

## Over The Counter

### I. OTC defined

### II. Pain Relief

#### A. NSAIDS

1. prostaglandins
  - 1) cyclooxygenase (COX)
2. aspirin - acetylsalicylic acid
3. ibuprofen (Advil, Motrin, Midol)
4. naproxin (Aleve, Naprosyn)
5. diclofenac (Voltaren)

#### B. acetaminophen (Tylenol)

### III. Decongestant

#### A. Mechanism

#### B. phenylephrine

#### C. pseudoephedrine (Sudafed)

### IV. Cough - antitussive

#### A. Background

#### B. dextromethorphan (Robitussin DM)

#### C. Prescription

1. codeine
2. benzonatete

### V. Expectorants

#### A. guaifenesin (Mucinex, Robitussin)

### VI. Allergy - $\alpha$ -histamines

#### A. action

#### B. 1<sup>st</sup> generation - H<sub>1</sub> antihistamines

1. diphenhydramine (Benadryl)
2. chlorpheniramine (Chlor-trimeton)

#### C. 2<sup>nd</sup> generation

1. fexofenadine (Allegra)
2. loratadine (Claritin, Alavert)
  - a. desloratadine (Clarinex)
3. cetirizine (Zyrtec)
4. levocetirizine (Xyzol)

#### D. Motion sickness

1. dimenhydrinate (Dramamine)
2. meclizine (Bonine)

### VII. Acid reflux

#### A. antacids

1. Tums
2. Milk of Magnesia
3. Rolaids
4. Alka-seltzer, Malox

#### B. Stomach acid blockers

1. H<sub>2</sub> receptor antagonists
  - a. famotidine (Pepcid)
  - b. ranitidine (Zantac)
  - c. cimetidine (Tagamet)
2. proton pump inhibitors
  - a. omeprazole (Prylosec)
  - b. esomeprazole (Nexium)
  - c. pantoprazole (Protonics)