

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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Medications and the Recovering Person



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!



Medications and the Recovering Person



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:

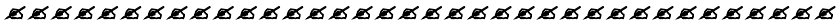
Ambenyl (codeine/bromodiphenhydramine)	Hydromet (hydrocodone/homatropine)
Duratuss HD (hydrocodone/dextromethorphan)	Mytussin (codeine/pseudoephedrine/guaifenesin)
Guiatuss (codeine/pseudoephedrine/guaifenesin)	Nucofed (codeine/pseudoephedrine/guaifenesin)
Hycodan Tablets (hydrocodone/homatropine)	Phenergan with Codeine (codeine/promethazine)
Hycodan Syrup (hydrocodone/homatropine)	Robitussin AC (codeine/guaifenesin)
Hycomine (hydrocodone/chlorpheniramine/ phenylephrine/acetaminophen/caffeine)	Tussionex PennKinetic (hydrocodone/chlorpheniramine)
Hycotuss (hydrocodone/guaifenesin)	Vicodin Tuss (hydrocodone/guaifenesin)

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)	Esgic (acetaminophen/butalbital/caffeine)
Barbita, (phenobarbital)	Fioricet (butalbital/acetaminophen/caffeine)
Butisol (butabarbital)	Fiorinal (butalbital/aspirin/ caffeine)
Donnatal (phenobarbital/atropine/hyoscyamine/ scopolamine)	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.



Medications and the Recovering Person



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**

Senokot (senna) **OTC**

Ex-Lax (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.

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Medications and the Recovering Person

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Class C (generally safe to take)

Alzheimer's:

Aricept (donepezil)
Exelon (rivastigmine)

Namenda (memantine)
Razadyne (galantamine)

Analgesics (Migraine):

Amerge (naratriptan)
Axert (almotriptan)
Frova (frovatriptan)
Imitrex (sumatriptan)

Maxalt (rizatriptan)
Relpax (eletriptan)
Zomig (zolmitriptan)

Analgesics (Other):

Tylenol (acetaminophen) OTC

Anti-Convulsants (Also Mood Stabilizers):

Carbatrol (carbamazepine)
Depakote (divalproex sodium)
Dilantin (phenytoin)
Kepra (levetiracetam)
Lamictal (lamotrigine)

Neurontin (gabapentin)
Tegretol (carbamazepine)
Topamax (topiramate)
Trileptal (oxcarbazepine)
Zonegran (zonisamide)

Antihistamines (Non-sedating):

Alavert (loratadine) OTC
Allegra (fexofenadine)
Clarinet (desloratadine)

Claritin (loratadine) OTC
Zyrtec (cetirizine)

Antibiotics/Antivirals

Amoxil (amoxicillin)
Augmentin (amoxicillin/clavulanate)
Avelox (moxifloxacin)
Bactrim (sulfamethoxazole/trimethoprim)
Biaxin (clarithromycin)
Ceclor (ceflacor)
Ceftin (cefuroxime)
Cefzil (cefprozil)
Cipro (ciprofloxacin)
Cleocin (clindamycin)
Diflucan (fluconazole)
Doryx (doxycycline)
Duricef (cefadroxil)
E-Mycin (erythromycin)
Flagyl (metronidazole)
Keflex (cephalexin)
Ketek (telithromycin)

Levaquin (levofloxacin)
Lorabid (loracarbef)
Macrobid (nitrofurantoin monohydrate/macrocrystals)
Macrochantin (nitrofurantoin macrocrystals)
Minocin (minocycline)
Omnicef (cefdinir)
Pen-Vee K (penicillin)
Relenza (zanamavir)
Sporanox (itraconazole)
Sumycin (tetracycline)
Tamiflu (oseltamavir)
Tequin (gatifloxacin)
Valtrex (valacyclovir)
Vantin (cefepodoxime)
Vibramycin (doxycycline)
Zithromax (azithromycin)
Zovirax (acyclovir)

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Medications and the Recovering Person

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Class C (generally safe to take)

Diabetes Mellitus:

Actos (pioglitazone)	Humalog (insulin lispro)
Amaryl (glimepiride)	Humulin L,N,R,U (insulin)
Avandia (rosiglitazone)	Lantus (insulin glargine)
Diabeta (glyburide)	Novolin 70/30, N or R (insulin)
Glucophage (metformin)	Novolog (insulin aspart)
Glucotrol (glipizide)	

Erectile Dysfunction:

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

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

Aciphex (rabeprazole)	Pepcid (famotidine) <i>OTC</i>
Bentyl (dicyclomine)	Pepto-Bismol (bismuth subsalicylate) <i>OTC</i>
Colace (docusate sodium) <i>OTC</i>	Prevacid (lansoprazole)
Emetrol (phosphorylated carbohydrate) <i>OTC</i>	Prilosec (omeprazole) <i>OTC</i>
Imodium (loperamide) <i>OTC</i>	Protonix (pantoprazole)
Kaopectate (bismuth subsalicylate) <i>OTC</i>	Reglan (metoclopramide)
Maalox <i>OTC</i>	Simethicone <i>OTC</i>
Mylanta <i>OTC</i>	Tums <i>OTC</i>
Nexium (esomeprazole)	Zantac (ranitidine) <i>OTC</i>

Genitourinary:

Detrol (tolterodine)	Ditropan (oxybutinin)
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Glaucoma:

Alphagan P (brimonidine)	Timoptic (timolol)
Azopt (brinzolamide)	Travatan (travoprost)
Cosopt (dorzolamide/timolol)	Trusopt (dorzolamide)
Lumigan (bimatoprost)	Xalatan (latanoprost)

Gout:

Zyloprim (allopurinol)

Nasal Sprays:

Atrovent (ipratropium)	NaSal (saline) <i>OTC</i>
Ayr (saline) <i>OTC</i>	NasalCrom (cromolyn) <i>OTC</i>
HuMist (saline) <i>OTC</i>	Ocean Spray (saline) <i>OTC</i>

Medications and the Recovering Person

Class C (generally safe to take)

Non-Steroidal Anti-inflammatory Drugs:

Advil (ibuprofen) OTC	Mobic (meloxicam)
Aleve (naproxen) OTC	Motrin (ibuprofen) OTC
Anaprox (naproxen)	Naprosyn (naproxen)
Cataflam (diclofenac potassium)	Orudis (ketoprofen)
Daypro (oxaprozin)	Relafen (nabumetone)
Indocin (indomethacin)	Toradol (ketorlac)
Lodine (etodolac)	Voltaren (diclofenac sodium)

COX-2 inhibitors

Celebrex (celecoxib)

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)
Luvox (fluvoxamine)	

Sleep Aid:

Rozerem (ramelteon)

Thyroid:

Armour thyroid (thyroid desiccated)	Levoxl (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 (Talbot Recovery Campus, Atlanta, GA), February 2007

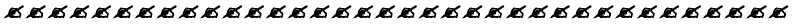
Alcohol-Free Products

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
Aspirin Tablet (aspirin)	Dover	Cough/Cold/Allergy Preparations	
Genapap Children Elixir (acetaminophen)	Ivax	Accuhist Pediatric Drops (brompheniramine/ pseudoephedrine)	Propst
Genapap Infant's Drops (acetaminophen)	Ivax	Albuterol Sulfate Syrup	Hi Tech Pharmcal
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 Tablets, honey orange, aspirin, chlorpheniramine, dextromethorphan	Bayer	Carafate Suspension	Aventis
Alka Seltzer Plus Night Cold Liquid Gels, acetaminophen, dextromethorphan, doxylamine	Bayer	Carbatuss Liquid (phenylephrine/guaifenesin)	GM
Alka Seltzer Plus Night Cold Liquid Gels, acetaminophen, dextromethorphan, doxylamine	Bayer	Cepacol Sore Throat Liquid (benzocaine)	J.B. Williams
Alka Seltzer Plus Cold & Cough Liquid Gels, acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine	Bayer	Children's Benadryl Allergy, (diphenhydramine)	Pfizer
Alka Seltzer Plus Regular Effervescent Cold Tablets, acetaminophen, chlorpheniramine, phenylephrine	Bayer	Children's Loratadine Syrup Fruit Flavored	Taro
Allergy Relief Medicine Children's Elixir (diphenhydramine)	Hi-Tech Pharmacal	Children's Claritin Syrup, Loratadine	Schering-Plough Health Care Products
Andehist DM Drops (carbinoxamine/dextromethorphan)	Cypress	Children's Dimetapp Elixir Grape, brompheniramine, phenylephrine	Wyeth
Andehist DM Syrup (carbinoxamine/dextromethorphan)	Cypress	Children's Dimetapp DM Elixir, brompheniramine, dextromethorphan, phenylephrine	Wyeth
Andehist DM NR Liquid (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress	Chlor-Trimeton Allergy Syrup (chlorpheniramine)	Schering Plough
Andehist DM NR Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress	Codal-DM Syrup (dextromethorphan/phenylephrine/pyrilamine)	Cypress
Andehist NR Syrup (carbinoxamine/pseudoephedrine)	Cypress	Creomulsion Complete Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
Andehist DM NR, brompheniramine, dextromethorphan, pseudoephedrine	Cypress	Creomulsion Cough Syrup (dextromethorphan)	Summit Industries
Andehist NR, brompheniramine, pseudoephedrine	Cypress	Creomulsion For Children Syrup (dextromethorphan)	Summit Industries
Baby Vitamin Drops	Goldine	Creomulsion Pediatric Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
Benadryl Allergy Solution(diphenhydramine)	Pfizer Consumer	Delsym Cough Suppressant (dextromethorphan)	Cell Tech
Biodec DM Drops (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm	Despec Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/phenylephrine)	International Ethical
Biodec DM Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm	Diabetic Tussin Allergy Relief Liquid (chlorpheniramine)	Healthcare Products
Broncotron Liquid (pseudoephedrine)	Seyer Pharmatec	Diabetic Tussin DM Liquid (guaifenesin/dextromethorphan)	Healthcare Products
Buckleys Mixture, (dextromethorphan)	Novartis		
C-Phen Drops and Syrup, chlorpheniramine, phenylephrine	Boca Parma cal		

Alcohol-Free Products



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 subsalsicylate)	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 Shopper
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 Pharmaccal
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		
Guafed Syrup (phenylephrine/pseudoephedrine/ guaifenesin)	Muro		

Alcohol-Free Products



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 Pharmacial
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)	Boca	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

Alcohol-Free Products



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, guaifenesin	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, guaifenesin	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
		Triaminic Cough and Sore Throat, acetaminophen, chlorpheniramine, dextromethorphan	Novartis

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

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
Bucalide 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	
Bucalide Spray (benzocaine)	Seyer Pharmatec	Thorazine Syrup (chlorpromazine)	GlaxoSmit hKline
Bucalsep Solution (benzocaine)	Gil	Topical Products	
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 HCl 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
Listerine 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 Consumer		
Kaopectate Liquid Cherry, Peppermint, Regular & Extra Strength Bismuth subsalicylate	Chattem INC		
Liqui-Doss Liquid (mineral oil)	Ferndale		
Hematinics			
Irofol Liquid (iron)	Dayton		

Alcohol-Free Products

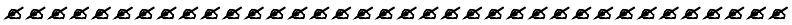


Vitamins/Minerals/Supplements			
Apetigen Elixir (vitamins A & E/multivitamin)	Pharmaceutical <i>Generic</i>		
Genesupp-500 Liquid (multivitamin)	Pharmaceutical <i>Generic</i>		
Genetect Plus Liquid (multivitamin/iron)	Pharmaceutical <i>Generic</i>		
Multi-Delyn w/Iron Liquid (multivitamin/iron)	Silarx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



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 Pharmacial	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 Cinnamon Ice 12% WT	Procter & Gamble
Ferrous Sulfate Elixir 5%	Rugby	Scope Cool Peppermint 14.3% WT	Procter & Gamble
Hydroxyzine HCl Syrup 0.5%	Hi Tech Pharmacial	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 Pharmacial
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 Pharmacial	Vicks NyQuil Cough Liquid, dextromethorphan, doxylamine	Procter & Gamble

Vicks Formula 44 Cough Relief, Dextromethorphan	Procter & Gamble	Vicks Formula 44 M Cough, Cold & Flu Relief, acetaminophen, chlorpheniramine, dextromethorphan	Procter & Gamble
Vicks Formula 44 D Cough & Head Congestion Relief, Dextromethorphan, phenylephrine	Procter & Gamble	Zantac Syrup, Ranitidine	GlaxoSmith Kline
Vicks Formula 44 E Cough & Chest Congestion Relief, Dextromethorphan, guaifenesin	Procter & Gamble	Zicam Concentrated Nite Cough Mist Cool Cherry, dextromethorphan 10%	Zicam
5% Alcohol (10-Proof)			
Diphenhydramine Elixir		Kay Ciel Liquid (potassium)	
Benylin Cough Syrup		Guiatuss AC Syrup (guaifenesin/codeine)	
Cheracol-D Cough Syrup (guaifenesin/dextromethorphan)		Phenergan VC Syrup (promethazine/phenylephrine)	
Dihstine DH Elixir (chlorpheniramine/pseudoephedrine/codeine)		Tussend Syrup (guaifenesin/chlorpheniramine/pseudoephedrine/hydrocodone)	
Dilaudid Cough Syrup (hydromorphone)		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/dextromethorphan)	
Kaon Liquid (potassium)			
10% Alcohol (20-Proof)			
Excedrin PM Liquid (acetaminophen/diphenhydramine)		Nucofed Expectorant Syrup (guaifenesin/pseudoephedrine/codeine)	
Geritol Tonic Liquid (multivitamin)		Nu-Iron Elixir (iron)	
Hycotuss Expectorant Syrup (hydrocodone/guaifenesin)		Vicks Nyquil (doxylamine/pseudoephedrine/dextromethorphan/acetaminophen)	
Niferex Elixir (iron)		Vicks Formula 44M (chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen)	
15% Alcohol (30-Proof)			
Cepacol Mouthwash		Lomotil Liquid (diphenoxylate/atropine)	
Gerivite Elixir (multivitamin)			
20% Alcohol (40-Proof)			
Gevraban Liquid (vitamins)		Lufyllin Elixir (theophylline)	
Listerine Mouthwash (flavored)		Theophylline Elixir	
25% Alcohol (50-Proof)			
Listerine Mouthwash (regular)		N'ice Throat Spray	

* **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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