



## OVER THE COUNTER MEDICATIONS AFTER KIDNEY DONATION



- Check this list before taking any over the counter medicine and take it as directed on the package
- You may use the store-brand product instead of the brand names listed below (make sure active ingredients match)
- 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	<b>NOT Safe</b> without transplant team ok	
<b>Constipation</b> Increase the fluids and fiber (bran, fresh fruits & vegetables) in your diet	<ul style="list-style-type: none"> <li>• Senokot (senna) plain or -S</li> <li>• Colace (docusate)</li> <li>• Miralax</li> <li>• Dulcolax (bisacodyl)</li> </ul>	<ul style="list-style-type: none"> <li>⊘ Fleets phospho-soda</li> <li>⊘ Fleet enema</li> </ul>	
<b>Diarrhea</b> Increase your fluid intake. Notify your doctor for diarrhea lasting more than 2 days	<ul style="list-style-type: none"> <li>• Imodium (loperamide)</li> </ul>		
<b>Headache, Muscle Ache, Other Aches &amp; Pains</b> Notify your doctor immediately if you have a fever with your headache	<ul style="list-style-type: none"> <li>• Tylenol (acetaminophen)*</li> <li>• Non-aspirin pain-reliever*</li> </ul> <p>*Do not take more than 3000 mg in 24 hours (6 extra strength or 9 regular strength pills)</p> <ul style="list-style-type: none"> <li>• Excedrin®</li> <li>• Aspirin (ok to take once a day for heart, can cause stomach ulcers if used for pain)</li> <li>• Ben-Gay</li> </ul>	<b>NSAIDs</b> (non-steroidal anti-inflammatory drugs) such as: <ul style="list-style-type: none"> <li>⊘ Advil, Motrin (Ibuprofen)</li> <li>⊘ Aleve (Naproxen)</li> <li>⊘ Nuprin</li> <li>⊘ Voltaren</li> <li>⊘ Midol</li> <li>⊘ Cataflam (diclofenac)</li> <li>⊘ Orudis (ketoprofen)</li> </ul>	
<b>Allergy/Cold</b> Cold medicines that contain phenylephrine or pseudoephedrine should especially be avoided if you have borderline high or high blood pressure (or if you are taking a blood pressure lowering medicine)	<ul style="list-style-type: none"> <li>• Coricidin HBP</li> <li>• Mucinex (plain &amp; DM)</li> <li>• Robitussin (plain &amp; DM)</li> <li>• Benadryl (diphenhydramine)</li> <li>• Claritin (loratadine)</li> <li>• Zyrtec (cetirizine)</li> <li>• Allegra (fexofenadine)</li> <li>• Ocean or other salt water (saline) nasal spray</li> <li>• Vicks VapoRub®</li> </ul>	<b>Not safe for ANY kidney donors</b>	<b>Not safe if you take blood pressure medicine or have borderline high blood pressure</b>
		<ul style="list-style-type: none"> <li>⊘ <b>Combination cold products that contain an NSAID</b> (refer to list in headache section)</li> <li>⊘ Alka-Seltzer Plus</li> </ul>	<ul style="list-style-type: none"> <li>⊘ Phenylephrine</li> <li>⊘ Pseudoephedrine</li> <li>⊘ Actifed</li> <li>⊘ NyQuil/DayQuil</li> <li>⊘ Sudafed</li> <li>⊘ Thera-Flu</li> <li>⊘ Claritin-D, Zyrtec-D, Allegra-D, Mucinex-D</li> </ul>
<b>Indigestion/Heartburn</b>	<ul style="list-style-type: none"> <li>• Zantac (ranitidine)</li> <li>• Axid (nizatidine)</li> <li>• Pepcid (famotidine)</li> <li>• Tums</li> <li>• Prilosec OTC, Prevacid</li> </ul>	<ul style="list-style-type: none"> <li>⊘ Tagamet HB</li> <li>⊘ Alka Seltzer</li> </ul>	
<b>Vaginal Itching</b> <b>Vaginal Yeast Infections</b>	<ul style="list-style-type: none"> <li>• Monistat (miconazole)</li> <li>• Gyne-Lotrimin</li> <li>• Vagisil</li> </ul>		
<b>Supplements/Vitamins<sup>+</sup></b> <b>Herbal Products<sup>&amp;</sup></b>	<ul style="list-style-type: none"> <li>• Check with the transplant team before taking nutritional supplements-even if another doctor recommends it</li> <li>• Some supplements, vitamins, or herbal products have the potential to lead to kidney problems. The risk is higher if you only have one kidney.</li> </ul>		

<sup>+</sup> Since there is little information about the safety of these products and possible drug interactions if you are on other medications, the transplant pharmacist and transplant team recommends avoiding these products.

<sup>&</sup> 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 other medications you may be taking.