

Patient Information:

Cold Clinic Medication Information

- Generic Tylenol®
- Generic Sudafed PE®
- Generic Robitussin®
- Generic Motrin® or Advil®
- Throat Lozenges
- Chlorpheniramine

These medications are available in the pharmacy for Self Care Cold Clinic patients.
Please see the pharmacist if you have any questions about these medications or any others.

ACETAMINOPHEN (generic Tylenol®) *FOR ACHES AND/OR FEVER*

USE for Temporary Relief of:

- minor aches & pains
- headaches
- fevers

WARNING DO NOT take Acetaminophen...

- And drink alcohol; if you consume 3 or more alcoholic drinks every day, ask your doctor or medical practitioner whether you should take acetaminophen at all. Acetaminophen may cause liver damage.
- With other products containing acetaminophen, read package labels carefully or consult your pharmacist
- More than 10 days for pain, unless directed by a doctor or medical practitioner
- More than 3 days for fever, unless directed by a doctor or medical practitioner
- If you are hypersensitive to it
- If you are pregnant or nursing a baby; seek the advice of a health professional before using this product.

PHENYLEPHRINE (generic Sudafed PE®) *FOR STUFFY NOSE*

Phenylephrine promotes nasal and/or sinus drainage.

USE for Temporary Relief of:

- nasal congestion due to the common cold
- hay fever or other upper respiratory allergies
- nasal congestion associated with sinusitis

WARNING DO NOT take Phenylephrine ...

- In amounts that exceed recommended dosage; higher doses may cause nervousness, dizziness or sleeplessness
- More than 7 days if symptoms do not improve; schedule an appointment with a doctor or medical practitioner
- If symptoms are accompanied by a high fever; schedule an appointment with a doctor or medical practitioner
- If you have high blood pressure, heart disease, diabetes, thyroid disease, or prostate disease, except under the advice and supervision of a doctor or medical practitioner
- If you are hypersensitive to it
- If you are pregnant or nursing a baby; seek the advice of a health professional before using this product.

PRECAUTION: DO NOT take Phenylephrine if:

- DRUG INTERACTION** presently taking an antihypertensive or antidepressant drug containing a monoamine oxidase (MAO) inhibitor, except under the advice and supervision of a doctor or medical practitioner

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GUAIFENESIN (generic Robitussin®) FOR COUGH

Cough syrup with expectorant action to help loosen mucous and thin bronchial secretions to make coughs more productive.

USE for Temporary Relief of:

- coughs from the common cold

WARNING DO NOT take Guaifenesin...

- If you have persistent or chronic cough from smoking, asthma, chronic bronchitis, unless directed by a doctor or medical practitioner
- If you have a cough accompanied by excessive mucous, unless directed by a physician
- If you have emphysema, unless directed by a doctor or medical practitioner
- More than one week if your cough persists or tends to recur, consult a doctor or medical practitioner
- If accompanied by a fever, rash or persistent headache, consult a doctor or medical practitioner
- If you are hypersensitive to it
- If you are pregnant or nursing a baby; seek the advice of a health professional before using this product.

IBUPROFEN (generic Motrin® or Advil®) FOR ACHES

USE for Temporary Relief of:

- | | |
|--|--|
| <input checked="" type="checkbox"/> minor aches and pains due to common cold | <input checked="" type="checkbox"/> muscular aches |
| <input checked="" type="checkbox"/> headache | <input checked="" type="checkbox"/> menstrual cramps |
| <input checked="" type="checkbox"/> backache | <input checked="" type="checkbox"/> fever |

WARNING DO NOT take Ibuprofen ...

- More than 10 days for pain management, unless directed by a doctor or medical practitioner
- More than 3 days for persistent fever, unless directed by a doctor or medical practitioner
- If you have ever had an allergic reaction to any pain reliever/fever reducer.
- If you experience a severe allergic reaction which may include hives, asthma (wheezing), facial swelling and/or shock; Seek medical help immediately!
- If you consume 3 or more alcoholic drinks every day, ask your doctor or medical practitioner whether you should take ibuprofen. Ibuprofen may cause stomach bleeding.
- With any other pain reliever/fever reducer or any other product containing ibuprofen, read package labels carefully or consult your pharmacist
- If stomach pain occurs with its use.
- If you are hypersensitive to it
- If you are pregnant or nursing a baby; seek the advice of a health professional before using this product.

PRECAUTION: DO NOT take Ibuprofen if:

- DRUG INTERACTION** Currently taking any other drugs on a regular basis, seek the advice of a health professional before using this product.

MENTHOL THROAT LOZENGES FOR SORE THROAT

Oral anesthetic lozenges, each contains 9.1mg of menthol

USE for Temporary Relief of:

- sore throat pain sore mouth and minor mouth irritations

WARNING DO NOT take throat lozenges ...

- More than 2 days if sore throat is severe and persists, consult a doctor or medical practitioner
- If use is accompanied or followed by fever, headache, rash, swelling, nausea or vomiting, consult a doctor or medical practitioner
- More than 7 days if sore mouth symptoms do not improve, consult a doctor or medical practitioner
- If irritation, pain, or redness of the mouth or throat persists or worsens, consult a doctor or medical practitioner

Cold Clinic Medication Information

CHLOROPHENIRAMINE *FOR RUNNY NOSE*

USE

for Temporary Relief of:

- runny nose
- sneezing
- itching of nose or throat
- itchy, watery eyes

WARNING

BEFORE USE, ask a doctor if you have:

- A breathing problem, such as emphysema or chronic bronchitis
- Difficulty in urination due to enlargement of the prostate gland
- Glaucoma

OR, if you are:

- Taking any drugs for asthma
- Taking sedatives or tranquilizers

When using this product:

- Drowsiness may occur
- Avoid alcoholic beverages
- Alcohol, sedatives, and tranquilizers may increase drowsiness effects
- Use caution when driving a motor vehicle or operating machinery
- Excitability may occur, especially in children

When using this product:

- Side effects occur