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

<table>
<thead>
<tr>
<th>Use</th>
<th>for Temporary Relief of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>minor aches &amp; pains</td>
</tr>
<tr>
<td>✓</td>
<td>headaches</td>
</tr>
<tr>
<td>✓</td>
<td>fevers</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Use</th>
<th>for Temporary Relief of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>nasal congestion due to the common cold</td>
</tr>
<tr>
<td>✓</td>
<td>hay fever or other upper respiratory allergies</td>
</tr>
<tr>
<td>✓</td>
<td>nasal congestion associated with sinusitis</td>
</tr>
</tbody>
</table>

**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:**

**Drug Interaction** DO NOT take Phenylephrine if:

- ☐ 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
# Cold Clinic
## Medication Information

### Guaifenesin (generic Robitussin®)  
**FOR COUGH**

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

<table>
<thead>
<tr>
<th>Use</th>
<th>for Temporary Relief of:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>✅ coughs from the common cold</td>
</tr>
</tbody>
</table>

**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:

- ✅ minor aches and pains due to common cold
- ✅ headache
- ✅ backache
- ✅ muscular aches
- ✅ menstrual cramps
- ✅ 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:

- □ 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

<table>
<thead>
<tr>
<th>Use</th>
<th>for Temporary Relief of:</th>
</tr>
</thead>
</table>
|     | ✅ 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

**Chlorpheniramine** *for runny nose*

<table>
<thead>
<tr>
<th>Use</th>
<th>for Temporary Relief of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td>runny nose</td>
</tr>
<tr>
<td>✓</td>
<td>itching of nose or throat</td>
</tr>
<tr>
<td>✓</td>
<td>sneezing</td>
</tr>
<tr>
<td>✓</td>
<td>itchy, watery eyes</td>
</tr>
</tbody>
</table>

**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