

MEDICATIONS AND THE RECOVERING PERSON

**A guide to maintaining
sobriety while receiving
treatment for other
health problems**

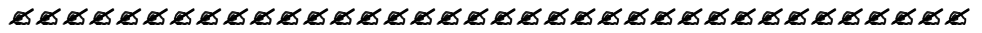
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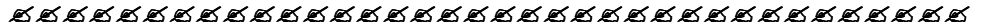
C: CD INFO, Medications & the Recovering Person

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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.

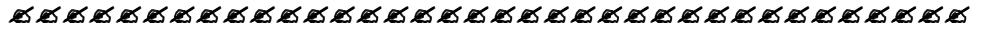
It is also essential that you inform ALL of your personal physicians, dentists and other health care providers of your chemical dependency history so that medications can be prescribed safely and appropriately when they are deemed necessary.

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.

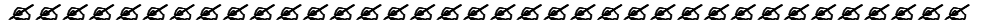
Remember that **"RECOVERY IS ITS OWN REWARD"** - being healthy and regaining a happy life is YOUR responsibility!



Bruce Merkin, MD
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February 2007



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 that 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:

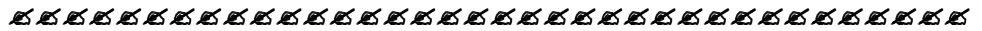
Ambenyl (codeine/bromodiphenhydramine)	Hydromet (hydrocodone/homatropine)
Duratuss HD (hydrocodone/dextromethorphan)	Mytussin (codeine/pseudoephedrine/guaifenesin)
Guiatuss (codeine/pseudoephedrine/guaifenesin)	Nucofed (codeine/pseudoephedrine/guaifenesin)
Hycodan Tablets (hydrocodone/homatropine)	Phenergan 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.

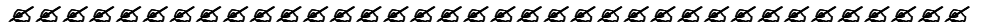
Barbiturates:

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)
	Secondal (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 A (avoid absolutely)

Benzodiazepines:

- | | |
|----------------------------|-------------------------|
| Ativan (lorazepam) | Restoril (temazepam) |
| Centrax (prazepam) | Serax (oxazepam) |
| Dalmane (flurazepam) | Tranxene (chlorazepate) |
| Doral (quazepam) | Valium (diazepam) |
| Halcion (triazolam) | Versed (midazolam) |
| Klonopin (clonazepam) | Xanax (alprazolam) |
| Librium (chlordiazepoxide) | |

These medications can produce an immediate change in mood or affect and can cause central nervous system depression (dose related) resulting in sedation, dizziness, confusion, or ataxia, which may impair physical and mental capabilities. Abrupt discontinuation or a large decrease in dose can lead to seizures, coma or death.

Other Central Nervous System Depressants:

GHB (G, gamma-hydroxybutyrate, everclear)

This category depresses the central nervous system possibly leading to: confusion; psychosis; paranoia; hallucinations; agitation; depression; seizures; respiratory depression; decreases in level of consciousness; coma and death.

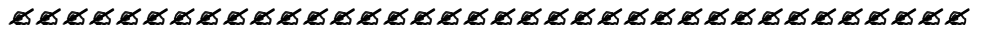
Hallucinogens:

- | | |
|---------------------------------------------------|---------------------------------------|
| Cannabis (grass, green marijuana, pot, weed) | Mescaline (peyote) |
| DMT (dimethyltryptamine) | PCP (angel dust, phencyclidine) |
| Ketamine (special K) | Psilocybin (magic mushroom, 'shrooms) |
| LSD (acid, blotter, paper, sunshine, window pane) | 2-CB |
| Marinol (dronabinol) | 5-MeO-DIPT (foxy methoxy) |
| MDMA (E, eckies, ecstasy, love drug, X, XTC) | STP (DOM) |

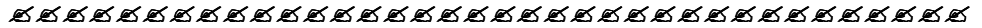
Hallucinogens act in the central nervous system; using these substances can possibly lead to memory disturbances, psychosis and vivid hallucinations. Marinol is the psychoactive substance in marijuana and may cause withdrawal symptoms if stopped suddenly.

Inhalants:

- | | |
|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Aerosols (hair sprays, deodorants) | Nail Polish Remover (acetone) |
| Airplane Glue | Paint (butane, propane, toluene) |
| Amyl Nitrate (poppers) | Solvents (paint thinner, gasoline, glue, correction fluid, felt tip marker) |
| Butyl Nitrate (room deodorizer) | Varnish (xylene, toluene) |
| Gases (ether, chloroform, nitrous oxide, butane lighters, propane tanks, whipped cream dispensers) | |



Medications and the Recovering Person



Class A (avoid absolutely)

Inhalants:

Inhalants are central nervous system depressants. Use of inhalants can cause sedation and loss of inhibitions possibly leading to liver, kidney, nerve, heart, brain, throat, nasal, and lung damage up to and including coma and death.

Neuropathic Pain:

Lyrica (pregabalin)

Lyrica acts in the central nervous system as a depressant and can lead to withdrawal symptoms upon discontinuation. It also produces euphoria in certain individuals.

Opioids:

- | | |
|-------------------------------------------------|--------------------------------------------------------------|
| Actiq (fentanyl oral transmucosal) | OxyContin (oxycodone) |
| Buprenex (buprenorphine) | OxyIR (oxycodone) |
| Combunox (oxycodone/ibuprofen) | Percocet (oxycodone/acetaminophen) |
| Darvocet (propoxyphene napsylate/acetaminophen) | Percodan (oxycodone/aspirin) |
| Darvon (propoxyphene hydrochloride) | Roxanol (morphine sulfate) |
| Demerol (meperidine) | Roxicet (oxycodone/acetaminophen) |
| Dilaudid (hydromorphone) | Roxicodone (oxycodone) |
| Dolophine (methadone) | Soma Compound with Codeine
(codeine/carisoprodol/aspirin) |
| Duragesic (fentanyl transdermal) | Stadol (butorphanol) |
| Endocet (oxycodone/acetaminophen) | Suboxone (buprenorphine/naloxone) |
| Heroin (down, H, horse, smack) | Subutex (buprenorphine) |
| Kadian (morphine sulfate) | Talacen (pentazocine/acetaminophen) |
| Lorcet (hydrocodone/acetaminophen) | Talwin (pentazocine lactate) |
| Lortab (hydrocodone/acetaminophen) | Tylenol #2, #3 or #4 (codeine/acetaminophen) |
| Methadose (methadone) | Ultram (tramadol) |
| MS Contin (morphine sulfate) | Vicodin (hydrocodone/acetaminophen) |
| Norco (hydrocodone/acetaminophen) | |
| Nubain (nalbuphine HCl) | |

Opioids bind to opiate receptors in the central nervous system causing inhibition of ascending pain pathways and altering the perception of and response to pain. Generalized central nervous system depression is also produced. Tolerance or drug dependence may result from extended use. Buprenorphine binds to mu receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria. Most of the drugs in this class have the potential for drug dependency and abrupt cessation may precipitate withdrawal.

Gastrointestinal (Anti-Diarrheals)

- | | |
|----------------------------------|------------------------------|
| Lomotil (atropine/diphenoxylate) | Motofen (atropine/difenoxin) |
|----------------------------------|------------------------------|

Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use


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**Medications and the Recovering Person**  
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Class B (only take with your doctor's approval or prescription)

NOTE: Although the medications listed below in the "Addiction Treatments" section are specifically intended to be taken for prevention of relapse to dependence upon one or more drugs, none of them are habit-forming or addictive themselves, and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.

Addiction Treatments:

- | | |
|-----------------------|------------------------|
| Antabuse (disulfiram) | Revia (naltrexone) |
| Campral (acamprosate) | Symmetrel (amantadine) |
| Catapres (clonidine) | Zyban (bupropion) |
| Chantix (varenicline) | |

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome. Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

Cough and Cold Preparations:

Antihistamines (Sedating)

- | | |
|----------------------------------------------|---------------------------------------|
| Atarax (hydroxyzine hydrochloride) | Polarmine (dexchlorpheniramine) |
| Benadryl (diphenhydramine) OTC | Tavist (clemastine) OTC |
| Chlor-Trimeton (chlorpheniramine) OTC | Teldrin (chlorpheniramine) OTC |
| Dimetane (brompheniramine) OTC | Vistaril (hydroxyzine pamoate) |
| Efidac (chlorpheniramine) OTC | |
| Periactin (cyproheptadine) | |

Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause fatigue or sedation.

Antitussives/Expectorants

- | | |
|------------------------------------------------------|-------------------------------------------------|
| Benylin Cough (dextromethorphan) OTC | Nyquil (dextromethorphan/alcohol) OTC |
| Comtrex (dextromethorphan) OTC | Phenergan DM (promethazine/dextromethorphan) |
| Contact (dextromethorphan) OTC | Robitussin DM (dextromethorphan/guaifenesin) |
| Delsym (dextromethorphan) OTC | Vicks Formula 44D (dextromethorphan) OTC |
| Mucinex DM (dextromethorphan/guaifenesin) OTC | |

Any preparation containing dextromethorphan should be used with caution because dextromethorphan acts on opioid receptors in the brain. Respiratory depression and perceptual distortions can also be seen in those people taking large doses.


Medications and the Recovering Person


Class B (only take with your doctor's approval or prescription)

Cough and Cold Preparations:

Decongestants (Many are Combination Products)

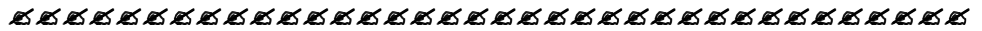
- | | |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Actifed (pseudoephedrine/triprolidine) OTC | Mucinex D (pseudoephedrine/guaifenesin) OTC |
| AH-chew D (phenylephrine) OTC | Nalex-A (phenylephrine) OTC |
| Alavert D (loratadine/pseudoephedrine) OTC | Novafed (pseudoephedrine) OTC |
| Allegra D (fexofenadine/pseudoephedrine) | Profen (pseudoephedrine) OTC |
| Benzedrex Nasal Inhaler (propylhexamine) OTC | Prolex-D (phenylephrine) OTC |
| Bromfed (phenylephrine/brompheniramine) | R-Tannate Pediatric (phenylephrine/
chlorpheniramine/pyrilamine) |
| Bromfed DM (pseudoephedrine/
brompheniramine/dextromethorphan) | Rondec (phenylephrine/chlorpheniramine) |
| Cardec DM (pseudoephedrine/
carbinoxamine/dextromethorphan) | Rondec DM (phenylephrine/chlorpheniramine/
dextromethorphan) |
| Clarinox D (desloratadine/pseudoephedrine) | Rynatan-S (phenylephrine/chlorpheniramine/
pyrilamine) |
| Claritin D (loratadine/pseudoephedrine) OTC | Semprex-D (pseudoephedrine/acrivastine) |
| Deconamine SR (pseudoephedrine/
chlorpheniramine) OTC | Sinutuss DM (phenylephrine) OTC |
| Dimetapp (pseudoephedrine/brompheniramine) OTC | Sudafed (pseudoephedrine) OTC |
| Duratuss (pseudoephedrine/guaifenesin) | Tussafed-EX (phenylephrine) OTC |
| Entex LA (phenylephrine/guaifenesin) | Zyrtec D (cetirizine/pseudoephedrine) |
| Entex PSE (pseudoephedrine/guaifenesin) | |
| Humibid DM (pseudoephedrine/
dextromethorphan/potassium guaiacolsulfonate) | |

Decongestants should be used with caution because they are stimulating and can trigger relapse.

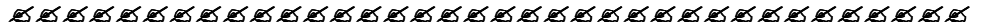
Nasal Sprays

- | | |
|------------------------------------|--------------------------------------------------|
| Afrin (oxymetazoline) OTC | Neo-synephrine (phenylephrine) OTC |
| Astelin (azelastine) | Nostrilla (oxymetazoline) OTC |
| Dristan (oxymetazoline) OTC | Rhinocort Aqua (budesonide) |
| Flonase (fluticasone) | Vicks Nasal Inhaler (desoxyephedrine) OTC |
| Nasacort AQ or HFA (triamcinolone) | Vicks Sinex (phenylephrine) OTC |
| Nasonex (mometasone) | 4-Way Nasal Spray (phenylephrine) OTC |

All OTC nasal sprays should be used for a short period of time. If used for a long period of time symptoms may worsen. Use for a maximum of 5 days. Intranasal corticosteroids (non-OTC) may cause a reduction in growth velocity in pediatric patients.



Medications and the Recovering Person



Class B (only take with your doctor's approval or prescription)

Muscle Relaxants:

Flexeril (cyclobenzaprine)	Robaxin (methocarbamol)
Norflex (orphenadrine)	Skelaxin (metaxalone)
Parafon Forte (chlorzoxazone)	Zanaflex (tizanidine)

Muscle relaxants can cause central nervous system depression (sedation, dizziness), which may impair physical or mental abilities.

Sleep Aids:

Excedrin PM (diphenhydramine) OTC	Sominex (diphenhydramine) OTC
Nytol (diphenhydramine) OTC	Tylenol PM (diphenhydramine/acetaminophen)
OTC	
Sleep-eze (diphenhydramine) OTC	Unisom (diphenhydramine) OTC

Sleep aids act in the central nervous system and can alter judgement and cause sedation.

Others:

Asthma

Primatene Mist (epinephrine) OTC

Primatene Mist can cause nervousness, restlessness, sleeplessness, palpitations, tachycardia, chest pain, muscle tremors, dizziness and flushing.

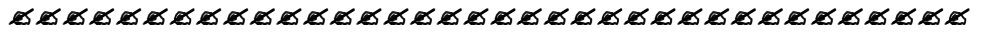
Steroids

Decadron (dexamethasone)	Medrol (methylprednisolone)
Deltasone (prednisone)	

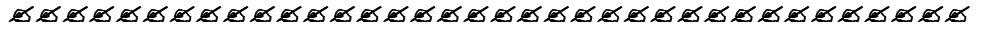
It is important to take steroids exactly as directed. Long term use requires a taper off of the drug. Steroid use can decrease the immune system leading to increased infections. Insomnia, nervousness and a variety of other side effects are also common.

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Advair Diskus (fluticasone/salmeterol)	Pulmicort (budesonide)
Azmacort (traimcinolone)	Serevent Diskus (salmeterol)
Flovent (fluticasone)	QVAR (beclomethasone)



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**
Ex-Lax (senna) **OTC**

Senokot (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)
Phenergan (promethazine)

Tigan (trimethobenzamide)
Zofran (ondansetron)

These medications affect the central nervous system and can cause sedation.

Vertigo/Motion Sickness

Antivert (meclizine)
Dramamine (dimenhydrinate) **OTC**

Transderm Scop (scopolamine)

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)
Keppra (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)

Levaquin (levofloxain)

Augmentin (amoxicillin/clavulanate)
Avelox (moxifloxacin)
monohydrate/macrocristals)
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)

Lorabid (loracarbef)
Macrobid (nitrofurantoin)
Macrodantin (nitrofurantoin macrocristals)
Minocin (minocycline)
Omnicef (cefdirin)
Pen-Vee K (penicillin)
Relenza (zanamavir)
Sporanox (itraconazole)
Sumycin (tetracycline)
Tamiflu (oseltamavir)
Tequin (gatifloxacin)
Valtrex (valacyclovir)
Vantin (cefpodoxime)
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)

Anti-Parkinsonians:

Mirapex (pramipexole)
Requip (ropinirole)

Sinemet (carbidopa/levodopa)

Antitussives/Expectorants:

Humibid LA (guaifenesin/potassium
guaiacolsulfonate)

Mucinex (guaifenesin) OTC
Tessalon Perles (benzonatate)

Asthma/COPD/Pulmonary:

Accolate (zafirlukast)
Atrovent (ipratropium)
Combivent (albuterol/ipratropium)
Proventil/Ventolin (albuterol)

Singulair (montelukast)
Spiriva (tiotropium)
Theo-24 (theophylline)
Xopenex (levalbuterol)

Benign Prostatic Hypertrophy (Also Cardiovascular):

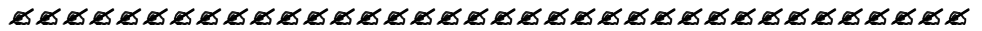
Cardura (doxazosin)
Flomax (tamsulosin)

Hytrin (terazosin)
Proscar (finasteride)

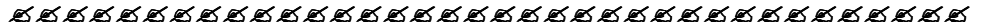
Cardiovascular (Antihypertensives, Anticoagulants, Antiplatelets, Cholesterol Lowering, Diuretics):

Accupril (quinapril)
Aldactone (spironolactone)
Altace (ramipril)
Aspirin
Atacand (candesartan)
Avalide (irbesartan/hydrochlorothiazide)
Avapro (irbesartan)
Benicar (olmesartan)
Betapace (sotalol)
Bumex (bumetadine)
Calan (verapamil)
Cardizem (diltiazem)
Coreg (carvedilol)
Coumadin (warfarin)
Cozaar (losartan)
Crestor (rosuvastatin)
Demadex (torsemide)
Diovan (valsartan)
Dyazide (hydrochlorothiazide/triamterene)
Heparin
Hydrodiuril (hydrochlorothiazide)
Hyzaar (losartan/hydrochlorothiazide)
Imdur (isosorbide mononitrate)
Inderal (propranolol)

Isordil (isosorbide dinitrate)
Lanoxin (digoxin)
Lasix (furosemide)
Lipitor (atorvastatin)
Lopid (gemfibrozil)
Lopressor (metoprolol)
Lotensin (benazepril)
Lotrel (amlodipine/benazepril)
Lovenox (enoxaparin)
Monopril (fosinopril)
Niaspan (Niacin)
Nitro-Bid (nitroglycerin)
Norvasc (amlodipine)
Plavix (clopidogrel)
Pravachol (pravastatin)
Prinivil (lisinopril)
Sular (nisoldipine)
Tenormin (atenolol)
Tricor (fenofibrate)
Vasotec (enalapril)
Vytorin (ezetimibe/simvastatin)
Zestril (lisinopril)
Zetia (ezetimibe)
Zocor (simvastatin)



Medications and the Recovering Person



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

Genitourinary:

Detrol (tolterodine)	Ditropan (oxybutinin)
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Glaucoma:

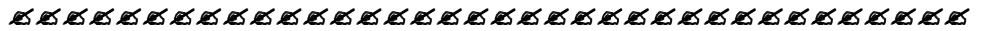
Alphagan P (brimonidine)	Timoptic (timolol)
Azopt (brinzolamide)	Travatan (travoprost)
Cosopt (dorzolamide/timolol)	Trusopt (dorzolamide)
Lumigan (bimatoprost)	Xalatan (latanoprost)

Gout:

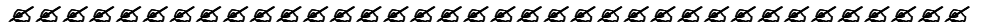
Zyloprim (allopurinol)

Nasal Sprays:

Atrovent (ipratropium)	NaSal (saline) OTC
Ayr (saline) OTC	NasalCrom (cromolyn) OTC
HuMist (saline) OTC	Ocean Spray (saline) OTC



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) | Levoxyl (levothyroxine) |
| Levothroid (levothyroxine) | Synthroid (levothyroxine) |



Compiled by Renee Enstrom, Pharm D Candidate (LECOM School of Pharmacy), Bruce J. Merkin, MD (Medical Director, Glenbeigh Hospital and Clinical Instructor in Addiction Medicine, University Hospitals of Cleveland) 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		
Addaprin Tablet (ibuprofen)	Dover	Elixophyllin-GG liquid (guaifenesin/theophylline)	Forest
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)	GlaxoSmithKline
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	Alka Seltzer Plus Day Cold, (acetaminophen, dextromethorphan, phenylephrine)	Bayer
Motrin Children's Suspension (ibuprofen)	McNeil Consumer	Alka Seltzer Plus Night Cold, (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine, doxylamine)	Bayer
Motrin Infants' Suspension (ibuprofen)	McNeil Consumer		
Silapap Children's Elixir (acetaminophen)	Silarx	Allergy Relief Medicine Children's Elixir (diphenhydramine)	Hi-Tech Pharmacal
Silapap Infant's Drops (acetaminophen)	Silarx		
Tylenol Children's Suspension (acetaminophen)	McNeil Consumer	Andehist DM Drops (carbinoxamine/ dextromethorphan)	Cypress
Tylenol Extra Strength Solution (acetaminophen)	McNeil Consumer	Andehist DM Syrup (carbinoxamine/ dextromethorphan)	Cypress
Tylenol Infant's Drops (acetaminophen)	McNeil Consumer	Andehist DM NR Liquid (carbinoxamine/dextromethorphan/p seudoephedrine)	Cypress
Tylenol Infant's Suspension (acetaminophen)	McNeil Consumer	Andehist DM NR Syrup (carbinoxamine/dextromethorphan/p seudoephedrine)	Cypress
		Andehist NR Syrup (carbinoxamine/pseudoephedrine)	Cypress

Alcohol-Free Products



Bayer Alka Seltzer Plus Cold & Cough, (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine)	Bayer	Diabetic Tussin DM Maximum Strength Liquid (guaifenesin/dextromethorphan)	Healthcare Products
Benadryl Allergy Solution(diphenhydramine)	Pfizer Consumer	Diabetic Tussin DM Maximum Strength Capsule (guaifenesin/dextromethorphan)	Healthcare Products
Biodec DM Drops (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm	Diabetic Tussin EX Liquid (guaifenesin)	Healthcare Products
Biodec DM Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm	Diabetic Tussin Nighttime Formula Cold/Flu Relief, (dextromethorphan, acetaminophen, diphenhydramine)	Healthcare Products
Broncotron Liquid (pseudoephedrine)	Seyer Pharmatec	Dimetapp Cold & Fever Children's Suspension (ibuprofen/pseudoephedrine)	Wyeth Consumer
Buckleys Mixture, (dextromethorphan)	Novartis	Double-Tussin DM Liquid (guaifenesin/dextromethorphan)	Reese
Carbatuss Liquid (phenylephrine/guaifenesin)	GM	Dynatuss Syrup (carbinoxamine/pseudoephedrine/dextromethorphan)	Breckenridge
Cepacol Sore Throat Liquid (benzocaine)	J.B. Williams	Dynatuss EX Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Breckenridge
Children's Benadryl Allergy, (diphenhydramine)	Pfizer	Entex Syrup (phenylephrine/guaifenesin)	Andrx
Chlor-Trimeton Allergy Syrup (chlorpheniramine)	Schering Plough	Father John's Medicine Plus Drops (chlorpheniramine/phenylephrine/dextromethorphan/guaifenesin/ammonium chloride)	Oakhurst
Codal-DM Syrup (dextromethorphan/phenylephrine/pyrilamine)	Cypress	Friallergia DM Liquid (brompheniramine/pseudoephedrine/dextromethorphan)	R.I.D.
Creomulsion Complete Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries	Friallergia Liquid (brompheniramine/pseudoephedrine)	R.I.D.
Creomulsion Cough Syrup (dextromethorphan)	Summit Industries	Gani-Tuss-DM NR Liquid (guaifenesin/dextromethorphan)	Cypress
Creomulsion For Children Syrup (dextromethorphan)	Summit Industries	Genahist Elixir (diphenhydramine)	Ivax
Creomulsion Pediatric Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries	Giltuss Pediatric Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
Delsym Cough Suppressant (dextromethorphan)	Cell Tech	Giltuss Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
Despec Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/phenylephrine)	International Ethical	Guaicon DMS Liquid (guaifenesin/dextromethorphan)	Textilease Medique
Diabetic Tussin Allergy Relief Liquid (chlorpheniramine)	Healthcare Products	Guai-Dex Liquid (guaifenesin/dextromethorphan)	Alphagen
Diabetic Tussin DM Liquid (guaifenesin/dextromethorphan)	Healthcare Products	Guaifed Syrup (phenylephrine/pseudoephedrine/guaifenesin)	Muro

Alcohol-Free Products



Hayfebril Liquid (chlorpheniramine/pseudoephedrine)	Scot-Tussin	Panmist-S Syrup (guaifenesin/pseudoephedrine)	Pamlab
Histex Liquid (chlorpheniramine/pseudoephedrine)	TEAMM	PediaCare Cold + Allergy Children's Liquid (chlorpheniramine/pseudoephedrine)	Pharmacia
Histex PD Drops (carbinoxamine)	TEAMM	PediaCare Cough + Cold Children's Liquid (chlorpheniramine/ pseudoephedrine/dextromethorphan)	Pharmacia
Histex PD Liquid (carbinoxamine)	TEAMM	PediaCare Nightrest Liquid (chlorpheniramine/pseudoephedrine/ dextromethorphan)	Pharmacia
Hydramine Elixir (diphenhydramine)	Ivax	Pediahist DM Syrup (brompheniramine/pseudoephedrine/d extromethorphan/guaifenesin)	Boca
Hydro-Tussin DM Elixir (guaifenesin/dextromethorphan)	Ethex	Pedia-Relief Liquid (chlorpheniramine/pseudoephedrine/ dextromethorphan)	Major
Kaopectate, (bismuth subsalicylate)	Pfizer	Pediatex Liquid (carbinoxamine)	Zyber
Kita La Tos Liquid (guaifenesin/dextromethorphan)	R.I.D.	Pediatex-D Liquid (carbinoxamine/pseudoephedrine)	Zyber
Lodrane Liquid (brompheniramine/pseudoephedrine)	ECR	Phanasin Syrup (guaifenesin)	Pharmakon
Medi-Brom Elixir (brompheniramine/pseudoephedrine/ dextromethorphan)	Medicine Shoppe	Phanatuss Syrup (guaifenesin)	Pharmakon
Motrin Cold Children's Suspension (ibuprofen/pseudoephedrine)	McNeil Consumer	Phena-S Liquid (chlorpheniramine/phenylephrine)	GM
Nalex-A Liquid (chlorpheniramine/phenylephrine)	Blansett Pharmacal	Poly-Tussin DM Syrup (chlorpheniramine/phenylephrine/ dextromethorphan)	Poly
Nalspan Senior DX Liquid (guaifenesin/dextromethorphan)	Morton Grove	Primisol Solution (trimethoprim)	Medicis
Neotuss-D Liquid (chlorpheniramine/pseudoephedrine/ dextromethorphan/guaifenesin)	A.G. Marin	Prolex DM Liquid (guaifenesin/dextromethorphan)	Blansett Pharmacal
Norel DM Liquid (chlorpheniramine/phenylephrine/ dextromethorphan)	U.S. Pharmaceutical	Quintex Syrup (phenylephrine/guaifenesin)	Qualitest
Orgadin Liquid (guaifenesin)	American Generics	Robitussin Cough & Congestion Liquid (chlorpheniramine/ pseudoephedrine/dextromethorphan/ guaifenesin/acetaminophen)	Wyeth Consumer
Organidin NR Liquid (guaifenesin)	Wallace	Robitussin Cough & Cold Nighttime (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
Palgic-DS Syrup (carbinoxamine/pseudoephedrine)	Pamlab	Robitussin Cough & Allergy (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
Panmist DM Syrup (guaifenesin/dextromethorphan/ pseudoephedrine)	Pamlab	Robitussin Cough & Cold CF (dextromethorphan, guaifenesin, phenylephrine)	Wyeth

Alcohol-Free Products



Robitussin Cold & Flu Nighttime (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth	Sudatuss DM Syrup (chlorpheniramine/dextromethorphan /pseudoephedrine)	Pharmaceutical Generic
Robitussin DM Liquid (guaifenesin/dextromethorphan)	Wyeth Consumer	Tussafed Syrup (chlorpheniramine/carbinoxamine/ pseudoephedrine/dextromethorphan)	Everett
Robitussin PE Syrup (pseudoephedrine/guaifenesin)	Wyeth Consumer	Tussafed-EX Syrup pseudoephedrine/dextromethorphan/ guaifenesin)	Everett
Robitussin Pediatric Drops (guaifenesin/dextromethorphan/ pseudoephedrine)	Wyeth Consumer	Tuss-DM Liquid (chlorpheniramine/phenylephrine/ guaifenesin/dextromethorphan)	Seatrice
Robitussin Pediatric Night Relief Liquid (chlorpheniramine/ dextromethorphan/pseudoephedrine)	Wyeth Consumer	Tussi-Organidin DM NR Liquid (guaifenesin/dextromethorphan)	Wallace
Scot-Tussin Allergy Relief Formula Liquid (diphenhydramine)	Scot-Tussin	Tussi-Pres Liquid (guaifenesin/dextromethorphan/ pseudoephedrine)	Kramer-Novis
Scot-Tussin DM Liquid (chlorpheniramine/dextromethorphan /guaifenesin)	Scot-Tussin	Tylenol Cold Children's Liquid (chlorpheniramine/pseudoephedrine/ acetaminophen)	McNeil Consumer
Scot-Tussin Expectorant Liquid (guaifenesin)	Scot-Tussin	Tylenol Cold Infants' Drops (acetaminophen/pseudoephedrine)	McNeil Consumer
Scot-Tussin Original Syrup (phenylephrine)	Scot-Tussin	Tylenol Flu Children's Suspension (chlorpheniramine/pseudoephedrine/ dextromethorphan/acetaminophen)	McNeil Consumer
Scot-Tussin Senior Liquid (guaifenesin/dextromethorphan)	Scot-Tussin	Tylenol Flu Night Time Max Strength Liquid (acetaminophen/ doxylamine/diphenhydramine/ pseudoephedrine/dextromethorphan)	McNeil Consumer
Sildec Liquid (brompheniramine/pseudoephedrine/c arbinoxamine)	Silarx	Tylenol Sinus Children's Liquid (acetaminophen/pseudoephedrine)	McNeil Consumer
Sildec Syrup (brompheniramine/pseudoephedrine/ carbinoxamine)	Silarx	Vicks Dayquil Multi-symptom cold/flu relief (acetaminophen, dextromethorphan, phenylephrine)	Procter & Gamble
Sildec-DM Drops (brompheniramine/pseudoephedrine/c arbinoxamine/dextromethorphan)	Silarx	Vicks 44E Pediatric Liquid (guaifenesin/dextromethorphan)	Procter & Gamble
Sildec-DM Syrup (brompheniramine/pseudoephedrine/ carbinoxamine/dextromethorphan)	Silarx	Vicks 44M Pediatric Liquid (chlorpheniramine/pseudoephedrine/d extromethorphan)	Procter & Gamble
Siltussin DAS Liquid (guaifenesin)	Silarx	Z-Cof DM Syrup (guaifenesin/dextromethorphan/ pseudoephedrine)	Zyber
Siltussin DM Syrup (guaifenesin/dextromethorphan)	Silarx	Ear/Nose/Throat Products	
Siltussin DM DAS Cough Formula Syrup (guaifenesin/dextromethorphan)	Silarx	4-Way Saline Moisturizing Mist Spray	Bris
Siltussin SA Syrup (guaifenesin)	Silarx	Ayr Baby Saline Spray	Ascher, B.F.
Simply Cough Liquid (dextromethorphan)	McNeil Consumer	Bucalvide Solution (benzocaine)	Seyer Pharmatec

Alcohol-Free Products



Bucalide Spray (benzocaine)	Seyer Pharmatec	Fleet Pain Relief Pads (pramoxine)	Fleet
Bucalsep Solution (benzocaine)	Gil	Neutrogena Acne Wash Liquid	Neutrogena
Bucalsep Spray (benzocaine)	Gil	Neutrogena Antiseptic Liquid	Neutrogena
Cepacol Sore Throat Liquid (benzocaine)	Combe	Neutrogena Clear Pore Gel	Neutrogena
Gly-oxide Liquid (carbamide peroxide)	GlaxoSmithKline Consumer	Neutrogena T/Derm Liquid	Neutrogena
Orasept Mouthwash/ Gargle Liquid (benzocaine)	Pharmakon Labs	Neutrogena Toner Liquid	Neutrogena
Zilactin Baby Extra Strength Gel (benzocaine)	Zila Consumer	Podiclens Spray (benzalkonium chloride)	Woodward
Gastrointestinal Agents		Sea Breeze Foaming Face Wash Gel	Clairol
Imogen Liquid (loperamide)	Pharmaceutical Generic	Vitamins/Minerals/Supplements	
Kaopectate Suspension (bismuth subsalicylate)	Pharmacia Consumer	Apetigen Elixir (vitamins A & E/multivitamin)	Pharmaceutical Generic
Liqui-Doss Liquid (mineral oil)	Ferndale	Genesupp-500 Liquid (multivitamin)	Pharmaceutical Generic
Hematinics		Genetect Plus Liquid (multivitamin/iron)	Pharmaceutical Generic
Irofol Liquid (iron)	Dayton	Multi-Delyn w/Iron Liquid (multivitamin/iron)	Silarx
Miscellaneous		Poly-Vi-Sol Drops (multivitamin)	Mead Johnson
Cytra-2 Solution (sodium citrate salts)	Cypress	Poly-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson
Cytra-K Solution (sodium citrate salts)	Cypress	Strovite Forte Syrup (multivitamin/iron/folic acid)	Everett
Emetrol Solution (phosphorated carbohydrate)	Pharmacia Consumer	Supervite Liquid (multivitamin/B complex/ folic acid/multivitamin)	Seyer Pharmatec
Psychotropics		Suplevit Liquid (multivitamin/iron)	Gil
Thorazine Syrup (chlorpromazine)	GlaxoSmithKline	Tri-Vi-Sol Drops (multivitamin)	Mead Johnson
Topical Products		Tri-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson
Aloe Vesta 2-N-1 Antifungal Ointment (miconazole)	Convatec	Vitafol Syrup (multivitamin/iron/folic acid/vitamin E/calcium salts)	Everett



The APHA Complete Review for Pharmacy. 3rd ed. Gourley, Dick R. Castle Connolly graduate Medical Publishing, Ltd. 2005. 864-865.

A Partial List of Non-Prescription and Prescription Products that Contain Alcohol *



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.



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