

NOTE: For use as a general guide for adults over 18 years and older. Please always refer to package instructions as formulations may vary.



Coastal Medical
Lifespan. Delivering health with care.®

Over-the-Counter Self-Care Treatment Guide

GENERIC	BRAND	DIRECTIONS	COUNSELING
Pain/Fever			
Acetaminophen	Tylenol Regular Strength Tylenol Extra Strength	<ul style="list-style-type: none"> <u>Regular strength</u>: 1 to 2 tablets (325mg to 650mg) by mouth every 4 to 6 hours as needed. Do not exceed 3,000mg daily. <u>Extra strength</u>: 1 tablet (500mg) by mouth every 6 hours as needed. Do not exceed 3,000mg daily. 	<ul style="list-style-type: none"> Do not consume with alcohol Ask your provider or pharmacist before combining with other OTC cough/cold medications
NSAIDs Ibuprofen Naproxen	Motrin, Advil Aleve	<p><u>Ibuprofen</u>: 1 to 2 tablets (200mg to 400mg) by mouth every 4 to 6 hours as needed. Do not exceed 1,200mg daily.</p> <p><u>Naproxen</u>: 1 tablet (220 mg) every 8-12 hours if needed (may take 2 tabs for the initial dose. Do not exceed 660mg daily.</p>	<ul style="list-style-type: none"> Limit alcohol use while taking (1-2 drinks max) Take with food If you have high blood pressure, ask your provider or pharmacist before using Do not use if you take medication that thins your blood (warfarin, Eliquis, clopidogrel, Xarelto, Pradaxa, Brillinta), or history of GI bleed/ ulcer
Saline Nasal Spray			
Saline Nasal Spray	Ocean Nasal Spray	Instill 1-2 sprays into each nostril 3-4 times daily.	<ul style="list-style-type: none"> Instill into nostril with bottle upright Avoid blowing nose immediately after use
Nasal Congestion			
Oxymetazoline	Afrin Nasal Spray	Instill 2 to 3 sprays into each nostril twice daily as needed.	<ul style="list-style-type: none"> Do not use for more than 3 consecutive days Moisturizing formulation available to prevent nasal irritation
Nasal Congestion/Allergies			
Fluticasone Triamcinolone	Flonase Nasacort	Instill 1 to 2 sprays into each nostril once daily.	<ul style="list-style-type: none"> May take 1-2 weeks to see an effect
Cromolyn	Nasal crom/Gastrocrom	Instill 1 spray in each nostril every 4-6 hours if needed; may use up to 6 times per day.	<ul style="list-style-type: none"> May take 1-2 weeks to see an effect Safe in pregnancy
Allergies/Cold-Antihistamines			
Cetirizine	Zyrtec	1 tablet (10mg) by mouth once daily.	<ul style="list-style-type: none"> May cause drowsiness
Fexofenadine	Allegra	1 tablet (60mg) by mouth twice daily, or 1 tablet (180mg) by mouth once daily.	<ul style="list-style-type: none"> May cause drowsiness
Loratadine	Claritin	1 tablet (10mg) by mouth once daily.	<ul style="list-style-type: none"> May cause drowsiness (least likely)
Chlorpheniramine	Chlor-Trimeton	<p><u>Immediate release</u>: 1 tablet (4mg) every 4-6 hours if needed.</p> <p><u>Extended release</u>: 1 tablet (12mg) every 12 hours if needed.</p>	<ul style="list-style-type: none"> May cause drowsiness
Diphenhydramine	Benadryl	1 to 2 tablets (25mg to 50mg) by mouth every 4 to 6 hours as needed. Do not exceed 300mg daily.	<ul style="list-style-type: none"> Will cause drowsiness Ask your provider or pharmacist before combining with other OTC or prescription medications Caution driving or operating heavy machinery

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GENERIC	BRAND	DIRECTIONS	COUNSELING
Sinus Congestion			
Pseudoephedrine	Sudafed	1 tablet (60mg) by mouth every 4 to 6 hours if needed. Do not exceed 240mg daily.	<ul style="list-style-type: none"> Purchase at the pharmacy counter Avoid taking near bedtime to prevent insomnia If you have high blood pressure, ask your provider or pharmacist before using Consult your obstetrician (OB) in pregnancy.
Allergies/Sinus Congestion			
Cetirizine/ pseudoephedrine	Zyrtec-D 12 Hour	1 tablet by mouth twice daily if needed. Do not exceed 2 tablets daily.	<ul style="list-style-type: none"> Purchased at the pharmacy counter May cause drowsiness or insomnia If you have high blood pressure, ask your provider or pharmacist before using
Fexofenadine/ pseudoephedrine	Allegra-D 12 Hour Allegra-D 24 Hour	<ul style="list-style-type: none"> <u>12 hour tablet</u>: 1 tablet twice daily if needed. Do not exceed 2 tablets daily. <u>24 hour tablet</u>: 1 tablet once daily if needed. Do not exceed 1 tablet daily. 	<ul style="list-style-type: none"> Purchased at the pharmacy counter May cause drowsiness or insomnia If you have high blood pressure, ask your provider or pharmacist before using
Loratadine/ pseudoephedrine	Claritin-D 12 Hour Claritin-D 24 Hour	<ul style="list-style-type: none"> <u>12 hour tablet</u>: 1 tablet twice daily if needed. Do not exceed 2 tablets daily. <u>24 hour tablet</u>: 1 tablet once daily if needed. Do not exceed 1 tablet daily. 	<ul style="list-style-type: none"> Purchased at the pharmacy counter May cause drowsiness or insomnia If you have high blood pressure, ask your provider or pharmacist before using
Cough			
Dextromethorphan	Delsym	10mL (60mg) by mouth every 12 hours is needed. Do not exceed more than 2 doses (20mL) daily.	<ul style="list-style-type: none"> Measure only with dosing cup provided May cause drowsiness
Guaifenesin	Mucinex Robitussin	Mucinex tablets: <ul style="list-style-type: none"> <u>Immediate release tablet</u>: 200mg to 400mg by mouth every 4 hours. <u>Extended release tablet</u>: 600mg to 1,200mg by mouth every 12 hours. Robitussin solution (100mg/5mL): <ul style="list-style-type: none"> 10mL to 20mL (200mg to 400mg) by mouth every 4 hours. 	<ul style="list-style-type: none"> Do not exceed 2,400mg daily (or 6 daily doses) Take with a full glass of water Do NOT split tablets; swallow whole
Guaifenesin/ dextromethorphan	Mucinex DM Robitussin DM	Tablets: <ul style="list-style-type: none"> <u>Extended release</u>: 1 to 2 tablets every 12 hours if needed. <u>Maximum strength</u>: 1 tablet every 12 hours if needed. Liquid: <ul style="list-style-type: none"> <u>Maximum strength</u>: 20mL (400mg/20mg) every 4 hours if needed. 	<ul style="list-style-type: none"> Do not exceed more than 6 doses (120mL) daily May cause drowsiness Do NOT split tablets; swallow whole
Cough/Sinus			
Guaifenesin/ pseudoephedrine	Mucinex-D ER Mucinex-D Max Strength	<ul style="list-style-type: none"> <u>Extended release</u>: 2 tablets (600mg/60mg) every 12 hours. Do not take more than 4 tablets daily. <u>Maximum strength</u>: 1 tablet (1,200mg/120mg) every 12 hours. Do not take more than 2 tablets daily. 	<ul style="list-style-type: none"> Take with a full glass of water Do NOT split tablets; swallow whole Avoid taking near bedtime to prevent insomnia If you have high blood pressure, ask your provider or pharmacist before using