# Over the Counter (OTC) Medications

## AVOID

### SLEEP
- Zzzquil or Unisom
- Benadryl
- Tylenol PM or Advil PM
- High dose melatonin

### PAIN
- Ibuprofen (Advil)
- Naproxen
- Aspirin (unless for heart)
- Tylenol PM or Advil PM

### COLD
- Afrin nasal spray
- Nyquil/Dayquil
- Sudafed
- Alka Seltzer Cold, other “combo” cold medications

### ALLERGY
- Benadryl
- Afrin nasal spray
- Nyquil/Dayquil
- Sudafed

## USE

### SLEEP
- Sleep hygiene!
- Hot herbal tea
- Low dose melatonin (1mg or less)
- Lavender spray

### PAIN
- Ice/Heat
- Acetaminophen
- Topical menthol products
- Topical lidocaine products
- Topical Diclofenac gel
- Arnica gel

### COLD
- Salt water spray/irrigation or gargling
- Acetaminophen
- Fluids (soup, tea)
- Loratadine or Fexofenadine for runny nose

### ALLERGY
- Loratadine
- Fexofenadine
- Saline spray and irrigation
- Intranasal steroid sprays

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