

2019

# Over-the-Counter Medications & Chronic Kidney Disease

## Renal Program



[www.nshealth.ca](http://www.nshealth.ca)

## Cough or cold

Best choices	Cost
oxymetazoline, xylometazoline sprays (Claritin <sup>®</sup> , Otrivin <sup>®</sup> , Dristan <sup>®</sup> ) <i>Do not use for more than 5 days</i>	\$
guaifenesin (Benlyn <sup>®</sup> Mucus & Phlegm, Buckley's <sup>®</sup> Cough Mucus & Phlegm) <i>If diabetic, use sugar-free syrups (check label)</i>	\$
lozenges <i>If diabetic, use sugar-free type</i>	\$
dextromethorphan (Robitussin <sup>®</sup> DM)	\$

Don't take	Why?
pseudoephedrine (Sudafed <sup>®</sup> )	Can increase blood pressure
phenylephrine (Neocitran <sup>®</sup> , Dimetapp <sup>®</sup> )	

## Fever or pain

Best choice	Cost
acetaminophen (Tylenol <sup>®</sup> ) <i>Do not take more than 2600 mg in 24 hours unless your health care provider told you it is OK</i>	\$-\$\$

Don't take	Why?
ibuprofen (Advil <sup>®</sup> , Motrin <sup>®</sup> )	Can increase risk of bleeding, increase blood pressure, and harm your kidneys
naproxen (Aleve <sup>®</sup> )	
acetylsalicylic acid (ASA) at doses higher than 81 mg (Aspirin <sup>®</sup> , Anacin <sup>®</sup> )	
codeine (Tylenol <sup>®</sup> No. 1)	Can build up and cause toxic side effects

## Allergies

<b>Best choices</b> (Adjust dose for kidney disease)		<b>Cost</b>
loratadine (Claritin®)	Take 10 mg every other day	\$\$
desloratadine (Aerius®)	Take 5 mg every other day	\$\$\$
cetirizine (Reactine®)	Take 5 mg once a day	\$\$
<b>Don't take</b>	<b>Why?</b>	
diphenhydramine (Benadryl®)	Can cause drowsiness	

## Upset stomach or heartburn

<b>Best choices</b> (Adjust dose for kidney disease)		<b>Cost</b>
ranitidine (Zantac®)	Take 75 mg daily (after dialysis)	\$\$
famotidine (Pepcid®)	Take 10 mg daily (after dialysis)	\$\$
calcium carbonate (Tums®) <i>May also be required for phosphate binding</i>		\$
<b>Don't take</b>	<b>Why?</b>	
aluminum/ magnesium (Maalox®, Gaviscon®, Rolaids®, Diovol®)	Can build up and cause undesirable side effects	
sodium (Alka-Seltzer®)	Can build up and increase blood pressure	

## Nausea or vomiting

<b>Best choice</b> (Adjust dose for kidney disease)	<b>Cost</b>
Dimenhydrinate (Gravol™)	\$

## Diarrhea

Best choice		Cost
loperamide (Imodium®)		\$\$
Don't take	Why?	
attapulgite (Kaopectate®)	Can cause imbalance of body minerals	
bismuth subsalicylate (Pepto-Bismol®)	Higher risk of bleeding	

## Constipation

Best choices		Cost
polyethylene Glycol 3350 (Lax-A-Day®)		\$\$
sennosides (Senokot®)		\$
bisacodyl (Dulcolax®)		\$
lactulose		\$\$
Don't take	Why?	
magnesium (Phillips'® Milk of Magnesia, Magnolax®)	Can build up and cause undesirable side effects	
phosphate (Fleet® Phospho-soda®)		

## Multivitamins

Best choice		Cost
renal vitamin (Replavite®)		\$
Don't take	Why?	
adult multivitamins	Can build up and cause toxic side effects	



## Creams and ointments

Best choices	Cost
menthol, camphor, capsaicin (La'Kota™, Tiger Balm®)	\$
hydrocortisone 0.5% (Emo-Cort®)	\$
emollients with urea, petrolatum, or glycerin (Glaxal® Base, Uremol®)	\$-\$\$
petroleum jelly (Vaseline®)	\$

Don't use	Why?
diclofenac (Voltaren®)	In large quantities, can increase risk of bleeding, increase blood pressure, and harm your kidneys
salicylate (Bengay®, Myoflex®, Flexall®, Rub-A535™)	

## Herbal products

**STAY AWAY** from **ALL** herbal products and natural health products, as they can build up and cause toxic side effects.

Cost guide	
\$	Less than \$10
\$\$	\$11-20
\$\$\$	\$21-30

\*Do not take any of the medications in the “Don’t take” sections unless a health care provider on your nephrology team told you it is OK.

If you are vomiting (throwing up), have diarrhea, or can’t drink or eat normally, contact your health care provider.

Always check with your nephrologist or pharmacist before using or stopping any medication.

Tell your pharmacist that you are on dialysis to make sure your medications are safe and you are taking the right amounts.

**Looking for more health information?**

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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*Prepared by: Renal Program*

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The information in this pamphlet is to be updated every 3 years or as needed.