

Fast Facts

Over-the-Counter Medicines

| <i>Symptoms</i> | <i>Generic</i> | <i>Brand</i> | <i>Notes</i> |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Fever | 1. acetaminophen 2. ibuprofen | 1. Tylenol 2. Motrin/Advil | |
| Pain | 1. acetaminophen 2. ibuprofen 3. naproxen | 1. Tylenol 2. Motrin/Advil* 3. Aleve* | *NSAIDs can increase risk of bleeding/kidney disease |
| Cough | 1. guaifenesin 2. dextromethorphan | 1. Mucinex 2. Delsym/Robitussin/Benlyn/Vicks44 | 1. Breaks up mucus 2. Suppresses urge to cough |
| Decongestant (oral) | 1. pseudoephedrine 2. phenylephrine | 1. Sudafed/Contact Non-Drowsy 2. Sudafed PE | |
| Decongestant (nasal spray) | 1. oxymetazoline 2. phenylephrine | 1. Afrin/Neo-Synephrine Night Time/Sinex 2. Neo-Synephrine, Sinex Capsules | Nasal spray decongestants can cause rebound effect (symptoms get worse) if they are used longer than 3-5 days |
| Allergies | 1. diphenhydramine 2. chlorpheniramine 3. brompheniramine 4. clemastine 5. loratadine 6. fexofenadine 7. cetirizine | 1. Benadryl* 2. Chlor-Trimeton* 3. Dimetapp* 4. Tasvist* 5. Alavert/Claritin/Dimetapp ND 6. Allegra 7. Zyrtec | *These can cause drowsiness/sleepiness. This group of medications are antihistamines. |
| Antacids | 1. ranitidine 2. cimetidine 3. calcium carbonate/magnesium hydroxide 4. magnesium hydroxide/aluminum hydroxide/simethicone 5. aluminum hydroxide/magnesium carbonate 6. bismuth subsalicylate | 1. Zantac 2. Tagamet 3. Roloids 4. Maalox* 5. Gaviscon 6. Pepto-Bismol/Kaopectate | *This formula is used for indigestion/heartburn/upset stomach/gas |
| Nausea/Vomiting | 1. bismuth subsalicylate 2. Replacement liquids | 1. Emetrol/Pepto-Bismol/Kaopectate/Maalox Total Stomach Relief* | *This formula is used for all of the same as |

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| | | 2. Enfalyte/Pedialyte (rehydration) | the regular formula and nausea |
| Diarrhea | 1. loperamide 2. bismuth subsalicylate 3. enfalyte | 1. Imodium* 2. Emetrol/Pepto-Bismol/Kaopectate 3. Pedialyte (rehydration) | *Can worsen diarrhea if cause is infection |
| Gas | 1. simethicone 2. bismuth subsalicylate | 1. Gas-X 2. Emetrol/Pepto-Bismol/Kaopectate/Maalox Total Stomach Relief* | *This formula is used for all of the same as the regular formula and indigestion |
| Constipation | 1. docusate sodium 2. bisacodyl | 1. Colace (stool softener) 2. Dulcolax (laxative) | |
| Motion Sickness | 1. dimenhydrinate 2. meclizine | 1. Dramamine 2. Bonnie/Antivert/Postafen/Sea Legs | |
| Rashes/Itching | 1. hydrocortisone cream | 1. Cortaid/Cortizone 10 | Oral antihistamines can be used as well. |
| Diaper Rash/ Athlete's Foot/ Jock Itch/ Ringworm/ Thrush/ Yeast Infection* | 1. nystatin 2. miconazole 3. clotrimazole 4. ketoconazole 5. phenazopyridine hydrochloride | 1. Mycostatin/Nyamyc/Pedi-Dri/Nystop 2. Monistat/Desenex 3. Canesten/Desenex/Lotrimin 4. Nizoral/Xolegel/Extina 5. Azo | *All of these are antifungal infections. |
| Migraine | 1. Aspirin/ acetaminophen/ caffeine | 1. Excedrin | |
| Period Cramping | 1. acetaminophen/ caffeine/ pyrilamine maleate (antihistamine) | 1. Midol | |
| Mouth Pain | 1. benzocaine | 1. Orajel | |
| Infection Prevention | 1. bacitracin/ neomycin/ polymixin B | 1. Neosporin (triple antibiotic ointment)* | *Also comes in a topical spray. |
| Special Note: Certain medications contain the active ingredients from other medications combined. Some examples of this are DayQuil, NyQuil, and Theraflu . The most important thing to remember while taking these medications is to not take other medicines with the same active ingredients. Always read the labels! | | | |

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