MEDICATIONS AND
THE RECOVERING
PERSON

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

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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 healthcare 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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Medications and the Recovering Person

Class A (avoid absolutely)

Alcohol:
- Ale
- Beer (including "non-alcoholic" forms)
- Brandy
- Liqueur

Malt Beverage
Whiskey
Wine
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)
- Duratuss HD (hydrocodone/dextromethorphan)
- Guiastuss (codeine/pseudoephedrine/guaifenesin)
- Hydromet (hydrocodone/homatropine)
- Mytussin (codeine/pseudoephedrine/guaifenesin)
- Nucofed (codeine/pseudoephedrine/guaifenesin)
- Phenergan with Codeine (codeine/promethazine)
- Robitussin AC (codeine/guaifenesin)
- Tussionex PennKinetic
- 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/acetaminophen/caffeine)
- Donnatal (phenobarbital/atropine/hyoscyamine/scopolamine)
- Nembutal (pentobarbital)
- Seconal (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)
- Centrax (prazepam)
- Dalmane (flurazepam)
- Doral (quazepam)
- Halcion (triazolam)
- Klonopin (clonazepam)
- Librium (chlordiazepoxide)
- Restoril (temazepam)
- Serax (oxazepam)
- Tranxene (chlorazepate)
- Valium (diazepam)
- Versed (midazolam)
- Xanax (alprazolam)

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)
- DMT (dimethyltryptamine)
- Ketamine (special K)
- LSD (acid, blotter, paper, sunshine, window pane)
- Marinol (dronabinol)
- MDMA (E, eckies, ecstasy, love drug, X, XTC)
- Mescaline (peyote)
- PCP (angel dust, phencyclidine)
- Psilocybin (magic mushroom, 'shrooms)
- 2-CB
- 5-MeO-DMT (foxy methoxy)
- 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)
- Airplane Glue
- Amyl Nitrate (poppers)
- Butyl Nitrate (room deodorizer)
- Gases (ether, chloroform, nitrous oxide, butane lighters, propane tanks, whipped cream dispensers)
- Nail Polish Remover (acetone)
- Paint (butane, propane, toluene)
- Solvents (paint thinner, gasoline, glue, correction fluid, felt tip marker)
- Varnish (xylene, toluene)
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
Duragesic (fentanyl transdermal)  (codeine/carisoprodol/aspirin)
Endocet (oxycodone/acetaminophen)  Stadol (butorphanol)
Heroin (down, H, horse, smack)  Suboxone (buprenorphine/naloxone)
Kadian (morphine sulfate)  Subutex (buprenorphine)
Lorcet (hydrocodone/acetaminophen)  Talacen (pentazocine/acetaminophen)
Lortab (hydrocodone/acetaminophen)  Talwin (pentazocine lactate)
Methadose (methadone)  Tylenol #2, #3 or #4 (codeine/acetaminophen)
MS Contin (morphine sulfate)  Ultram (tramadol)
Norco (hydrocodone/acetaminophen)  Vicodin (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.
Medications and the Recovering Person

Class A (avoid absolutely)

Other Sedative-Hypnotics:

- Ambien (zolpidem)
- Doriden (glutethimide)
- Librax (chlordiazepoxide/clidinium)
- Lunesta (eszopiclone)
- Midrin (acetaminophen/dichloralphenazone/isometheptene)
- Miltown (meprobamate)
- Noctec (chloral hydrate)
- Placidyl (ethchlorvynol)
- Quaalude, Sopor (methaqualone)
- Soma (carisoprodol)
- Soma Compound (carisoprodol/aspirin)
- Sonata (zaleplon)

These drugs act on the central nervous system and have the potential for drug dependency and abuse. Withdrawal symptoms can be seen if stopped suddenly.

Stimulants:

- Adderall (amphetamine/dextroamphetamine)
- Adipex-P (phentermine)
- Cocaine (blow, coke, crack, rock, snow, white)
- Concerta (methylphenidate)
- Cylert (pemoline)
- Dexedrine (dextroamphetamine)
- Fastin (phentermine)
- Focalin ( dexmethylphenidate)
- Meridia (sibutramine)
- Metadate (methylphenidate)
- Methamphetamine (crank, crystal meth, glass, ice, speed)
- Methylin (methylphenidate)
- Preludin (phenmetrazine)
- Ritalin (methylphenidate)
- Tenuate (diethylpropion)

The stimulants cause physical and psychological addiction, impair memory and learning, hearing and seeing, speed of information processing and problem-solving ability.
Medications and the Recovering Person

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

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) OTC
- Benadryl (diphenhydramine) OTC
- Chlor-Trimeton (chlorpheniramine) OTC
- Dimetane (brompheniramine) OTC
- Efidac (chlorpheniramine) OTC
- Periactin (cyproheptadine)

- Polaramine (dextchlorpheniramine) OTC
- Tavist (clemastine) OTC
- Teldrin (chlorpheniramine) OTC
- Vistaril (hydroxyzine pamoate)

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
- Comtrex (dextromethorphan) OTC
- Contac (dextromethorphan) OTC
- Delsym (dextromethorphan) OTC
- Mucinex DM (dextromethorphan/guaifenesin) OTC

- Nyquil (dextromethorphan/alcohol) OTC
- Phenergan DM (promethazine/dextromethorphan)
- Robitussin DM (dextromethorphan/guaifenesin)
- Vicks Formula 44D (dextromethorphan) 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)**

<table>
<thead>
<tr>
<th>Decongestants</th>
<th>Decongestants</th>
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<tbody>
<tr>
<td>Actifed (pseudoephedrine/triprolidine) OTC</td>
<td>Mucinex D (pseudoephedrine/guaifenesin) OTC</td>
</tr>
<tr>
<td>AH-chew D (phenylephrine) OTC</td>
<td>Nalex-A (phenylephrine) OTC</td>
</tr>
<tr>
<td>Alavert D (loratadine/pseudoephedrine) OTC</td>
<td>Novafed (pseudoephedrine) OTC</td>
</tr>
<tr>
<td>Allegra D (fexofenadine/pseudoephedrine)</td>
<td>Profen (pseudoephedrine) OTC</td>
</tr>
<tr>
<td>Benzedrem Nasal Inhaler (propylhexamine) OTC</td>
<td>Prolex-D (phenylephrine) OTC</td>
</tr>
<tr>
<td>Bromfed (phenylephrine/brompheniramine)</td>
<td>R-Tannate Pediatric (phenylephrine/</td>
</tr>
<tr>
<td>Bromfed DM (pseudoephedrine/</td>
<td>chlorpheniramine/pyrilamine)</td>
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<tr>
<td>brompheniramine/dextromethorphan)</td>
<td>Rondec (phenylephrine/chlorpheniramine)</td>
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<tr>
<td>Cardec DM (pseudoephedrine/</td>
<td>Rondec DM (phenylephrine/chlorpheniramine/</td>
</tr>
<tr>
<td>carboxamine/dextromethorphan)</td>
<td>dextromethorphan)</td>
</tr>
<tr>
<td>Clarinex D (desloratadine/pseudoephedrine)</td>
<td>Rynatan-S (phenylephrine/chlorpheniramine/</td>
</tr>
<tr>
<td>Claritin D (loratadine/pseudoephedrine) OTC</td>
<td>pyrilamine)</td>
</tr>
<tr>
<td>Deconamine SR (pseudoephedrine/</td>
<td>Semprex-D (pseudoephedrine/acrivastine)</td>
</tr>
<tr>
<td>chlorpheniramine) OTC</td>
<td>Sinutuss DM (phenylephrine) OTC</td>
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<tr>
<td>Dimetapp (pseudoephedrine/brompheniramine) OTC</td>
<td>Sudafed (pseudoephedrine) OTC</td>
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<tr>
<td>Duratuss (pseudoephedrine/guaifenesin)</td>
<td>Tussafed-EX (phenylephrine) OTC</td>
</tr>
<tr>
<td>Entex LA (phenylephrine/guaifenesin)</td>
<td>Zyrtec D (cetirizine/pseudoephedrine)</td>
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<tr>
<td>Entex PSE (pseudoephedrine/guaifenesin)</td>
<td></td>
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<tr>
<td>Humibid DM (pseudoephedrine/</td>
<td>dextromethorphan/potassium guaiacolsulfonate)</td>
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</tbody>
</table>

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

### Nasal Sprays

<table>
<thead>
<tr>
<th>Nasal Sprays</th>
<th>Nasal Sprays</th>
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</thead>
<tbody>
<tr>
<td>Afrin (oxymetazoline) OTC</td>
<td>Neo-symphehrine (phenylephrine) OTC</td>
</tr>
<tr>
<td>Astelin (azelastine)</td>
<td>Nostrilla (oxymetazoline) OTC</td>
</tr>
<tr>
<td>Dristan (oxymetazoline) OTC</td>
<td>Rhinocort Aqua (budesonide)</td>
</tr>
<tr>
<td>Flonase (fluticasone)</td>
<td>Vicks Nasal Inhaler (desoxypseudoephedrine) OTC</td>
</tr>
<tr>
<td>Nasacort AQ or HFA (triamcinolone)</td>
<td>Vicks Sinex (phenylephrine) OTC</td>
</tr>
<tr>
<td>Nasonex (mometasone)</td>
<td>4-Way Nasal Spray (phenylephrine) OTC</td>
</tr>
</tbody>
</table>

*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)
- Norflex (orphenadrine)
- Parafon Forte (chlorzoxazone)
- Robaxin (methocarbamol)
- Skelaxin (metaxalone)
- 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**
- Nytol (diphenhydramine) **OTC**
- Sleep-eze (diphenhydramine) **OTC**
- Sominex (diphenhydramine) **OTC**
- Tylenol PM (diphenhydramine/acetaminophen) **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)
- Deltasone (prednisone)
- Medrol (methylprednisolone)

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)
- Azmacort (triamcinolone)
- Flovent (fluticasone)
- Pulmicort (budesonide)
- Serevent Diskus (salmeterol)
- 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.
Medications and the Recovering Person

### 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)
- Topamax (topiramate)
- Trileptal (oxcarbazepine)
- Zonegran (zonisamide)

**Antihistamines (Non-sedating):**
- Alavert (loratadine) OTC
- Allegra (fexofenadine)
- Claritin (loratadine) OTC
- Clarinex (desloratadine)
- Zyrtec (cetirizine)

**Antibiotics/Antivirals**
- Amoxil (amoxicillin)
- Augmentin (amoxicillin/clavulanate)
- Avelox (moxifloxacin)
- Bactrim (sulfamethoxazole/trimethoprim)
- Biaxin (clarithromycin)
- Cefzil (cefprozil)
- Cipro (ciprofloxacin)
- Cleocin (clindamycin)
- Dicloxacillin (fluconazole)
- Doxyx (doxycycline)
- Duricef (cefadroxil)
- E-Mycin (erythromycin)
- Flagyl (metronidazole)
- Flagyl (metronidazole)
- Keflex (cephalexin)
- Ketek (telithromycin)
- Levaquin (levofloxacin)
- Macrobid (nitrofurantoin macrocrystals)
- Macrobid (nitrofurantoin macrocrystals)
- Minocin (minocycline)
- Omnicef (cefdinir)
- Pen-Vee K (penicillin)
- Ralenza (zanamavir)
- Sporanox (itraconazole)
- Sumycin (tetracycline)
- Tamiflu (oseltamivir)
- Tequin (gatifloxacin)
- Valtrex (valacyclovir)
- Vantin (cefadroxil)
- Vibramycin (doxycycline)
- Zithromax (azithromycin)
- Zovirax (acyclovir)
Medications and the Recovering Person

Class C (generally safe to take)

Anti-Parkinsonians:
Mirapex (pramipexole)       Sinemet (carbidopa/levodopa)
Requip (ropinirole)

Antitussives/Expectorants:
Humibid LA (guaifenesin/potassium guaiacol sulfonate) Mucinex (guaifenesin) OTC
Tessalon Perles (benzonatate)

Asthma/COPD/Pulmonary:
Accolate (zafirlukast)       Spiriva (tiotropium)
Atrovent (ipratropium)       Theo-24 (theophylline)
Combivent (albuterol/ipratropium) Xopenex (levalbuterol)
Proventil/Ventolin (albuterol)

Benign Prostatic Hypertrophy (Also Cardiovascular):
Cardura (doxazosin)          Hytrin (terazosin)
Flomax (tamsulosin)          Proscar (finasteride)

Cardiovascular (Antihypertensives, Anticoagulants, Antiplatelets, Cholesterol Lowering, Diuretics):
Accupril (quinapril)          Isordil (isosorbide dinitrate)
Aldactone (spironolactone)   Lanoxin (digoxin)
Altace (ramipril)             Lasix (furosemide)
Aspirin                      Lipitor (atorvastatin)
Atacand (candesartan)        Lopid (gemfibrozil)
Avalide (irbesartan/hydrochlorothiazide) Lopressor (metoprolol)
Avapro (irbesartan)          Lotensin (benazepril)
Benicar (olmesartan)         Lotrel (amlodipine/benazepril)
Betapace (sotalol)           Lovenox (enoxaparin)
Bumex (bumetadine)           Monopril (ficosinopril)
Calan (verapamil)            Niaspan (Niacin)
Cardizem (diltiazem)         Nitro-Bid (nitroglycerin)
Coreg (carvedilol)           Norvasc (amlodipine)
Coumadin (warfarin)          Plavix (clopidogrel)
Cozaar (losartan)            Pravachol (pravastatin)
Crestor (rosuvastatin)       Prinivil (lisinopril)
Demadex (torsemide)         Sular (nisoldipine)
Diovan (valsartan)           Tenormin (atenolol)
Dyazide (hydrochlorothiazide/triamterene) Tricor (fenofibrate)
Heparin                      Vasotec (enalapril)
Hydrodiuril (hydrochlorothiazide) Vytorin (ezetimibe/simvastatin)
Hyzaar (losartan/hydrochlorothiazide) Zestril (lisinopril)
Imdur (isosorbide mononitrate) Zetia (ezetimibe)
Inderal (propranolol)        Zocor (simvastatin)
Medications and the Recovering Person

Class C (generally safe to take)

Diabetes Mellitus:
- Actos (pioglitazone)
- Amaryl (glimepiride)
- Avandia (rosiglitazone)
- Diabeta (glyburide)
- Glucophage (metformin)
- Glucotrol (glipizide)
- Humalog (insulin lispro)
- Humulin L,N,R,U (insulin)
- Lantus (insulin glargine)
- Novolin 70/30, N or R (insulin)
- Novolog (insulin aspart)

Erectile Dysfunction:
- Cialis (tadalafil)
- Levitra (vardenafil)
- Viagra (sildenafil)

Gastrointestinal (Antacids, Antidiarrheals, Antispasmodics, Antiulcers, Constipation, Nausea/Vomiting):
- Aciphex (rabeprazole)
- Bentyl (dicyclomine)
- Colace (docusate sodium) OTC
- Emetrol (phosphorylated carbohydrate) OTC
- Imodium (loperamide) OTC
- Kapectate (bismuth subsalicylate) OTC
- Maalox OTC
- Mylanta OTC
- Nexium (esomeprazole)
- Peptic (famotidine) OTC
- Pepto-Bismol (bismuth subsalicylate) OTC
- Prevacid (lansoprazole)
- Prilosec (omeprazole) OTC
- Protonix ( pantoprazole)
- Reglan (metoclopramide)
- Simethicone OTC
- Tums OTC
- Zantac (ranitidine) OTC

Genitourinary:
- Detrol (tolterodine)
- Ditropan (oxybutinin)

Glaucoma:
- Alphagan P (brimonidine)
- Azopt (brinzolamide)
- Cosopt (dorzolamide/timolol)
- Lumigan (bimatoprost)
- Xalatan (latanoprost)

Gout:
- Zyloprim (allopurinol)

Nasal Sprays:
- Ayr (saline) OTC
- NasalCrom (cromolyn) OTC
- Ocean Spray (saline) OTC
- NaSal (saline) OTC
# Medications and the Recovering Person

## Class C (generally safe to take)

### Non-Steroidal Anti-inflammatory Drugs:
- Advil (ibuprofen) *OTC*
- Aleve (naproxen) *OTC*
- Anaprox (naproxen)
- Cataflam (diclofenac potassium)
- Daypro (oxaprozin)
- Indocin (indometacin)
- Lodine (etodolac)

*Note: All are generally safe to take.*

### COX-2 inhibitors
- Celebrex (celecoxib)

### Osteoporosis (Calcium Metabolism):
- Actonel (risedronate)
- Boniva (ibandronate)
- Fosamax (alendronate)

### Psychotropics:
- Abilify (aripiprazole)
- Buspar (buspironone)
- Celexa (citalopram)
- Clozaril (clozapine)
- Cymbalta (duloxetine)
- Depakote (divalproex sodium)
- Desyrel (trazodone)
- Effexor (venlafaxine)
- Elavil (amitriptyline)
- Eskalith (lithium)
- Geodon (ziprasidone)
- Haldol (haloperidol)
- Lexapro (escitalopram)
- Luvox (fluvoxamine)
- Seroquel (quetiapine)
- Serzone (nefazodone)
- Strattera (atomoxetine)
- Wellbutrin (bupropion)
- Zoloft (sertraline)
- Zyprexa (olanzapine)

### 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 (Talbott 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.

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<tr>
<th>Analgesics</th>
<th>Anti-Asthmatic Agents</th>
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<tbody>
<tr>
<td>Acetaminophen Infants Drops</td>
<td>Dilor-G Liquid</td>
</tr>
<tr>
<td>(acetaminophen)</td>
<td>(guaifenesin/dyphylline)</td>
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<tr>
<td>Ivax</td>
<td>Savage</td>
</tr>
<tr>
<td>Actamin Maximum Strength Liquid</td>
<td>Cypress</td>
</tr>
<tr>
<td>(acetaminophen)</td>
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</tr>
<tr>
<td>Addaprin Tablet (ibuprofen)</td>
<td>Dover</td>
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<tr>
<td></td>
<td>Elixaphyllin-GG liquid</td>
</tr>
<tr>
<td></td>
<td>(guaifenesin/theophylline)</td>
</tr>
<tr>
<td>Advil Children's Suspension</td>
<td>Forest</td>
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<tr>
<td>(ibuprofen)</td>
<td></td>
</tr>
<tr>
<td>Aminofen Tablet (acetaminophen)</td>
<td>Wyeth Consumer</td>
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<tr>
<td></td>
<td>Anti-Convulsants</td>
</tr>
<tr>
<td>Aminofen Max Tablet (acetaminophen)</td>
<td>Dover</td>
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<td></td>
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<tr>
<td>APAP Elixir (acetaminophen)</td>
<td>Bio-Pharm</td>
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<td></td>
<td>Epivir Oral Solution</td>
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<tr>
<td></td>
<td>(Lamivudine)</td>
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<tr>
<td>Aspirin Tablet (aspirin)</td>
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<tr>
<td>Genapap Children Elixir (acetaminophen)</td>
<td>Ivax</td>
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<tr>
<td>Genapap Infant's Drops (acetaminophen)</td>
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<tr>
<td>Motrin Children's Suspension</td>
<td>McNeil Consumer</td>
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<tr>
<td>(ibuprofen)</td>
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<tr>
<td>Motrin Infants' Suspension (ibuprofen)</td>
<td>McNeil Consumer</td>
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<tr>
<td>Silapap Children's Elixir (acetaminophen)</td>
<td>Silarx</td>
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<td></td>
</tr>
<tr>
<td>Silapap Infant's Drops (acetaminophen)</td>
<td>Silarx</td>
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<tr>
<td>Tylenol Children's Suspension</td>
<td>McNeil Consumer</td>
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<td>(acetaminophen)</td>
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<tr>
<td>Tylenol Extra Strength Solution</td>
<td>McNeil Consumer</td>
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<tr>
<td>(acetaminophen)</td>
<td>Andehist DM Drops</td>
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<tr>
<td></td>
<td>(carboxinamine/dextromethorphan)</td>
</tr>
<tr>
<td></td>
<td>Cypress</td>
</tr>
<tr>
<td>Tylenol Infant's Drops (acetaminophen)</td>
<td>McNeil Consumer</td>
</tr>
<tr>
<td></td>
<td>Andehist DM NR Liquid</td>
</tr>
<tr>
<td></td>
<td>(carboxinamine/dextromethorphan/pseudoephedrine)</td>
</tr>
<tr>
<td></td>
<td>Cypress</td>
</tr>
<tr>
<td>Tylenol Infant's Suspension</td>
<td>McNeil Consumer</td>
</tr>
<tr>
<td>(acetaminophen)</td>
<td>Andehist DM NR Syrup</td>
</tr>
<tr>
<td></td>
<td>(carboxinamine/dextromethorphan/pseudoephedrine)</td>
</tr>
<tr>
<td></td>
<td>Cypress</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Manufacturer</th>
<th>Product Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hayfebrrol Liquid</td>
<td>Scot-Tussin</td>
<td>(chlorpheniramine/pseudoephedrine)</td>
</tr>
<tr>
<td>Histex Liquid</td>
<td>TEAMM</td>
<td>(chlorpheniramine/pseudoephedrine)</td>
</tr>
<tr>
<td>Histex PD Drops</td>
<td>TEAMM</td>
<td>(carboxinamxine)</td>
</tr>
<tr>
<td>Histex PD Liquid</td>
<td>TEAMM</td>
<td>(carboxinamxine)</td>
</tr>
<tr>
<td>Hydramine Elixir</td>
<td>Ivax</td>
<td>(diphenhydramine)</td>
</tr>
<tr>
<td>Hydro-Tussin DM Elixir</td>
<td>Ethex</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Kaopectate, (bisimuth subsalicyate)</td>
<td>Pfizer</td>
<td>(carboxinamxine)</td>
</tr>
<tr>
<td>Kita La Tos Liquid</td>
<td>R.I.D.</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Lodrane Liquid</td>
<td>ECR</td>
<td>(brompheniramine/pseudoephedrine)</td>
</tr>
<tr>
<td>Medi-Brom Elixir</td>
<td>Medicine Shoppe</td>
<td>(brompheniramine/pseudoephedrine/dextromethorphan)</td>
</tr>
<tr>
<td>Matrin Cold Children’s Suspension</td>
<td>McNeil Consumer</td>
<td>(ibuprofen/pseudoephedrine)</td>
</tr>
<tr>
<td>Nalex-A Liquid</td>
<td>Blansett Pharmacal</td>
<td>(chlorpheniramine/phenylephrine)</td>
</tr>
<tr>
<td>Nalspan Senior DX Liquid</td>
<td>Morton Grove</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Neotuss-D Liquid</td>
<td>A.G. Marin</td>
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<td>Norel DM Liquid</td>
<td>U.S. Pharmaceutical</td>
<td>(chlorpheniramine/phenylephrine/dextromethorphan)</td>
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<tr>
<td>Orgadin Liquid</td>
<td>American Generics</td>
<td>(guaifenesin)</td>
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<td>Organidin NR Liquid</td>
<td>Wallace</td>
<td>(guaifenesin)</td>
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<tr>
<td>Palgic-DS Syrup</td>
<td>Pamlab</td>
<td>(carboxinamxine/pseudoephedrine)</td>
</tr>
<tr>
<td>Pamatst DM Syrup</td>
<td>Pamlab</td>
<td>(guaifenesin/dextromethorphan/pseudoephedrine)</td>
</tr>
</tbody>
</table>

Note: The products listed are alcohol-free and include various combinations of ingredients such as chlorpheniramine, pseudoephedrine, dextromethorphan, guaifenesin, and others.
<table>
<thead>
<tr>
<th>Alcohol-Free Products</th>
<th>Manufacturer</th>
<th>Type</th>
<th>Ingredients</th>
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<tr>
<td>Robitussin Cold &amp; Flu Nighttime</td>
<td>Wyeth</td>
<td>Pharmaceutical</td>
<td>(acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)</td>
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<tr>
<td>Robitussin DM Liquid</td>
<td>Wyeth Consumer</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Robitussin PE Syrup</td>
<td>Wyeth Consumer</td>
<td>Pharmaceutical</td>
<td>(pseudoephedrine/guaifenesin)</td>
</tr>
<tr>
<td>Robitussin Pediatric Drops</td>
<td>Wyeth Consumer</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan/pseudoephedrine)</td>
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<tr>
<td>Robitussin Pediatric Night Relief Liquid (chlorpheniramine/dextromethorphan/pseudoephedrine)</td>
<td>Wyeth Consumer</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan)</td>
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<td>Scot-Tussin Allergy Relief Formula Liquid (diphenhydramine)</td>
<td>Scot-Tussin</td>
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<td>(guaifenesin/dextromethorphan)</td>
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<td>Scot-Tussin Expectorant Liquid (guaifenesin)</td>
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<td>Scot-Tussin Original Syrup (phenylephrine)</td>
<td>Scot-Tussin</td>
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<td>Sildec Syrup (brompheniramine/pseudoephedrine/carboxinamidine)</td>
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<td>Sildec-DM Drops (brompheniramine/pseudoephedrine/carboxinamidine/dextromethorphan)</td>
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<td>(guaifenesin/dextromethorphan)</td>
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<td>Silarx</td>
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<td>Pharmaceutical</td>
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<td>Siltussin DM DAS Cough Formula Syrup (guaifenesin/dextromethorphan)</td>
<td>Silarx</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan)</td>
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<tr>
<td>Siltussin SA Syrup (guaifenesin)</td>
<td>Silarx</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan)</td>
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<td>Simply Cough Liquid (dextromethorphan)</td>
<td>McNeil Consumer</td>
<td>Pharmaceutical</td>
<td>(guaifenesin/dextromethorphan)</td>
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<tr>
<td>4-Way Saline Moisturizing Mist Spray</td>
<td>Bristol</td>
<td>Ear/Nose/Throat</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Ayr Baby Saline Spray</td>
<td>Ascher, B.F.</td>
<td>Ear/Nose/Throat</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Bucalcide Solution (benzocaine)</td>
<td>Seyer Pharmatec</td>
<td>Ear/Nose/Throat</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Z-Cof DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine)</td>
<td>Zyber</td>
<td>Ear/Nose/Throat</td>
<td>(guaifenesin/dextromethorphan/pseudoephedrine)</td>
</tr>
<tr>
<td>4-Way Saline Moisturizing Mist Spray</td>
<td>Bristol</td>
<td>Ear/Nose/Throat</td>
<td>(guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td>Ayr Baby Saline Spray</td>
<td>Ascher, B.F.</td>
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</tr>
<tr>
<td>Bucalcide Solution (benzocaine)</td>
<td>Seyer Pharmatec</td>
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<td>(guaifenesin/dextromethorphan)</td>
</tr>
</tbody>
</table>
## Alcohol-Free Products

<table>
<thead>
<tr>
<th>Alcohol-Free Products</th>
<th>Manufacturer</th>
<th>Supplement Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucalcide Spray</td>
<td>Seyer Pharmatec</td>
<td>Fleet Pain Relief Pads (pramoxine)</td>
</tr>
<tr>
<td>Bucalsep Solution</td>
<td>Gil</td>
<td>Neutrogena Acne Wash Liquid (pramoxine)</td>
</tr>
<tr>
<td>Bucalsep Spray</td>
<td>Gil</td>
<td>Neutrogena Antiseptic Liquid</td>
</tr>
<tr>
<td>Cepacol Sore Throat Liquid</td>
<td>Gil</td>
<td>Neutrogena Clear Pore Gel</td>
</tr>
<tr>
<td>Gly-oxide Liquid</td>
<td>GlaxoSmithKline Consumer</td>
<td>Neutrogena T/Derm Liquid</td>
</tr>
<tr>
<td>Orasept Mouthwash/Goatle Liquid</td>
<td>Pharmakan Labs</td>
<td>Neutrogena Toner Liquid</td>
</tr>
<tr>
<td>Zilactin Baby Extra Strength Gel</td>
<td>Zila Consumer</td>
<td>Podicilens Spray (benzalkonium chloride)</td>
</tr>
<tr>
<td>Gastrointestinal Agents</td>
<td>Sea Breeze Foaming Face Wash Gel</td>
<td>Clairol</td>
</tr>
<tr>
<td>Imogen Liquid</td>
<td>Pharmaceutical Generic</td>
<td>Vitamins/Minerals/Supplements</td>
</tr>
<tr>
<td>Kapectate Suspension</td>
<td>Pharmacia Consumer</td>
<td>Apetigen Elixir (vitamins A &amp; E/multivitamin)</td>
</tr>
<tr>
<td>Liqui-Doss Liquid</td>
<td>Ferndale</td>
<td>Genesupp-500 Liquid (multivitamin)</td>
</tr>
<tr>
<td>Hematinics</td>
<td>Ferndale</td>
<td>Genetect Plus Liquid (multivitamin/iron)</td>
</tr>
<tr>
<td>Irofol Liquid</td>
<td>Dayton</td>
<td>Multi-Delyn w/Iron Liquid (multivitamin/iron)</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Poly-Vi-Sol Drops</td>
<td>Multivitamin</td>
</tr>
<tr>
<td>Cytra-2 Solution</td>
<td>Cypress</td>
<td>Poly-Vi-Sol w/Iron Drops (multivitamin/iron)</td>
</tr>
<tr>
<td>Cytra-K Solution</td>
<td>Cypress</td>
<td>Strovite Forte Syrup (multivitamin/iron/folic acid)</td>
</tr>
<tr>
<td>Emetrol Solution</td>
<td>Pharmacia Consumer</td>
<td>Supervite Liquid (multivitamin/B complex/folic acid/multivitamin)</td>
</tr>
<tr>
<td>Psychotropics</td>
<td>Pharmacia Consumer</td>
<td>Seyer Pharmatec</td>
</tr>
<tr>
<td>Thorazine Syrup</td>
<td>GlaxoSmithKline</td>
<td>Tri-Vi-Sol Drops (multivitamin)</td>
</tr>
<tr>
<td>Topical Products</td>
<td>Convatec</td>
<td>Tri-Vi-Sol Drops w/Iron Drops</td>
</tr>
<tr>
<td>Aloe Vesta 2-N-1</td>
<td>Convatec</td>
<td>ourn Vlent (multivitamin/iron)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>5% Alcohol (10-Proof)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Diphenhydramine Elixir</em></td>
</tr>
<tr>
<td><em>Benylin Cough Syrup</em></td>
</tr>
<tr>
<td><em>Cheracol-D Cough Syrup</em> (guaifenesin/dextromethorphan)</td>
</tr>
<tr>
<td><em>Dihstine DH Elixir</em> (chlorpheniramine/pseudoephedrine/codeine)</td>
</tr>
<tr>
<td><em>Dilaudid Cough Syrup</em> (hydromorphone)</td>
</tr>
<tr>
<td><em>Dramamine Liquid (dimenhydrinate)</em></td>
</tr>
<tr>
<td><em>Feosol (iron) Elixir</em></td>
</tr>
<tr>
<td><em>Imodium A-D (loperamide)</em></td>
</tr>
<tr>
<td><em>Kaoon Liquid (potassium)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10% Alcohol (20-Proof)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Excedrin PM Liquid (acetaminophen/diphenhydramine)</em></td>
</tr>
<tr>
<td><em>Geritol Tonic Liquid (multivitamin)</em></td>
</tr>
<tr>
<td><em>Hycotuss Expectorant Syrup (hydrocodone/guaifenesin)</em></td>
</tr>
</tbody>
</table>
| *Niferex Elixir (iron)*                                                              | *Vicks Formula 44M (chlorpheniramine/pseudoephedrine/dextromethorphan/aceta-
| minophen)*                                                                          | |

<table>
<thead>
<tr>
<th>15% Alcohol (30-Proof)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Cepacol Mouthwash</em></td>
</tr>
<tr>
<td><em>Gerivite Elixir (multivitamin)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20% Alcohol (40-Proof)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Gevрабon Liquid (vitamins)</em></td>
</tr>
<tr>
<td><em>Listerine Mouthwash (flavored)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>25% Alcohol (50-Proof)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Listerine Mouthwash (regular)</em></td>
</tr>
</tbody>
</table>

*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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