

# What's in the medicine cabinet?

Most common ailments can be readily treated with over-the-counter medications. Here is a list of common medicines (Active ingredients on package label) that may prove to be useful if kept in the medicine cabinet. Ensure you read directions carefully before taking them or giving them to your children.

## Itching and allergy symptoms

Diphenhydramine (Benadryl)  
Chlorpheniramine  
Cetirizine (Zyrtec)  
Loratidine (Claritin)(Alavert)

## NSAIDs (non-steroidal anti-inflammatory) For pain, fever and inflammation – may cause upset stomach

Ibuprofen (Motrin) (Advil)  
Naproxen sodium (Naprosyn)  
Acetylsalicylic acid (Aspirin)

## Arthritis

Glucosamine (Osteobiflex)

## For pain and fever

Acetaminophen (Tylenol)

## Itchy rash and eczema

Hydrocortisone cream

## Anti-diarrheal

Loperamide HCl (Imodium)

## Athletes foot

Tolnaftate (Tinactin)  
Miconazole cream  
Clotrimazole cream  
Terbinafine (Lamisil)

## Warts

Salicylic acid 15% (Compound W)

## Motion sickness

Dimenhydrinate (Dramamine)  
Meclizine

## Laxative – for constipation. May cause cramping

Biscodyl  
Milk of Magnesia

## Stool softener

Docusate sodium  
Polyethylene Glycol (Miralax)

## Acid stomach / indigestion

Mylanta – Calcium carbonate / aluminum hydroxide  
TUMS – Calcium carbonate  
Rolaids – Calcium carbonate / magnesium hydroxide

## Gas / stomach bloating

Simethicone

## Heartburn prevention

Famotidine (Pepcid)  
Ranitidine (Zantac)  
Omeprazole (Prilosec)

## Dandruff

Sulfur / Salicylic acid (Sebulex)  
Coal tar (Neutrogena T-Gel)  
Ketoconazole (Nizoral)  
Tea tree oil

## Acne

Salicylic acid  
Benzoyl peroxide  
Sodium sulfacetamide

## Vaginal yeast infection

Miconazole  
Clotrimazole

## Cold and cough

Guaifenesin (loosens mucus)  
Dextromethorphan (cough suppressant)  
Pseudoephedrine (decongestant) (ask the pharmacist)  
Phenylephrine HCl (decongestant)

<b>Drug Facts</b>	
<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>
Chlorpheniramine maleate 2 mg	Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat	
<b>Warnings</b> <b>Ask a doctor before use if you have</b> ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland <b>Ask a doctor or pharmacist before use if you are</b> taking tranquilizers or sedatives	
<b>When using this product</b> ■ You may get drowsy ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children	
If pregnant or breast-feeding, ask a health professional before use. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
<b>Other information</b> store at 20-25° C (68-77° F) ■ protect from excessive moisture	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	