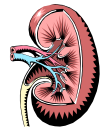




OVER THE COUNTER MEDICATIONS AFTER KIDNEY TRANSPLANT



- Check this list before taking any over the counter medicine and take it as directed on the package
- You may use store-brand product instead of brand names listed below (Be sure the active ingredients list on the box matches)
- This list does not include every over the counter product.
- Call the transplant pharmacist or transplant team if you would like to take a medicine that is not on this list or if you have a question about any medicine

Symptom	Safe	NOT Safe without transplant team ok
Constipation Increase fluids & fiber (bran, fresh fruits & veggies) in diet	<ul style="list-style-type: none"> • Senokot (senna) plain or –S • Colace (docusate) • Miralax • Dulcolax (bisacodyl) 	<ul style="list-style-type: none"> ⊘ Fleets phospho-soda ⊘ Fleet enema
Diarrhea Raise your fluid intake. Call your doctor for diarrhea lasting more than 2 days	<ul style="list-style-type: none"> • Imodium A/D (loperamide) 	
Headache, Muscle Aches, Other Aches & Pains Call your doctor right away if you have a fever with your headache	<ul style="list-style-type: none"> • Tylenol (acetaminophen)* • Non-aspirin pain-reliever* <p><i>*Do not take more than 3000 mg in 24 hours (6 extra strength or 9 regular strength pills)</i></p> <ul style="list-style-type: none"> • Excedrin® (Limit: 1-2 doses per week) • Aspirin (may take 1x/day for heart, may cause stomach ulcers if taken for pain) • Ben-Gay, Icy Hot, & most muscle/joint rubs 	NSAIDs (non-steroidal anti-inflammatory drugs) such as: <ul style="list-style-type: none"> ⊘ Advil, Motrin (Ibuprofen) ⊘ Aleve (Naproxen) ⊘ Nuprin ⊘ Menadol ⊘ Midol ⊘ Genpril ⊘ Orudis (ketoprofen) ⊘ Actron ⊘ Voltaren (diclofenac) gel
Allergy/Cold Cold medicines that contain decongestants (phenylephrine or pseudoephedrine) can raise your blood pressure suddenly and put you at risk for strokes.	<ul style="list-style-type: none"> • Coricidin HBP • Mucinex (plain & DM) • Robitussin (plain & DM) • Benadryl (diphenhydramine) • Claritin (loratadine) • Zyrtec (cetirizine) • Allegra (fexofenadine) • Ocean or other salt water (saline) nasal spray • Vicks VapoRub® 	<ul style="list-style-type: none"> ⊘ Combination cold products that contain an NSAID (see list in headache section) ⊘ Phenylephrine ⊘ Pseudoephedrine ⊘ Actifed ⊘ NyQuil/DayQuil ⊘ Sudafed ⊘ Thera-Flu ⊘ Alka-Seltzer Plus ⊘ Claritin-D, Zyrtec-D, Allegra-D, Mucinex-D
Indigestion/Heartburn	<ul style="list-style-type: none"> • Zantac (ranitidine) • Axid (nizatidine) • Pepcid (famotidine) • Tums • Prilosec OTC, Prevacid 	<ul style="list-style-type: none"> ⊘ Tagamet HB (sometimes also used to treat warts) ⊘ Alka-Seltzer
Vaginal Itching Vaginal Yeast Infections	<ul style="list-style-type: none"> • Monistat (miconazole) • Gyne-Lotrimin • Vagisil 	
Supplements/Vitamins⁺ Herbal Products^{&}	<ul style="list-style-type: none"> • Check with the transplant team before taking nutritional supplements (<i>Even if recommended by another doctor.</i>) • Some supplements, vitamins, or herbal products have the potential to lead to kidney problems. The risk is higher if you only have one kidney. 	

⁺ Since there is little information about the safety of these products and possible drug interactions with your anti-rejection medicines, the transplant pharmacist and transplant team recommend avoiding these products.

[&] Herbal products are not regulated like medications, by any government agency. This means that they are not tested to find out if they work for the conditions reported, for side effects, or to see if they are safe to take with your other medications.