

MEDICATION INFORMATION FOR THOSE IN RECOVERY

Minor illnesses such as cough, cold, allergy, stomach and respiratory flu, while not dangerous themselves, can present problems for people in recovery. Numerous over-the-counter (OTC) remedies often duplicate and overlap one another in effect, and present the consumer with a confusing array of options.

Misinformation regarding OTC drugs can be traced back as the cause of many relapses into active addictive disease, frequently with disastrous consequences. 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.

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.

Serenity Lane Medical and Treatment Teams

<p>COUGH MEDICATIONS: Halls Mentholypus Ricola Cough Drops Robitussin-Guiafensin Syrup Delsym Tessalon Pearles <i>Avoid: Any medication containing Pseudoephedrine or Dextromethorphan ("DM")</i> <i>No: Codeine, hydrocodone, Benadryl</i></p>	<p>NASAL SPRAYS: Saline Nasal Spray <i>Avoid: Medicated nasal sprays</i> <i>No: NeoSynephrine, Sudafed, or products containing Pseudoephedrine</i></p>	<p>SINUS/COLD/FLU MEDICATIONS: Airborne Alavert Claritin Clor-Trimetron Coricidin HBP Tylenol Allergy Multi-Symptom Zycam Cold Remedy <i>No: Benadryl, products containing Dextromethorphan ("DM"), antihistamine or Pseudoephedrine</i></p>
<p>DIARRHEA/GAS MEDICATIONS: Beano Citrucel Dulcolax Gas-X Strips, Chewable Tabs or Gel Caps Imodium Kaopectate Simethecone <i>Suggestion: Dietary control, exercise, increased water consumption</i></p>	<p>NICOTINE PREPARATIONS: Comit NicoDerm Nicorette Nicotine Transdermal Systems <i>Never: Smoke while using these products</i></p>	<p>SKIN PREPARATIONS: Caladryl Calamine Lotion Clotrimazole Cortain Cortizone-10 Cruex Desenex Hydrocortisone Ointment/Cream Lamisil Lotrimin Neosporin Tinactin (Tolnaftate) Triple Antibiotic Ointment</p>
<p>EYE CARE: Akon Tears Naturale Bausch & Lomb Moisture Eyes Refresh Plus <i>Note: Check ingredients lists if allergic to iodine</i></p>	<p>PAIN RELIEF: Acetaminophen Advil Anacin Aleve Bayer Aspirin Ecotrin Bufferin Midol Ibuprofen Naproxen Motrin Tylenol Pamprin <i>Suggestion: Use pain relief measures such as ice/heat, elevation, visualization, meditation, distraction</i> <i>Avoid: Any medication containing Pseudoephedrine or Dextromethorphan ("DM"), products containing caffeine</i></p>	<p>SORE THROAT: Cepacol Sore Throat Lozenges Chloraseptic Salt Water Chloraseptic Sore Throat Lozenges <i>Avoid: Any medication containing Pseudoephedrine or Dextromethorphan ("DM")</i></p>
<p>HEMORRHOIDAL PREPARATIONS: Anusol Preparation H</p>		<p style="text-align: right;">Continued on back</p>

<p>MOUTHWASH: Crest Pro-Health Rinse Biotene Mouthwash Listerine Breath Strips Therabreath Oral Rinse Tom’s Natural <i>Avoid: All alcohol-based products</i></p>	<p>SUPPLEMENTS: Multivitamins <i>Avoid: Herbal “energy” supplements Note: Discuss with physician before taking specific vitamins or supplements</i></p>	<p>STOMACH ACID PREPARATIONS: Alka-Seltzer Gaviscon Maalox Milk of Magnesia Mylanta Pepcid Pepto-Bismol Prilosec Rolaids Tagamet HB Tums Zantac</p>
<p>STOOL SOFTENERS, FIBER, LAXATIVES: Benefiber Colace Stool Softener Dulcolax Stool Softener FiberCon Fleets Enemas Metamucil Colace Laxative Doxidan Laxative Peri-Colace Laxative <i>Suggestion: Dietary control, exercise, increased water consumption</i> <i>Note: may be habit forming causing dependence for normal functioning</i></p>	<p style="text-align: center;">NOTE:</p> <p>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.</p>	

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.

If either you or your PCP has questions concerning the advisability of your taking a medication, please contact our Patient Information Program (PIP) office where you will be put in touch with one of our Serenity Lane physicians. The telephone number is (541) 284-5726.