

Cough

Dextromethorphan (DM)

MOA: dissociative, decreases brain response to sensing airway irritants, usually included if "Severe" or "Max" (ex, Delsym, Robitussin, Coricidin, Mucinex, & more)

Codeine

MOA: opiate, less breathing, less coughing

Benzonatate (Tessalon Perles)

MOA: numbing agent



OTC Meds a provider's guide



Allergies

Antihistamines- H1 blockers

MC site = lung, skin, GI tract

1st Gen:

- diphenhydramine (Benadryl)
- hydroxyzine (Atarax)
- meclizine (Travel-Ease)
- dimenhydrinate (Dramamine)
- doxylamine (Unisom)

2nd Gen:

- cetirizine (Zyrtec)
- fexofenadine (Allegra)
- loratadine (Claritin/Alavert)
- desloratadine (Clarinex)

SE: ↑ app & sed, dizziness, tachy, dry mouth, urinary retention

Steroid Topicals

- triamcinolone cream
- hydrocortisone cream
- fluticasone (Flonase)



Runny Nose

Decongestant - vasoconstrict nasal mucosa

- pseudoephedrine (Sudafed) restricted 2/2 meth
- phenylephrine (PE)
- oxymetazoline (Afrin)

not safe for uncontrolled hypertension

Expectorant - thins mucous, ↑ expulsion

- guaifenesin

Good safety profile, Ok for breastfeed, kids, pregos

Mixes

Mucinex

regular = guaifenesin
(DM) = dextromethorphan
(D) = pseudoephedrine
fast max = dextro, phenyleph, tyl

Sudafed

sinus congestion = pseudoephedrine
PE flu severe = dextro, guaif, phenyleph, tyl
PE pressure + cold = dextro, guaif, tyl

Robitussin

(DM) cough + congest = dextro, guaif
severe flu = dextro, guaif, phenyl, tyl
nitetime cough = dextro, doxylamine

Dayquil = dextro, tyl, phenyleph
severe= add guaif

Nyquil = dextro, tyl, doxylamine
severe= add phenyleph



Acid Reflux

Superficial

- Calcium carbonate (TUMS)
- Magnesium Hydroxide (Maalox, Mylanta)

Antihistamines- H2 blockers

- ranitidine (Zantac)
- famotidine (Pepcid)
- cimetidine (Tagamet)
- nizatidine (Axid)

SE: N, HA, dizzy, gynecomastia, ↑ warfarin, benzo, phenytoin

Proton Pump Inhibitors

- omeprazole (Prilosec)
- lansoprazole (Prevacid)
- pantoprazole (Protonix)
- esomeprazole (Nexium)

SE: dry mouth, constipation, kidney fail, C Diff diarrhea, osteoporosis, low Mag, poor absorption



Pain

Salicylate

- Aspirin
- BC Powder
- Pepto-Bismol

NSAIDS

- ibuprofen 10mg/kg
- Acetaminophen**
- Tylenol 15mg/kg

Antifungal

Creams

- miconazole
- clotrimazole
- butoconazole
- terconazole

Nystatin (oral or cream)

- best for candida

