with drug addiction or alcoholism must remain aware of the tendency to look for "external solutions for internal problems" - and should avoid taking ANY of these medications on their own, in order to medicate emotions and feelings. The tools of recovery - including participation at 12-Step fellowship meetings, working the Steps or talking with a sponsor, counselor or doctor - provide safe and healthy ways to deal with the strong feelings that can come up at any time in early sobriety.

Many recovering people also have other chronic illnesses or mental health issues, such as depression, bipolar disorder, diabetes or hypertension, which require prescription anti-depressants and other treatments to remain healthy. Staying clean and sober from drugs and alcohol often requires continued use of this type of medication; stopping the prescribed treatments without a doctor's guidance can result in a relapse into active addiction.

The three classes of medications that appear on the following pages include both the brand name (i.e.: "Valium"), as well as the generic name (i.e.: "diazepam") - as the majority of prescription bottles are labeled with the generic name. On the following pages, look for the BRAND NAME listed first, followed by the (generic name) in parentheses. For "street drugs", the COMMON NAME is listed first, and the (chemical name or "slang" name) is in parentheses. For each drug group in Class A and B, there is also a brief explanation of the dangers associated with taking the medication or street drug.

At the end of the document there are two tables. The first is a list of alcohol-free products grouped by therapeutic category. The manufacturer is listed next to each product name. The second is a table of alcohol-containing medications.

Please remember, this information does not include all drugs and is only intended as a quick reference because manufacturers change product ingredients and brand names frequently.

This guide is not intended to be a substitute for advice that only your own personal physician can provide. In particular, it is VERY IMPORTANT that on the basis of the information contained in this guide, you do not suddenly discontinue or make any changes in the doses of medication that you may have been prescribed. Doing so may result in unexpected problems - such as withdrawal reactions - which in some cases can be life-threatening. You MUST check with your doctor before making ANY medication changes.

It is also essential that you inform ALL of your personal physicians, dentists and other health care providers of your chemical dependency history so that medications can be prescribed safely and appropriately when they are deemed necessary.

The bottom line is that a recovering addict or alcoholic needs to become a good consumer, and ask a healthcare professional if there are questions about taking ANY kind of medication - BEFORE taking it.

Remember that "RECOVERY IS ITS OWN REWARD" - being healthy and regaining a happy life is YOUR responsibility!

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Class A (avoid absolutely)

Alcohol:

Ale Malt Beverage
Beer (including "non-alcoholic" forms) Whiskey
Brandy Wine
Liqueur Wine Cooler

Alcohol consumption reduces social inhibitions and produces pleasure and a sense of well-being. It is a stimulant (raises blood pressure and heart rate) and a depressant. Alcohol affects the brain's reward pathways and appears to be related to interactions with dopamine, GABA, serotonin, opioid and NMDA neurotransmitter systems. The "non-alcohol" or "NA" forms of beer should not be consumed because there is a small amount of alcohol present and research shows that smell may be enough to trigger cravings and a subsequent relapse among certain alcoholics. Please note that there is a variety of cough and cold preparations that contain alcohol and medications which can be taken in tablet form will not contain ethyl alcohol. Certain topical products, soft-gels and capsules contain ethyl alcohol and should be avoided. Please refer to the table at the end of the document for a list of alcohol containing products to avoid.

Antitussives/Expectorants:

Ambenyl (codeine/bromodiphenhydramine)
Duratuss HD (hydrocodone/dextromethorphan)
Guiatuss (codeine/pseudoephedrine/guaifenesin)
Hycodan Tablets (hydrocodone/homatropine)
Hycodan Syrup (hydrocodone/homatropine)
Hycomine (hydrocodone/chlorpheniramine/
phenylephrine/acetaminophen/caffeine)
Hycotuss (hydrocodone/quaifenesin)

Hydromet (hydrocodone/homatropine)
Mytussin (codeine/pseudoephedrine/guaifenesin)
Nucofed (codeine/pseudoephedrine/guaifenesin)
Phenergan with Codeine (codeine/promethazine)
Robitussin AC (codeine/guaifenesin)
Tussionex PennKinetic
(hydrocodone/chlorpheniramine)
Vicodin Tuss (hydrocodone/quaifenesin)

Any cough medications containing narcotics such as codeine or hydrocodone should not be used. These medications bind to opiate receptors in the central nervous system, altering the perception of and response to pain and produce generalized central nervous system depression and may alter mood or cause sedation.

Barbiturates:

Amytal (amobarbital)
Barbita, (phenobarbital)
Butisol (butabarbital)
Donnatal (phenobarbital/atropine/hyoscyamine/
scopolamine)

Esgic (acetaminophen/butalbital/caffeine)
Fioricet (butalbital/acetaminophen/caffeine)
Fiorinal (butalbital/aspirin/ caffeine)

Nembutal (pentobarbital) Seconal (secobarbital)

These medications can produce central nervous system depression ranging from mild (sedation) to hypnotic (sleep induction). As the dose is increased, coma and death can occur. These medications can also lead to an unusual excitatory response in some people.

Class A (avoid absolutely)

Benzodiazepines:

Ativan (lorazepam)

Centrax (prazepam)

Dalmane (flurazepam)

Doral (quazepam)

Halcion (triazolam)

Klonopin (clonazepam)

Librium (chlordiazepoxide)

Restoril (temazepam)

Tranxene (chlorazepate)

Valium (diazepam)

Versed (midazolam)

Xanax (alprazolam)

These medications can produce an immediate change in mood or affect and can cause central nervous system depression (dose related) resulting in sedation, dizziness, confusion, or ataxia, which may impair physical and mental capabilities. Abrupt discontinuation or a large decrease in dose can lead to seizures, coma or death.

Other Central Nervous System Depressants:

GHB (G, gamma-hydroxybutyrate, everclear)

This category depresses the central nervous system possibly leading to: confusion; psychosis; paranoia; hallucinations; agitation; depression; seizures; respiratory depression; decreases in level of consciousness; coma and death.

Hallucinogens:

Cannabis (grass, green marijuana, pot, weed) Mescaline (peyote)

DMT (dimethyltryptamine)

Retamine (special K)

PCP (angel dust, phencyclidine)

Psilocybin (magic mushroom, 'shrooms)

LSD (acid, blotter, paper, sunshine, window pane) 2-CB

Marinol (dronabinol) 5-MeO-DIPT (foxy methoxy)

MDMA (E, eckies, ecstasy, love drug, X, XTC) STP (DOM)

Hallucinogens act in the central nervous system; using these substances can possibly lead to memory disturbances, psychosis and vivid hallucinations. Marinol is the psychoactive substance in marijuana and may cause withdrawal symptoms if stopped suddenly.

Inhalants:

Aerosols (hair sprays, deodorants)

Nail Polish Remover (acetone)

Airplane Glue

Paint (butane, propane, toluene)

Amyl Nitrate (poppers) Solvents (paint thinner, gasoline, glue, correction

Butyl Nitrate (room deodorizer) fluid, felt tip marker)
Gases (ether, chloroform, nitrous oxide, butane Varnish (xylene, toluene)

lighters, propane tanks, whipped cream dispensers)

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Class A (avoid absolutely)

Inhalants:

Inhalants are central nervous system depressants. Use of inhalants can cause sedation and loss of inhibitions possibly leading to liver, kidney, nerve, heart, brain, throat, nasal, and lung damage up to and including coma and death.

Neuropathic Pain:

Lyrica (pregabalin)

Lyrica acts in the central nervous system as a depressant and can lead to withdrawal symptoms upon discontinuation. It also produces euphoria in certain individuals.

Opioids:

Actiq (fentanyl oral transmucosal)

OxyContin (oxycodone)

Buprenex (buprenorphine)

OxyIR (oxycodone)

Combunox (oxycodone/ibuprofen) Percocet (oxycodone/acetaminophen)

Darvocet (propoxyphene napsylate/acetaminophen) Percodan (oxycodone/aspirin)
Darvon (propoxyphene hydrochloride) Roxanol (morphine sulfate)

Demerol (meperidine) Roxicet (oxycodone/acetaminophen)

Dilaudid (hydromorphone) Roxicodone (oxycodone)
Dolophine (methadone) Soma Compound with Codeine

Duragesic (fentanyl transdermal) (codeine/carisoprodol/aspirin)

Endocet (oxycodone/acetaminophen) Stadol (butorphanol)

Heroin (down, H, horse, smack)

Kadian (morphine sulfate)

Suboxone (buprenorphine/naloxone)

Subutex (buprenorphine)

Lorcet (hydrocodone/acetaminophen)

Talacen (pentazocine/acetaminophen)

Lortab (hydrocodone/acetaminophen)

Talwin (pentazocine lactate)

Methadose (methadone) Tylenol #2, #3 or #4 (codeine/acetaminophen)

MS Contin (morphine sulfate) Ultram (tramadol)

Norco (hydrocodone/acetaminophen) Vicodin (hydrocodone/acetaminophen)

Nubain (nalbuphine HCl)

Opioids bind to opiate receptors in the central nervous system causing inhibition of ascending pain pathways and altering the perception of and response to pain. Generalized central nervous system depression is also produced. Tolerance or drug dependence may result from extended use. Buprenorphine binds to mu receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria. Most of the drugs in this class have the potential for drug dependency and abrupt cessation may precipitate withdrawal.

Gastrointestinal (Anti-Diarrheals)

Lomotil (atropine/diphenoxylate) Motofen (atropine/difenoxin)

Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use

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Class A (avoid absolutely)

Other Sedative-Hypnotics:

Ambien (zolpidem) Doriden (glutethimide)

Librax (chlordiazepoxide/clidinium)

Lunesta (eszopiclone)

Midrin (acetaminophen/dichloralphenazone/

isometheptene)

Miltown (meprobamate)

Noctec (chloral hydrate) Placidyl (ethchlorvynol)

Quaalude, Sopor (methaqualone)

Soma (carisoprodol)

Soma Compound (carisoprodol/aspirin)

Sonata (zaleplon)

These drugs act on the central nervous system and have the potential for drug dependency and abuse. Withdrawal symptoms can be seen if stopped suddenly.

Stimulants:

Adderall (amphetamine/dextroamphetamine)

Adipex-P (phentermine)

Cocaine (blow, coke, crack, rock, snow, white)

Concerta (methylphenidate)

Cylert (pemoline)

Dexedrine (dextroamphetamine)

Fastin (phentermine)

Focalin (dexmethylphenidate)

Meridia (sibutramine)

Metadate (methylphenidate)

Methamphetamine (crank, crystal meth, glass, ice,

speed)

Methylin (methylphenidate)

Preludin (phenmetrazine)

Ritalin (methylphenidate)

Tenuate (diethylpropion)

The stimulants cause physical and psychological addiction, impair memory and learning, hearing and seeing, speed of information processing and problem-solving ability.

Class B (only take with your doctor's approval or prescription)

NOTE: Although the medications listed below in the "Addiction Treatments" section are specifically intended to be taken for prevention of relapse to dependence upon one or more drugs, none of them are habit-forming or addictive themselves, and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.

Addiction Treatments:

Antabuse (disulfiram)
Campral (acamprosate)
Catapres (clonidine)
Chantix (varenicline)

Revia (naltrexone) Symmetrel (amantadine) Zyban (bupropion)

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome. Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

Cough and Cold Preparations: Antihistamines (Sedating)

Atarax (hydroxyzine hydrochloride)
Benadryl (diphenhydramine) OTC
Chlor-Trimeton (chlorpheniramine) OTC
Dimetane (brompheniramine) OTC
Efidac (chlorpheniramine) OTC
Periactin (cyproheptadine)

Polarmine (dexchlorpheniramine) Tavist (clemastine) OTC Teldrin (chlorpheniramine) OTC Vistaril (hydroxyzine pamoate)

Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause fatique or sedation.

Antitussives/Expectorants

Benylin Cough (dextromethorphan) OTC
Comtrex (dextromethorphan) OTC
Contac (dextromethorphan) OTC
Delsym (dextromethorphan) OTC
Mucinex DM (dextromethorphan/quaifenesin) OTC

Nyquil (dextromethorphan/alcohol) OTC
Phenergan DM (promethazine/dextromethorphan)
Robitussin DM (dextromethorphan/guaifenesin)
Vicks Formula 44D (dextromethorphan) OTC

Any preparation containing dextromethorphan should be used with caution because dextromethorphan acts on opioid receptors in the brain. Respiratory depression and perceptual distortions can also be seen in those people taking large doses.

Class B (only take with your doctor's approval or prescription)

Cough and Cold Preparations: Decongestants (Many are Combination Products)

Actifed (pseudoephedrine/triprolidine) OTC AH-chew D (phenylephrine) OTC

Alavert D (loratadine/pseudoephedrine) OTC Allegra D (fexofenadine/pseudoephedrine) Benzedrex Nasal Inhaler (propylhexamine) OTC

Bromfed (phenylephrine/brompheniramine)

Bromfed DM (pseudoephedrine/ brompheniramine/dextromethorphan)

Cardec DM (pseudoephedrine/carbinoxamine/dextromethorphan)

Clarinex D (desloratadine/pseudoephedrine)
Claritin D (loratadine/pseudoephedrine)
OTC

Deconamine SR (pseudoephedrine/

chlorpheniramine) OTC

Dimetapp (pseudoephedrine/brompheniramine)OTC Sudafed (pseudoephedrine) OTC

Duratuss (pseudoephedrine/guaifenesin) Entex LA (phenylephrine/guaifenesin)

Entex PSE (pseudoephedrine/guaifenesin)

Humibid DM (pseudoephedrine/

dextromethorphan/potassium guaiacolsulfonate)

Mucinex D (pseudoephedrine/guaifenesin) OTC

Nalex-A (phenylephrine) OTC Novafed (pseudoephedrine) OTC Profen (pseudoephedrine) OTC Prolex-D (phenylephrine) OTC

R-Tannate Pediatric (phenylephrine/chlorpheniramine/pyrilamine)

Rondec (phenylephrine/chlorpheniramine)
Rondec DM (phenylephrine/chlorpheniramine/
dextromethorphan)

Rynatan-S (phenylephrine/chlorpheniramine/pyrilamine)

Semprex-D (pseudoephedrine/acrivastine) Sinutuss DM (phenylephrine) OTC

Sudafed (pseudoephedrine) OTC
Tussafed-EX (phenylephrine) OTC
Zyrtec D (cetirizine/pseudoephedrine)

Decongestants should be used with caution because they are stimulating and can trigger relapse.

Nasal Sprays

Afrin (oxymetazoline) OTC

Astelin (azelastine)

Dristan (oxymetazoline) OTC

Flonase (fluticasone)

Nasacort AQ or HFA (triamcinolone)

Nasonex (mometasone)

Neo-synephrine (phenylephrine) OTC Nostrilla (oxymetazoline) OTC Rhinocort Aqua (budesonide) Vicks Nasal Inhaler (desoxyephedrine) OTC

Vicks Sinex (phenylephrine) OTC 4-Way Nasal Spray (phenylephrine) OTC

All OTC nasal sprays should be used for a short period of time. If used for a long period of time symptoms may worsen. Use for a maximum of 5 days. Intranasal corticosteroids (non-OTC) may cause a reduction in growth velocity in pediatric patients.

Class B (only take with your doctor's approval or prescription)

Muscle Relaxants:

Flexeril (cyclobenzaprine)

Norflex (orphenadrine)

Parafon Forte (chlorzoxazone)

Robaxin (methocarbamol)

Skelaxin (metaxalone)

Zanaflex (tizanidine)

Muscle relaxants can cause central nervous system depression (sedation, dizziness), which may impair physical or mental abilities.

Sleep Aids:

Excedrin PM (diphenhydramine) OTC
Nytol (diphenhydramine) OTC
Sleep-eze (diphenhydramine) OTC

Sominex (diphenhydramine) OTC
Tylenol PM (diphenhydramine/acetaminophen) OTC
Unisom (diphenhydramine) OTC

Sleep aids act in the central nervous system and can alter judgment and cause sedation.

Others:

Asthma

Primatene Mist (epinephrine) OTC

Primatene Mist can cause nervousness, restlessness, sleeplessness, palpitations, tachycardia, chest pain, muscle tremors, dizziness and flushing.

Steroids

Decadron (dexamethasone)
Deltasone (prednisone)

Medrol (methylprednisolone)

It is important to take steroids exactly as directed. Long term use requires a taper off of the drug. Steroid use can decrease the immune system leading to increased infections. Insomnia, nervousness and a variety of other side effects are also common.

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Advair Diskus (fluticasone/salmeterol)
Azmacort (traimcinolone)
Flovent (fluticasone)

Pulmicort (budesonide)
Serevent Diskus (salmeterol)
QVAR (beclomethasone)

Class B (only take with your doctor's approval or prescription)

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Particular care is required when patients are transferred from systemic corticosteroids to inhaled products due to possible adrenal insufficiency or withdrawal from steroids, including an increase in allergic symptoms. Regular use may suppress the immune system. Orally-inhaled corticosteroids may cause a reduction in growth velocity in pediatric patients. Advair and Serevent can cause central nervous system excitement.

Gastrointestinal (Constipation)

Dulcolax (bisacodyl) OTC Ex-Lax (senna) OTC Senokot (senna) OTC

Continued use of laxatives can lead to dependency for colon function. Use for only a short period of time.

Gastrointestinal (Nausea/Vomiting)

Compazine (prochlorperazine) Tigan (trimethobenzamide)
Phenergan (promethazine) Zofran (ondansetron)

These medications affect the central nervous system and can cause sedation.

Vertigo/Motion Sickness

Antivert (meclizine) Transderm Scop (scopolamine)

Dramamine (dimenhydrinate) OTC

These medications affect the central nervous system and can cause dizziness, drowsiness, or blurred vision.

$Class\ C$ (generally safe to take)

Alzheimer's:

Aricept (donepezil)

Exelon (rivastigmine)

Namenda (memantine)

Razadyne (galantamine)

Analgesics (Migraine):

Amerge (naratriptan)Maxalt (rizatriptan)Axert (almotriptan)Relpax (eletriptan)Frova (frovatriptan)Zomig (zolmitriptan)

Imitrex (sumatriptan)

Analgesics (Other):

Tylenol (acetaminophen) OTC

Anti-Convulsants (Also Mood Stabilizers):

Carbatrol (carbamazepine)

Depakote (divalproex sodium)

Dilantin (phenytoin)

Keppra (levetiracetam)

Lamictal (lamotrigine)

Neurontin (gabapentin)

Tegretol (carbamazepine)

Topamax (topiramate)

Trileptal (oxcarbazepine)

Zonegran (zonisamide)

Antihistamines (Non-sedating):

Alavert (loratadine) OTC Claritin (loratadine) OTC
Allegra (fexofenadine) Zyrtec (cetirizine)

Clarinex (desloratadine)

Antibiotics/Antivirals

Amoxil (amoxicillin)

Augmentin (amoxicillin/clavulanate)

Levaquin (levofloxain)

Lorabid (loracarbef)

Avelox (moxifloxacin) Macrobid (nitrofurantoin monohydrate/macrocrystals)

Bactrim (sulfamethoxazole/trimethoprim) Macrodantin (nitrofurantoin macrocrystals)

Biaxin (clarithromycin) Minocin (minocycline) Ceclor (ceflacor) Omnicef (cefdinir) Ceftin (cefuroxime) Pen-Vee K (penicillin) Cefzil (cefprozil) Relenza (zanamavir) Cipro (ciprofloxacin) Sporanox (itraconazole) Cleocin (clindamycin) Sumycin (tetracycline) Diflucan (fluconazole) Tamiflu (oseltamavir) Doryx (doxycycline) Teguin (gatifloxacin) Duricef (cefadroxil) Valtrex (valacyclovir) E-Mycin (erythromycin) Vantin (cefpodoxime) Flagyl (metronidazole) Vibramycin (doxycycline) Keflex (cephalexin) Zithromax (azithromycin) Ketek (telithromycin) Zovirax (acyclovir)

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Class C (generally safe to take)

Anti-Parkinsonians:

Mirapex (pramipexole) Sinemet (carbidopa/levodopa)

Requip (ropinirole)

Antitussives/Expectorants:

Humibid LA (guaifenesin/potassium Mucinex (guaifenesin) OTC

guaiacolsulfonate) Tessalon Perles (benzonatate)

Asthma/COPD/Pulmonary:

Accolate (zafirlukast) Singulair (montelukast)
Atrovent (ipratropium) Spiriva (tiotropium)

Combivent (albuterol/ipratropium)

Proventil/Ventolin (albuterol)

Theo-24 (theophylline)

Xopenex (levalbuterol)

Benign Prostatic Hypertrophy (Also Cardiovascular):

Cardura (doxazosin) Hytrin (terazosin)
Flomax (tamsulosin) Proscar (finasteride)

Cardiovascular (Antihypertensives, Anticoagulants, Antiplatelets, Cholesterol Lowering, Diuretics):

Accupril (quinapril) Isordil (isosorbide dinitrate)

Aldactone (spironolactone) Lanoxin (digoxin)

Altace (ramipril)

Aspirin

Atacand (candesartan)

Lasix (furosemide)

Lipitor (atorvastatin)

Lopid (qemfibrozil)

Avalide (irbesartan/hydrochlorothiazide)

Lopressor (metoprolol)

Avapro (irbesartan)

Lotensin (benazepril)

Benicar (olmesartan)

Lotrel (amlopidine/benazepril)

Betapace (sotalol)

Bumex (bumetadine)

Calan (verapamil)

Niaspan (Niacin)

Bumex (bumetadine)

Calan (verapamil)

Cardizem (diltiazem)

Coreg (carvedilol)

Coumadin (warfarin)

Cozaar (losartan)

Crestor (rosuvastatin)

Demadex (torsemide)

Monopril (fosinopril)

Niaspan (Niacin)

Nitro-Bid (nitroglycerin)

Norvasc (amlopidine)

Plavix (clopidogrel)

Pravachol (pravastatin)

Prinivil (lisinopril)

Sular (nisoldipine)

Diovan (valsartan)

Dyazide (hydrochlorothiazide/triamterene)

Heparin

Tenormin (atenolol)

Tricor (fenofibrate)

Vasotec (enalapril)

Hydrodiuril (hydrochlorothiazide) Vytorin (ezetimibe/simvastatin)

 Hyzaar (losartan/hydrochlorothiazide)
 Zestril (lisinopril)

 Imdur (isosorbide mononitrate)
 Zetia (ezetimibe)

 Inderal (propranolol)
 Zocor (simvastatin)

Class C (generally safe to take)

Diabetes Mellitus:

Actos (pioglitazone)

Amaryl (glimepiride)

Avandia (rosiglitazone)

Diabeta (glyburide)

Glucophage (metformin)

Glucotrol (glipizide)

Humalog (insulin lispro)

Humulin L,N,R,U (insulin)

Lantus (insulin glargine)

Novolin 70/30, N or R (insulin)

Novolog (insulin aspart)

Erectile Dysfunction:

Cialis (tadalafil) Viagra (sildenafil)
Levitra (vardenafil)

Gastrointestinal (Antacids, Antidiarrheals, Anitspasmosdics, Antiulcers, Constipation, Nausea/Vomiting):

Aciphex (rabeprazole)

Bentyl (dicyclomine)

Colace (docusate sodium) OTC

Emetrol (phosphorylated carbohydrate) OTC

Pepto-Bismol (bismuth subsalicylate) OTC

Prevacid (lansoprazole)

Prilosec (omeprazole) OTC

Emetrol (phosphorylated carbohydrate) OTC

Imodium (loperamide) OTC

Kaopectate (bismuth subsalicylate) OTC

Maalox OTC

Protonix (pantoprazole)

Reglan (metoclopramide)

Simethicone OTC

Mylanta OTC

Nexium (esomeprazole)

Tums OTC

Zantac (ranitidine) OTC

Genitourinary:

Detrol (tolterodine) Ditropan (oxybutinin)

Glaucoma:

Alphagan P (brimonidine)

Azopt (brinzolamide)

Cosopt (dorzolamide/timolol)

Lumigan (bimatoprost)

Timoptic (timolol)

Travatan (travoprost)

Trusopt (dorzolamide)

Xalatan (latanoprost)

Gout:

Zyloprim (allopurinol)

Nasal Sprays:

Atrovent (ipratropium)

Ayr (saline) OTC

HuMist (saline) OTC

NasalCrom (cromolyn) OTC

Ocean Spray (saline) OTC

Class C (generally safe to take)

Toradol (ketorlac)

Non-Steroidal Anti-inflammatory Drugs:

Advil (ibuprofen) OTC
Aleve (naproxen) OTC
Anaprox (naproxen)
Cataflam (diclofenac potassium)
Daypro (oxaprozin)

Mobic (meloxicam)
Motrin (ibuprofen) OTC
Naprosyn (naproxen)
Orudis (ketoprofen)
Relafen (nabumetone)

Lodine (etodolac) Voltaren (diclofenac sodium)

COX-2 inhibitors
Celebrex (celecoxib)

Indocin (indomethacin)

Osteoporosis (Calcium Metabolism):

Actonel (risedronate) Evista (raloxifene)
Boniva (ibandronate) Fosamax (alendronate)

Psychotropics:

Abilify (aripiprazole) Pamelor (nortriptyline) BuSpar (buspirone) Paxil (paroxetine) Celexa (citalopram) Prozac (fluoxetine) Clozaril (clozapine) Remeron (mirtazapine) Cymbalta (duloxetine) Risperdal (risperidone) Depakote (divalproex sodium) Seroquel (quetiapine) Desyrel (trazodone) Serzone (nefazodone) Effexor (venlafaxine) Sinequan (doxepin) Elavil (amitriptyline) Sinequan (doxepin) Eskalith (lithium) Strattera (atomoxetine) Geodon (ziprasidone) Wellbutrin (bupropion) Haldol (haldoperidol) Zoloft (sertraline) Lexapro (escitalopram) Zyprexa (olanzapine)

Sleep Aid:

Rozerem (ramelteon)

Luvox (fluvoxamine)

Thyroid:

Armour thyroid (thyroid desiccated)
Levoxyl (levothyroxine)
Levothroid (levothyroxine)
Synthroid (levothyroxine)

Compiled by Renee Enstrom, Pharm.D. Candidate (LECOM School of Pharmacy), Bruce J. Merkin, MD and Nicholas Link, Pharm.D. Candidate (Ohio Northern University) based on material provided by Paul H. Earley, MD, FASAM (Talbott Recovery Campus, Atlanta, GA). February 2007

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The following is a selection of alcohol-free products grouped by therapeutic category. The list is not comprehensive. Manufacturers change product ingredients and brand names frequently. Always check product labeling for definitive information on specific ingredients. Manufacturers are listed after each product name.

Analgesics		Anti-Asthmatic Agents	
Acetaminophen Infants Drops	Ivax	Dilor-G Liquid (guaifenesin/dyphylline)	Savage
Actamin Maximum Strength Liquid (acetaminophen)	Cypress	Elixophyllin-GG liquid (guaifenesin/theophylline)	Forest
Addaprin Tablet (ibuprofen)	Dover		
Advil Children's Suspension (ibuprofen)	Wyeth Consumer	Anti-Convulsants	
Aminofen Tablet (acetaminophen)	Dover	Zarontin Syrup (Ethosuximide)	Pfizer
Aminofen Max Tablet (acetaminophen)	Dover	Antiviral Agents	
APAP Elixir (acetaminophen)	Bio-Pharm	Epivir Oral Solution (Lamivudine)	GlaxoSmith Kline
Aspirtab Tablet (aspirin)	Dover	Cough/Cold/Allergy Preparatio	ns
Genapap Children Elixir (acetaminophen)	Ivax	Accuhist Pediatric Drops (brompheniramine/ pseudoephedrine	Propst
Genapap Infant's Drops (acetaminophen)	Ivax	Albuterol Sulfate Syrup	Hi Tech Pharmacal
Motrin Children's Suspension (ibuprofen)	McNeil Consumer	Alka Seltzer Plus Day Cold, (acetaminophen, dextromethorphan, phenylephrine	Bayer
Motrin Infants' Suspension (ibuprofen)	McNeil Consumer	Alka Seltzer Plus Night Cold, (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine, doxylamine)	Bayer
Silapap Children's Elixir (acetaminophen)	Silarx	Alka Seltzer Plus Original, Orange Zest & Cherry Burst Effervescent Cold Tablets, acetaminophen, chlorpheniramine, phenylephrine	Bayer
Silapap Infant's Drops (acetaminophen)	Silarx	Alka Seltzer Plus Cold & Cough Effervescent Tablets, acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine	Bayer
Tylenol Children's Suspension (acetaminophen)	McNeil Consumer	Alka Seltzer Plus Night Effervescent Tablets, acetaminophen, dextromethorphan, doxylamine, phenylephrine	Bayer
Tylenol Extra Strength Solution (acetaminophen)	McNeil Consumer	Alka Seltzer Plus Cold & Sinus Effervescent tablets, lemon zest, acetaminophen, phenylephrine	Bayer
Tylenol Infant's Drops (acetaminophen)	McNeil Consumer	Alka Seltzer Plus Day Cold Liquid Gels, acetaminophen, dextromethorphan, phenylephrine	Bayer
Tylenol Infant's Suspension (acetaminophen)	McNeil Consumer		
Alka Seltzer Plus Day & Night Effervescent Tablets, day acetaminophen, dextromethorphan,	Bayer	C-Phen DM Drops and Syrup, chlorpheniramine, dextromethorphan, phenylephrine	Boca Parma cal

phenylephrine, night acetaminophen,			
dextromethorphan, phenylephrine, doxylamine			
Alka Seltzer Plus Flue Effervescent	Davies	Carafate Suspension	Aventis
Tablets, honey orange, aspirin,	Bayer	cui ujure Suspension	Aveniis
chlorpheniramine, dextromethorphan			
Alka Seltzer Plus Night Cold Liquid Gels,	Bayer	Carbatuss Liquid	GM
acetaminophen, dextromethorphan,	Dayer	(phenylephrine/guaifenesin)	OW
doxylamine		(prienylephi me, guari enesin)	
Alka Seltzer Plus Night Cold Liquid Gels,	Bayer	Cepacol Sore Throat Liquid	J.B.
acetaminophen, dextromethorphan,		(benzocaine)	Williams
doxylamine		,	17111101110
Alka Seltzer Plus Cold & Cough Liquid	Bayer	Children's Benadryl Allergy,	Pfizer
Gels, acetaminophen, chlorpheniramine,	,	(diphenhydramine)	
dextromethorphan, phenylephrine		(· p ,)	
Alka Seltzer Plus Regular Effervescent	Bayer	Children's Loratadine Syrup Fruit	Taro
Cold Tablets, acetaminophen,	,	Flavored	
chlorpheniramine, phenylephrine			
Allergy Relief Medicine	Hi-Tech	Children's Claritin Syrup, Loratadine	Schering-
Children's Elixir (diphenhydramine)	Pharmacal		Plough Health
			Care
			Products
Andehist DM Drops (carbinoxamine/	Cypress	Children's Dimetapp Elixir Grape,	Wyeth
dextromethorphan)		brompheniramine, phenylephrine	
Andehist DM Syrup (carbinoxamine/	Cypress	Children's Dimetapp DM Elixir,	Wyeth
dextromethorphan)		brompheniramine, dextromethorphan,	
, .		phenylephrine	
Andehist DM NR Liquid	Cypress	Chlor-Trimeton Allergy Syrup	Schering
(carbinoxamine/dextromethorphan/pse		(chlorpheniramine)	Plough
udoephedrine)			
Andehist DM NR Syrup	Cypress	Codal-DM Syrup	Cypress
(carbinoxamine/dextromethorphan/pse		(dextromethorphan/phenylephrine/	
udoephedrine)		pyrilamine)	
Andehist NR Syrup	Cypress	Creomulsion Complete Syrup	Summit
(carbinoxamine/pseudoephedrine)		(chlorpheniramine/pseudoephedrine/d	Industries
		extromethorphan)	
Andehist DM NR, brompheniramine,	Cypress	Creomulsion Cough Syrup	Summit
dextromethorphan,		(dextromethorphan)	Industries
pseudoephedrine			
Andehist NR, brompheniramine,	Cypress	Creomulsion For Children Syrup	Summit
pseudoephedrine	' '	(dextromethorphan)	Industries
Baby Vitamin Drops	Goldine	Creomulsion Pediatric Syrup	Summit
Just virumin or ops	Colume	(chlorpheniramine/pseudoephedrine/d	Industries
		extromethorphan)	THURSTILES
Benadryl Allergy	Pfizer Consumer	Delsym Cough Suppressant	Cell Tech
Solution(diphenhydramine)	1 11ZEL CONSUME	(dextromethorphan)	Jen rech
Biodec DM Drops	Bio-Pharm	Despec Liquid	Internation
!	שוט-רוועו־ווו	(chlorpheniramine/pseudoephedrine/d	
(carbinoxamine/dextromethorphan/pse		extromethorphan/guaifenesin/	al
udoephedrine)		phenylephrine)	Ethical
Riodec DM Syrun	Rio-Pharm	Diabetic Tussin Allergy	Healthcare
Biodec DM Syrup	Bio-Pharm		Healthcare Products
(carbinoxamine/dextromethorphan/pse udoephedrine)		Relief Liquid (chlorpheniramine)	FTOUUCTS
Broncotron Liquid	Caucan	Nichatia Tuggia NA Limit	I Joolel
·	Seyer	Diabetic Tussin DM Liquid	Healthcare
(pseudoephedrine)	Pharmatec	(guaifenesin/dextromethorphan)	Products
Buckleys Mixture,	Novartis		
(dextromethorphan)	D D :		
C-Phen Drops and Syrup,	Boca Parma cal		
chlorpheniramine, phenylephrine			

Diabetic Tussin DM Maximum Strength Capsule (guaifenesin/dextromethorphan)	Healthcare Products	Hayfebrol Liquid (chlorpheniramine/pseudoephedrine)	Scot-Tussin
Diabetic Tussin EX Liquid (guaifenesin)	Healthcare Products	Histex Liquid (chlorpheniramine/pseudoephedrine)	TEAMM
Diabetic Tussin Nighttime Formula Cold/Flu Relief, (dextromethorphan, acetaminophen, diphenhydramine	Healthcare Products	Histex PD Drops (carbinoxamine)	TEAMM
Dimetapp Cold & Fever Children's Suspension (ibuprofen/pseudoephedrine)	Wyeth Consumer	Histex PD Liquid (carbinoxamine)	TEAMM
Double-Tussin DM Liquid (guaifenesin/dextromethorphan)	Reese	Hydramine Elixir (diphenhydramine)	Ivax
Dynatuss Syrup (carbinoxamine/pseudoephedrine/ dextromethorphan)	Breckenridge	Hydro-Tussin DM Elixir (guaifenesin/dextromethorphan)	Ethex
Dynatuss EX Syrup (guaifenesin/dextromethorphan/ pseudoephedrine)	Breckenridge	Ibuprofen Suspension	Alpharma
Entex Syrup (phenylephrine/guaifenesin)	Andrx	Kaopectate, (bismuth subsalicyate)	Pfizer
Father John's Medicine Plus Drops (chlorpheniramine/ phenylephrine/dextromethorphan/ guaifenesin/ammonium chloride)	Oakhurst	Kita La Tos Liquid (guaifenesin/dextromethorphan)	R.I.D.
Friallergia DM Liquid (brompheniramine/pseudoephedrine/ dextromethorphan)	R.I.D.	Lodrane Liquid (brompheniramine/pseudoephedrine)	ECR
Friallergia Liquid (brompheniramine/pseudoephedrine)	R.I.D.	Maximum Strength Cepacol Dual Relief Sore Throat Spray, cherry & citrus, dyclonine, glycerine	Combe
Gani-Tuss-DM NR Liquid (guaifenesin/dextromethorphan)	Cypress	Medi-Brom Elixir (brompheniramine/pseudoephedrine /dextromethorphan)	Medicine Shoppe
Genahist Elixir (diphenhydramine)	Ivax	Motrin Cold Children's Suspension (ibuprofen/pseudoephedrine)	McNeil Consumer
Giltuss Pediatric Liquid (guaifenesin/dextromethorphan/ pseudoephedrine)	Gil	Nalex-A Liquid (chlorpheniramine/phenylephrine)	Blansett Pharmacal
Giltuss Liquid (guaifenesin/dextromethorphan/ pseudoephedrine)	Gil	Nalspan Senior DX Liquid (guaifenesin/dextromethorphan)	Morton Grove
Guaicon DMS Liquid (guaifenesin/dextromethorphan)	Textilease Medique	Neotuss-D Liquid (chlorpheniramine/pseudoephedrine /dextromethorphan/guaifenesin)	A.G. Marin
Guai-Dex Liquid (guaifenesin/dextromethorphan)	Alphagen		
Guaifed Syrup (phenylephrine/pseudoephedrine/ guaifenesin)	Muro		

Norel DM Liquid (chlorpheniramine/phenylephrine/ dextromethorphan)	U.S. Pharmaceutical	Pediatex Liquid (carbinoxamine)	Zyber
Orgadin Liquid (guaifenesin)	American Generics	Pediatex-D Liquid (carbinoxamine/pseudoephedrine)	Zyber
Organidin NR Liquid (guaifenesin)	Wallace	Pediatric Vicks Formula 44 e Cough & Chest Congestion Relief, dextromethorphan, guaifenesin	Proctor & Gamble
Palgic-DS Syrup (carbinoxamine/pseudoephedrine)	Pamlab	Pediatric Vicks Formula 44 m Cough & Cold Relief, chlorpheniramine, dextromethorphan	Proctor & Gamble
Palgic, carbinoxamine	Pan	Phanasin Syrup (guaifenesin)	Pharmako n
Panmist-S Syrup (guaifenesin/pseudoephedrine)	Pamlab	Phanatuss Syrup (guaifenesin)	Pharmako n
Panmist DM Syrup (guaifenesin/dextromethorphan/ pseudoephedrine)	Pamlab	Phena-S Liquid (chlorpheniramine/phenylephrine)	GM
PediaCare Children's Decongestant, phenylephrine	Pfizer	Poly-Tussin DM Syrup (chlorpheniramine/phenylephrine/ dextromethorphan)	Poly
PediaCare Children's Long Acting Cough, dextromethorphan	Pfizer	Primsol Solution (trimethoprim)	Medicis
PediaCare Children's Night Time Cough, diaphenhydramine	Pfizer	Prolex DM Liquid (guaifenesin/dextromethorphan)	Blansett Pharmacal
PediaCare Infant Dropper Decongestant and Cough, grape, dextromethorphan, phenylephrine	Pfizer	Q-Dryl Allergy Liquid, cherry flavor, diphenhydramine	Qualitest
PediaCare Infant Dropper Decongestant, raspberry, phenylephrine	Pfizer	Quintex Syrup (phenylephrine/guaifenesin)	Qualitest
PediaCare Infant Dropper, Long- Acting cough, dextromethorphan	Pfizer	Robitussin Chest Congestion, guaifenesin	Wyeth
PediaCare Cold + Allergy Children's Liquid (chlorpheniramine/pseudoephedrine)	Pharmacia	Robitussin Cough & Cold Long- Acting, chlorpheniramine, dextromethorphan	Wyeth
PediaCare Cough + Cold Children's Liquid (chlorpheniramine/ pseudoephedrine/dextromethorphan)	Pharmacia	Robitussin Cough DM & Sugar Free, dextromethorphan, guaifenesin	Wyeth
PediaCare Nightrest Liquid (chlorpheniramine/pseudoephedrine/ dextromethorphan)	Pharmacia	Robitussin Cough & Congestion Liquid (chlorpheniramine/ pseudoephedrine/dextromethorphan/ guaifenesin/acetaminophen)	Wyeth Consumer
Pediahist DM Syrup (brompheniramine/pseudoephedrine/ dextromethorphan/guaifenesin)	Воса	Robitussin Cough & Cold Nighttime (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
Pedia-Relief Liquid (chlorpheniramine/pseudoephedrine/ dextromethorphan)	Major	Robitussin Cough & Allergy (chlorpheniramine, dextromethorphan, phenylephrine	Wyeth
		Robitussin Cough & Cold CF (dextromethorphan, guaifenesin, phenylephrine)	Wyeth

ROBITUSSIN COID & Flu Nighttime | Wyeth | Sildec Syrup | Silarx

Robitussin Cold & Flu Nighttime (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth	Sildec Syrup (brompheniramine/pseudoephedrine/ carbinoxamine)	Silarx
Robitussin DM Liquid (guaifenesin/dextromethorphan)	Wyeth Consumer	Sildec-DM Drops (brompheniramine/pseudoephedrine/c arbinoxamine/dextromethorphan)	Silarx
Robitussin PE Syrup (pseudoephedrine/guaifenesin)	Wyeth Consumer	Sildec-DM Syrup (brompheniramine/pseudoephedrine/ carbinoxamine/dextromethorphan)	Silarx
Robitussin Cough Long-Acting, dextromethorphan	Wyeth	Siltussin DAS Liquid (guaifenesin)	Silarx
Robitussin Cough Gels Long- Acting, dextromethorphan	Wyeth	Siltussin DM Syrup (guaifenesin/dextromethorphan)	Silarx
Robitussin Head & Chest Congestion PE, guaifenesin, phenylephrine	Wyeth	Siltussin DM DAS Cough Formula Syrup (guaifenesin/dextromethorphan)	Silarx
Robitussin Infant Cough DM dextromethorphan, quaifenesin	Wyeth	Siltussin SA Syrup (guaifenesin)	Silarx
Robitussin Pediatric Cough &Cold CF, dextromethorphan, guaifenesin, phenylephrine	Wyeth	Sudatuss DM Syrup (chlorpheniramine/dextromethorphan /pseudoephedrine)	Pharmaceu tical Generic
Robitussin Pediatric Cough Cold Night Time, chlorpheniramine, dextromethorphan, phenylephrine	Wyeth	Tussafed Syrup (chlorpheniramine/carbinoxamine/ pseudoephedrine/dextromethorphan)	Everett
Robitussin Pediatric Cough Long- Acting, dextromethorphan	Wyeth	Tussafed-EX Syrup pseudoephedrine/dextromethorphan/ guaifenesin)	Everett
Robitussin Pediatric Drops (guaifenesin/dextromethorphan/ pseudoephedrine)	Wyeth Consumer	TheraFlu powders contain no alcohol; all other Caplets warming liquids and other liquids contain varying amounts of alcohol	
Robitussin Pediatric Night Relief Liquid (chlorpheniramine/ dextromethorphan/pseudoephedrine)	Wyeth Consumer	TheraFlu and Chest Congestion Natural Citrus, acetaminophen, quaifenesin	Novartis
Scot-Tussin Allergy Relief Formula Liquid (diphenhydramine)	Scot-Tussin	TheraFlu and Sore Throat, acetaminophen, pheniramine, phenylephrine	Novartis
Scot-Tussin DM Liquid (chlorpheniramine/dextromethorphan /guaifenesin)	Scot-Tussin	TheraFlu Nighttime Severe Cold, acetaminophen, pheniramine, phenylephrine	Novartis
Scot-Tussin Expectorant Liquid (guaifenesin)	Scot-Tussin	TheraFlu Daytime Severe Cold, acetaminophen, phenylephrine	Novartis
Scot-Tussin Original Syrup (phenylephrine)	Scot-Tussin	TheraFlu Cold and Sore Throat, acetaminophen, phenylephrine, pheniramine	Novartis
Scot-Tussin Senior Liquid (guaifenesin/dextromethorphan)	Scot-Tussin	Triaminic Nighttime Cold and Cough, phenylephrine, diphenhydramine	Novartis
Sildec Liquid (brompheniramine/pseudoephedrine/c arbinoxamine)	Silarx	Triaminic Daytime Cold and Cough Cherry, phenylephrine, dextromethorphan	Novartis
	21	Triaminic Cough and Sore Throat, acetaminophen, chlorpheniramine, dextromethorphan	Novartis

Tuss-DM Liquid	Seatrace	Vicks Children's Nyquil,	Proctor &
(chlorpheniramine/phenylephrine		chlorpheniramine,	Gamble
/guaifenesin/dextromethorphan		dextromethorphan	
Tussi-Organidin DM NR Liquid	Wallace	Vicks DayQil cold Flu Liquid and	Procter &
(guaifenesin/dextromethorphan)		Liquicaps, acetaminophen,	Gamble
		dextromethorphan, phenylephrine	
Tussi-Pres Liquid	Kramer-Novis	Vicks DayQuil Cough Liquid,	Procter &
(guaifenesin/dextromethorphan/		dextromethorphan	Gamble
pseudoephedrine)			
Tylenol Cold Children's Liquid	McNeil Consumer	Vicks DayQuil Sinus Liquicaps,	Procter &
(chlorpheniramine/pseudoephedri		acetaminophen, phenylephrine	Gamble
ne/acetaminophen)			
Tylenol Cold Infants' Drops	McNeil Consumer	Vicks Dayquil Multi-symptom	Procter &
(acetaminophen/pseudoephedrine		cold/flu relief (acetaminophen,	Gamble
		dextromethorphan, phenylephrine	
Tylenol Flu Children's Suspension	McNeil Consumer	Vicks 44E Pediatric Liquid	Procter &
(chlorpheniramine/pseudoephedrine/d		(quaifenesin/dextromethorphan)	Gamble
extromethorphan/acetaminophen)			
Tylenol Allergy Multi-Symptom	MCN-PPC	Vicks 44M Pediatric Liquid	Procter &
Daytime Caplets & Gel caps Cool		(chlorpheniramine/pseudoephedri	Gamble
Burst, acetaminophen,		ne/dextromethorphan)	
chlorpheniramine, phenylephrine			
Tylenol Chest Congestion Daytime	MCN-PPC	Z-Cof DM Syrup	Zyber
Non-Drowsy Caplets Cool Burst,		(quaifenesin/dextromethorphan/	,
acetaminophen, quaifenesin		pseudoephedrine)	
1 73			
Tylenol Cough & Sore Throat,	MCN-PPC	Zicam Cold & Flu, Spoons,	Zicam
Daytime Liquid Cool Burst,		Daytime, acetaminophen,	
Instant Cool Burst Sensation,		chlorpheniramine,	
acetaminophen, dextromethorphan		dextromethorphan, phenylephrine	
Tylenol Cough & Sore Throat,	MCN-PPC	Zicam Cold Remedy CoughMax	Zicam
Nighttime Liquid Cool Burst,		Cough Melts Cool Cherry,	
With Instant Cool Burst		dextromethorphan	
Sensations, acetaminophen,		·	
dextromethorphan, doxylamine			
Tylenol Cold Multi-Symptom	MCN-PPC	Zicam Cold Remedy Homeopathic	Zicam
Nighttime Caplets, Cool Burst,		Chewables, Strawberry, zincum	
acetaminophen, chlorpheniramine,		aceticum, zincum gluconicum	
dextromethorphan, phenylephrine			
Tylenol Cold Multi-Symptom	MCN-PPC	Zicam Cold Remedy Homeopathic	Zicam
Nighttime Liquid, acetaminophen,		Chewcaps, zincum aceticum,	
dextromethorphan, doxylamine,		zincum gluconicum	
phenylephrine			
Tylenol Cold Severe Cold Multi-	MCN-PPC	Zicam Cold Remedy Homeopathic	Zicam
Symptom Daytime Caplets, Cool		Oral Mist, Mint, zincum aceticum,	
Burst, acetaminophen,		zincum gluconicum	
dextromethorphan, guaifenesin,			
phenylephrine			
Tylenol Extra Strength PM Liquid	MCN-PPC	Zicam Cold Remedy Homeopathic	Zicam
Gold Vanilla, acetaminophen,		Rapid Melts, Cherry	
diphenhydramine		Zincum aceticum, zincum	
•		gluconicum	
Tylenol Sore Throat, Daytime	MCN-PPC	Zicam Cold Remedy Swabs	Zicam
Cool Burst, acetaminophen		Zincum gluconicum	
Tylenol Sore Throat, Nighttime	MCN-PPC	Zicam Cough Mist Max, Cool	Zicam
Liquid Cool Burst, acetaminophen,		Cherry, dextromethorphan	
diphenhydramine		,	

Ear/Nose/Throat Products		Miscellaneous	
4-Way Saline Moisturizing mist spray	Bristol-Myers	Cytra-2 Solution (sodium citrate salts)	Cypress
Ayr Baby Saline Spray	Ascher, B.F.	Cytra-K Solution (sodium citrate salts)	Cypress
Bucalcide Solution (benzocaine)	Seyer Pharmatec	Emetrol Solution (phosphorated carbohydrate)	Pharmacia Consumer
Act Anticavity Flouride Rinse Bubblegum Blowout	Johnson & Johnson	Lactulose Solution	Hi Tech Parmacal
Biotene with Calcium Mouthwash	Laclede INC	Potassium Chloride Solution	Qualitest
Breath RX Antibacterial Mouth Rinse Clean Mint	Discus Dental INC	Psychotropics	
Bucalcide Spray (benzocaine)	Seyer Pharmatec	Thorazine Syrup (chlorpromazine)	GlaxoSmit hKline
Bucalsep Solution (benzocaine)	Gil	Topical Products	1
Bucalsep Spray (benzocaine)	Gil	Aloe Vesta 2-N-1 Antifungal Ointment (miconazole)	Convatec
Cepacol Sore Throat Liquid (benzocaine)	Combe	Fleet Pain Relief Pads (pramoxine)	Fleet
Crest Pro Health Refreshing Cool Mint and Cool Wintergreen	Procter & Gamble	Lidocaine HCI Oral Topical Viscous Solution	Hi Tech Pharmacal
Crest Whitening Rinse Fresh Mint	Procter & Gamble	Neutrogena Acne Wash Liquid	Neutrogen a
Gly-oxide Liquid (carbamide peroxide)	GlaxoSmithKline Consumer	Neutrogena Antiseptic Liquid	Neutrogen a
Orasept Mouthwash/ Gargle Liquid (benzocaine)	Pharmakon Labs	Neutrogena Clear Pore Gel	Neutrogen a
Oasis Moisturizing Mouthwash Mild Mint	GlaxoSmith Kline	Neutrogena T/Derm Liquid	Neutrogen a
Listermint Mouth	Pfizer	Neutrogena Toner Liquid	Neutrogen a
Tom's Natural Cleansing Mouthwash Spearmint	Tom's of Maine INC	Podiclens Spray (benzalkonium chloride)	Woodward
Zilactin Baby Extra Strength Gel (benzocaine)	Zila Consumer	Prednisolone Sodium Phosphate Oral Solution 15 mg/5ml	Pai Pharmaceut ical Associates
Gastrointestinal Agents		Prednisolone Sodium Phosphate Oral Solution 5 mg/5ml	Hi Tech Pharmacal
Imogen Liquid (loperamide)	Pharmaceutical Generic	Sea Breeze Foaming Face Wash Gel	Clairol
Imodium AD children Loperamide	McNeil		
Kaopectate Suspension (bismuth subsalicylate)	Pharmacia		
Kaopectate Liquid Cherry, Peppermint, Regular & Extra Strength	Consumer Chattem INC		
Bismuth subsalicylate Liqui-Doss Liquid (mineral oil)	Ferndale		
Hematinics			
Irofol Liquid (iron)	Dayton		

Vitamins/Minerals/Supplement	Vitamins/Minerals/Supplements		
Apetigen Elixir	Pharmaceutical		
(vitamins A & E/multivitamin)	Generic		
Genesupp-500 Liquid	Pharmaceutical		
(multivitamin)	Generic		
Genetect Plus Liquid	Pharmaceutical		
(multivitamin/iron)	Generic		
Multi-Delyn w/Iron Liquid (multivitamin/iron)	Silarx		
Poly-Vi-Sol Drops (multivitamin)	Mead Johnson		
Poly-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson		
Strovite Forte Syrup(multivitamin/iron/folic acid)	Everett		
Supervite Liquid (multivitamin/B complex/ folic acid/multivitamin)	Seyer Pharmatec		
Suplevit Liquid (multivitamin/iron)	Gil		
Tri-Vi-Sol Drops (multivitamin)	Mead Johnson		
Tri-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson		
Vitafol Syrup (multivitamin/iron/folic acid/vitamin E/calcium salts)	Everett		

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A Partial List of Non-Prescription and Prescription Products that Contain Alcohol *

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Act Restoring Mouthwash Anticavity Icy Cool Vanilla Mint, Cinnamon and Mint 11% Water Alcohol	McNiel PPC	Prometh VC Plain Phenylephrine, promethazine 7%	Alpharma
Advanced Listerine with Tartar Protection Arctic Mint 21.6% Water Alcohol	Pfizer	Promethazine Plain Syrup 7%	MGP
Bromidetane DX Syrup brompheniramine, pseudoephedrine, dextromethorphan	Hi Tech Pharmacal	Promethazine With DM Syrup Dextromethorphan, promethazine 7%	MGP
Cepacol Antibacterial Mouthwash with Ceepryn 14% Denatured	Combi	Robitussin Maximum Strength Cough 1.4%	Wyeth
Chlorhexidine Oral Rinse 11.6%	Teva	Robitussin Maximum Strength Cough & Cold 1.4%	Wyeth
Cheracol D Maximum Strength Cough Formula, dextromethorphan, guaifenesin 4.75%	Lee Pharmaceuticals	Scope Citrus Splash 10% WT	Procter & Gamble
Colgate Peroxyl Antiseptic Oral Cleanser Original & Refreshing Cool Mint 6% Ethyl Alcohol v/v	Colgate Oral Pharmaceuticals INC	Scope Cinnimon Ice 12% WT	Procter & Gamble
Ferrous Sulfate Elixir 5%	Rugby	Scope Cool Peppermint 14.3% WT	Procter & Gamble
Hydroxyzine HCI Syrup 0.5%	Hi Tech Pharmacal	Scope Original Mint 15% WT	Procter & Gamble
Imodium A-D Liquid Loperamide 0.5%	McNiel Consumer Healthcare	Sulfamethoxazole and Trimethoprim Oral suspension 0.26%	Hi Tech Pharmacal
Listerine Whitening Rinse 8% Water Alcohol	Pfizer	TheraFlu Warming Relief Daytime Severe Cold, acetaminophen, dextromethorphan, phenylephrine 10%	Novartis
Listerine Antiseptic Cool Mint or Natural Citrus .095%	Pfizer	TheraFlu Warming Relief Nighttime Severe Cold, Acetaminophen, diphenhydramine, phenylephrine 10%	Novartis
Listerine Antiseptic 26.9% Water Alcohol	Pfizer	Triaminic Thin Strips Cough & Runny Nose Grape Diphenhydramine	Novartis
Metoclopramide Solution <1%	Taro	Triaminic Thin Strips Long-Acting Cough, dextromethorphan	Novartis
Nystatin Suspension <1%`	Taro	Triaminic Thin Strips Cough & Cold, dextromethorphan, phenylephrine	Novartis
Plax Soft Mint Advanced Formula Plaque Loosening Rinse 8.7%	Pfizer	Vicks Nyquil Cold Flu Liquid Original & Cherry, acetaminophen, dextromethorphan, doxylamine	Procter & Gamble
Prednisolone Syrup 15 mg/5m. 5%	Hi Tech Pharmacal	Vicks NyQuil Cough Liquid, eextromethorphan, doxylamine	Procter & Gamble

Vicks Formula 44 Cough Relief,	Procter &	Vicks Formula 44 M Cough, Cold &	Procter &	
Dextromethorphan	Gamble	Flu Relief, acetaminophen,	Gamble	
		chlorpheniramine,		
		dextromethorphan		
Vicks Formula 44 D Cough &	Procter &	Zantac Syrup,	GlaxoSmith	
Head Congestion Relief,	Gamble	Ranitidine	Kline	
Dextromethorphan,				
phenylephrine		7. 4		
Vicks Formula 44 E Cough &	Procter &	Zicam Concentrated Nite Cough	Zicam	
Chest Congestion Relief,	Gamble	Mist Cool Cherry,		
Dextromethorphan, guaifenesin		dextromethorphan 10%		
5% Alcohol (10-Proof)				
Diphenhydramine Elixir		Kay Ciel Liquid (potassium)		
Benylin Cough Syrup		Guiatuss AC Syrup (quaifenesin/codeine)		
Cheracol-D Cough Syrup		Phenergan VC Syrup		
(guaifenesin/dextromethorphan)		(promethazine/phenylephrine)		
Dihstine DH Elixir		Tussend Syrup		
(chlorpheniramine/pseudoephedrine/c	odeine)	(guaifenesin/chlorpheniramine/pseudoephedrine/hydrocodo ne)		
Dilaudid Cough Syrup (hydromorpho	one)	Tylenol Extra Strength Liquid		
Dramamine Liquid (dimenhydrinate)		Tylenol with Codeine Elixir		
Feosol (iron) Elixir		Vicks 44 D (dextromethorphan/pseudoephedrine)		
Imodium A-D (loperamide)		Vicks 44 E (guaifenesin/dextromethorpha	n)	
Kaon Liquid (potassium)				
10% Alcohol (20-Proof)				
Excedrin PM Liquid (acetaminophen	/diphenhydramine)	Nucofed Expectorant Syrup		
6 I T I I II		(guaifenesin/pseudoephedrine/codeine)		
Geritol Tonic Liquid (multivitamin)		Nu-Iron Elixir (iron)		
Hycotuss Expectorant Syrup		Vicks Nyquil		
(hydrocodone/guaifenesin)		(doxylamine/pseudoephedrine/dextromethorphan/acetami nophen)		
Niferex Elixir (iron)		Vicks Formula 44M		
, ,		(chlorpheniramine/pseudoephedrine/dextromethorphan/ace		
		taminophen)		
15% Alcohol (30-Proof)				
Cepacol Mouthwash		Lomotil Liquid (diphenoxylate/atropine)		
Gerivite Elixir (multivitamin)				
20% Alcohol (40-Proof)		1		
Gevrabon Liquid (vitamins)		Lufyllin Elixir (theophylline)		
Listerine Mouthwash (flavored)		Theophylline Elixir		
25% Alcohol (50-Proof)		1 ' '		
Listerine Mouthwash (regular)		N'ice Throat Spray		
Lister the Mournwash (regular)		ivice inious spruy		

^{*} Note Also: some prescription nasal sprays used for allergic rhinitis and some other forms of nasal/sinus congestion contain alcohol. Alcohol-containing nasal sprays that should be avoided by recovering persons, especially those taking Antabuse, include Flonase and Nasonex nasal sprays.

The majority of mouthwashes contain alcohol also. These should all be avoided.

Notes

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