



Potentially Inappropriate Over-The-Counter Medications for the Elderly

Medications to Avoid	Why?
<p>ANTI-HISTAMINES: Benadryl®, Chlor-Trimeton®</p> <p>SLEEP AIDS: Unisom®, Tylenol PM®, Advil PM®, Excedrin PM®</p>	<p>• Use of these products can worsen urinary symptoms, cause confusion or drowsiness, and increase your risk of falling and injuring yourself.</p> <p>USE THESE INSTEAD for allergies:</p> 
<p>PAIN RELIEVERS: Aspirin Advil® Motrin® Aleve®</p>	<p>• Long-term use of these medications may increase blood pressure or worsen some heart conditions.</p> <p>• If you have had an ulcer or bleeding in your stomach or intestines, talk with healthcare provider.</p> <p>• DO NOT take with blood thinning medications such as warfarin (Coumadin®).</p> <p>USE THIS INSTEAD for pain:</p> 
<p>ACID SUPPRESSANTS: Prevacid®, Prilosec®, Zegerid®</p> <p>Zantac®, Pepcid®, Tagamet®</p>	<p>• Do not use long-term without checking with your doctor.</p> <p>• May interact with prescription medications, check with your pharmacist.</p> <p>• Use caution if you have osteoporosis or risk factors for osteoporosis.</p> <p>• Tagamet® should be avoided, there are many unwanted side effects.</p> <p>USE THESE INSTEAD for heart burn:</p> 

Always consult a physician or pharmacist if it is safe for you to take any medication

LAXATIVES :
 Dulcolax®
 Senokot®
 Mineral Oil

- Use of these medications may be habit-forming with long-term use.
- Do not use long-term without checking with your doctor.
- Use of mineral oil will decrease absorption of vitamins A, D, E, and K.

TRY THIS INSTEAD for constipation:

- Adequate fiber and fluid intake and exercise.
- Talk with your doctor if taking medications known as Opioids, which can cause constipation.



ORAL DECONGESTANTS:
 Sudafed®,
 Sudafed PE®

Any products containing “D” held behind the pharmacy counter

NASAL DECONGESTANTS:
 Afrin®

- Use of these medications may increase blood pressure and worsen current heart conditions.
- Use of nasal sprays such as Afrin® longer than 3 days in a row may lead to worsening of nasal congestion.
- Consult your physician or pharmacist if you have any questions on how to use these medications.

TRY THIS INSTEAD for nasal congestion:

Try using a humidifier, drink water to stay hydrated and use saline nasal sprays such as Simply Saline® or Ocean Nasal Mist®.



ALLERGY EYE DROPS:
 Visine-A®
 Opcon-A®
 Naphcon-A®

- Use of these medications in patients with narrow angle glaucoma is not recommended.
- If you have glaucoma, speak with your eye doctor about safe over-the-counter eye drops to use.

TRY THIS INSTEAD for itchy eyes: lubricating eye drops like Refresh®.



CAFFEINE CONTAINING PREPARATIONS:
 Excedrin®
 No-Doz®
 Vivarin®

Use of these medications may worsen sleep and any current heart issues.

TRY THIS:

- If you are consistently drowsy, it could be a side effect of medications you are currently taking, ask your pharmacist.
- Consult your physician regarding your sleep habits before using these medications.

IRON SALTS:
 Ferrous Sulfate 325mg

- No more than 325 mg of ferrous sulfate daily should be taken.
- Doses greater than 325 mg daily may increase constipation risk, without providing additional absorption of iron.

TRY THIS:

Speak with your doctor regarding amount of elemental iron needed.

Always consult a physician or pharmacist if it is safe for you to take any medication