

-American Pharmaceutical Association-

Recommended Pharmaceuticals for Self-Help

[A doctor's prescription is not necessary-you can buy any of these medicines yourself]

Sickness/Ailment	Medicine	What pharmacists say
Acne	Oxy 10 Balance Maximum Medicated Wash (soap and facial wash) Clearasil Maximum Strength (pad, liquid, gel, cream)	Both contain benzoyl peroxide, which can bleach hair, bedding and clothes, so be sure it's dry before you change clothes or go to bed.
Allergies	Tavist-1 (antihistamine) Sudafed Nasal Decongestant Tavist-D (antihistamine/decongestant) Tylenol Allergy Sinus Maximum Strength (antihistamine/decongestant/pain reliever)	Do not crush or chew a long-acting product. Swallow whole to prevent a sudden release of excess medication.
Arthritis	Advil (internal pain relief) Capzasin-P (external pain reliever)	If you use a pain-relieving cream, don't apply it to inflamed or broken skin. Also, don't use a heating pad on the same area-severe burning may occur.
Athlete's Foot	Lotrimin AF Antifungal Cream	To prevent a recurrence, use the product as directed for 1~2 weeks after the symptoms are gone.
Backache	Advil	If your legs feel numb or weak, or if sharp pain radiates into your buttocks or legs, see a doctor.
Bursitis/Tendinitis	Advil	You may obtain additional relief from applying ice 1~2 times a day.
Canker sores	Orabase-B with Benzocaine	You'll get the best result if you dry the area before applying the product and avoid eating or drinking immediately afterward.
Chapped Lips	ChapStick Sunblock 15	Lips are as susceptible to sunburn as other body parts, so use a lip balm with sunscreen throughout the year.
Colds	Tavist-1 (antihistamine) Tavist-D (antihistamine/decongestant) Drixoral Cold & Flu (antihistamine/decongestant/pain reliever) Sudafed Nasal Decongestant (decongestant) Advil Cold & Sinus (decongestant/pain reliever) Robitussin (expectorant)	All OTC antihistamines have the potential to make you drowsy, but this effect may be less with Chlor-Trimeton .
Cold Sores	Zilactin Medicated Gel	Gels may provide longer-lasting relief than liquids because they don't wash away so easily.
Congestion	Afrin 12-Hour Nasal Spray (decongestant/nasal spray) Ocean Mist (saline nasal spray)	Don't use a decongestant spray for more than 3~4 days. Any longer can worsen congestion and be potentially

		habit-forming.
Constipation	Colace (stool softener) Dulcolax Tablets (stimulant) Metamucil Smooth Texture Powder (fiber) Dulcolax Suppositories (suppository and enema)	Use stimulant laxatives only occasionally. Excessive use can cause cramping, diarrhea and vomiting, and potentially serious losses of fluids and electrolytes.
Cough	Robitussin Maximum Strength Cough (cough suppressant) Robitussin-DM (expectorant/ cough suppressant) Robitussin-CF (decongestant/ expectorant/ cough suppressant)	Non-phlegm-producing (dry) coughs are best treated with a suppressant. Phlegm-producing coughs are best treated with an expectorant. Drink 6~8 glasses of water a day with both.
Dandruff	Selsun Blue	You may need to treat dandruff for several weeks before you see improvement.
Dermatitis	Cortaid Maximum Strength	Also use a moisturizer regularly to increase penetration of the hydrocortisone and reduce itching.
Diarrhea	Imodium A-D	Be careful-doses that exceed package recommendations can cause constipation.
Earwax	Debrox Drops Earwax Removal Aid	Contact your doctor before use if you have any hearing loss, ear pain, fever, drainage or dizziness.
Eye Redness	Visine Original	Don't use the drops for more than a few days, otherwise you can suffer from "rebound redness". Don't use for allergy-related redness; try an oral antihistamine instead.
Fever	Tylenol Extra Strength	Cool baths and showers can also help reduce fever.
Flatulence	Mylanta Gas Relief	If you regularly have flatulence, monitor the foods you eat to identify the likely causes.
Flu	Tylenol Extra Strength (body aches and fever) Actifed Cold & Sinus (body aches, fever and congestion) Tylenol Cold Multisymptom (body aches, fever, congestion and cough)	Products you mix with hot water to form a warm drink have no advantage over pills with similar ingredients, and they cost more.
Hangover	Tylenol Extra Strength	Acetaminophen use may increase risk of liver damage in people who consume 3 or more drinks of alcohol a day; use of aspirin, ibuprofen or other antiinflammatory pain relievers may irritate an already inflamed stomach or cause stomach bleeding.
Headache	Tylenol Extra Strength	See a doctor if your headache is severe, recurs frequently, or lasts more than 2 days.

Heartburn	Pepcid AC	Pepcid AC, Tagamet HB 200, and Zantac 75 are best used for prevention of indigestion and heartburn, instead of treatment.
Hemorrhoids	Anusol	For best relief, dissolve Epsom salts in bath water that's as hot as you can sit in comfortably. Soak for 20 minutes, then apply the medication.
Insect Bites	Cortaid Maximum Strength	Also take an antihistamine at bedtime. If you have dizziness, nausea, pain in the chest or abdomen, diarrhea, or trouble breathing or swallowing after a sting, see a doctor.
Insomnia	Benadryl Allergy	Use only for a short period. Take only the amount recommended-larger doses won't help you sleep better.
Jock Itch	Lotrimin AF Antifungal Cream	Keep the affected area as dry as possible. Use the medication for at least 1 full week after your symptoms are gone.
Motion Sickness	Bonine	In general, motion sickness treatments are better at preventing illness than curing it. Start taking the medication about an hour before departure.
Muscle Pain	Advil	Apply ice as soon as you are aware of the soreness, to decrease pain and swelling.
Nausea	Emetrol	Emetrol contains large amounts of glucose and fructose-so don't use it if you have diabetes.
Poison Ivy/Oak/Sumac	Cortaid Maximum Strength	Thorough bathing with soap after exposure to poison ivy may prevent or lessen the outbreak.
Sprains	Advil	Take Advil or other anti-inflammatories with food to avoid upsetting your stomach.
Toothache	Advil (internal pain reliever) Orajel Maximum Strength (topical treatment)	Topical treatments don't last very long. Take an internal pain reliever like ibuprofen for longer relief-and see your dentist.
Warts	DuoFilm Wart Remover	Before applying, soak the area to help soften it and remove dead tissue.