

## **Over the Counter Cold/Allergy Medications**

It is always important to read the labels of any medications you take. Some over-the-counter (OTC) products contain more than one active ingredient, meaning they contain more than one drug. This is done to either more effectively treat one symptom or to treat multiple symptoms with one medication. The most serious safety concern when using multi-symptom or combination products is the risk of taking one specific active ingredient in multiple medicines at the same time.

### **Nasal Congestion:** Decongestants

1. **Pseudoephedrine:** Dose 30-60 mg 3 times/day. Do not use at bedtime.  
\*This product needs to be obtained from behind the pharmacist's counter with a photo driver's license.
2. **Phenylephrine:** Found in the following cold medications and the generic versions of these products.
  - Dayquil Cold and Flu
  - Dayquil Severe Cold and Flu
  - Sudafed PE
  - Mucinex Fast Max Cold and Sinus
  - Tylenol Cold and Flu Severe

Follow directions on specific products. Avoid using at Bedtime.

### **Cough:** Cough Suppressants

1. **Dextromethorphan:** Found in the following medications and the generic versions of these products.
  - Robitussin DM
  - Mucinex DM
  - Delsym

Follow directions on specific products.

### **Allergies:** Decreases allergy symptoms and will dry up secretions

1. **Antihistamines:**
  - Benadryl (Diphenhydramine) - may cause drowsiness
  - Claritin (Loratadine)
  - Allegra (Fexofenadine)
  - Zyrtec (Cetirizine)
  - Xyzal (Levocetirizine)
2. **Intranasal Corticosteroids:**
  - Flonase (fluticasone)
  - Nasacort Allergy 24HR (Triamcinolone acetonide)
  - Rhinocort Allergy Spray (Budesonide)

Follow directions on specific products.