

Pulmonary Hypertension Resource: Over the counter medications & supplement information

GENERAL TIPS

- This document is meant to help you understand common over-the-counter medications, herbals, and supplements.
- Read medication/supplement labels to understand the full list of ingredients.
- Consult with your medical provider and/or pharmacist, if you are unsure what medications to use or avoid.
- Avoid products that have more than one active ingredient. They may treat problems you don't have and can raise the risk of side effects or taking too much medicine.

ACTIVE INGREDIENTS

Generic name of the medicine or medicines in the product.

USES

Symptoms or disease the product will treat or prevent.

WARNINGS

Information about when not to use the product and possible interactions or side effects.

DIRECTIONS

Information about how much medicine to take, how often to take the medicine, and how long to take the medicine.

OTHER INFORMATION

Information about how to store the medicine.

INACTIVE INGREDIENTS

Information about what other ingredients are present in the medication, including filters and dyes.

Drug Facts	
Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine
Uses Temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: <input type="checkbox"/> sneezing <input type="checkbox"/> runny nose <input type="checkbox"/> itchy, watery eyes <input type="checkbox"/> itchy throat	
Warnings Ask a doctor before use if you have <input type="checkbox"/> glaucoma <input type="checkbox"/> a breathing problem such as emphysema or chronic bronchitis <input type="checkbox"/> trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
When using this product <input type="checkbox"/> You may get drowsy <input type="checkbox"/> avoid alcoholic drinks <input type="checkbox"/> alcohol, sedatives, and tranquilizers may increase drowsiness <input type="checkbox"/> be careful when driving a motor vehicle or operating machinery <input type="checkbox"/> excitability may occur, especially in children	
If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
Other information store at 20-25° C (68-77° F) <input type="checkbox"/> protect from excessive moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, polyethylene glycol	



THIS GUIDE DOES NOT REPLACE TALKING WITH YOUR HEALTHCARE TEAM. ALWAYS CHECK WITH YOUR DOCTOR OR PHARMACIST BEFORE STARTING ANY NEW MEDICATIONS OR SUPPLEMENTS.

OVER THE COUNTER MEDICATIONS AND SUPPLEMENT INFORMATION

Symptoms or Illness	Generic Medicine Name	Common Brands	Comments
Cough	Dextromethorphan	Robitussin DM® Delsym®	*Do NOT use with products that contain pseudoephedrine or phenylephrine (ex. Dimetapp Cough & Cold).
Nasal Congestion	Sodium Chloride nasal spray/gel	Ocean Spray® Ayr Gel®	Do NOT use decongestants such as pseudoephedrine (Sudafed) or phenylephrine (Sudafed PE, Neo-synephrine nasal spray).
Allergies (sneezing, itching, runny nose)	Cetirizine Fexofenadine Chlorpheniramine Diphenhydramine	Zyrtec® Allegra® Corcidin® Benadryl®*	May cause extreme drowsiness. Do NOT use any "D" products (ex. Allegra D) or combination products labeled "for congestion" or "multi-symptom".
Chest congestion	Guaifenesin	Mucinex®	*Do NOT use decongestant combination products (Ex. Mucinex – D).

*Use of these medications in patients less than 4 years of age is not recommended.

Pain, fever	Acetaminophen	Tylenol®	Acetaminophen (Tylenol®) can be found in many products, alone or in combination. Do NOT take more than recommend daily amount, across all products.
	Ibuprofen	Advil®	May cause increased risk of bleeding. Do NOT use or check with provider if on a blood thinner (ex. Coumadin) or aspirin.



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Symptoms or Illness	Generic Medicine Name	Common Brands	Comments
Constipation	Docusate Senna Polyethylene glycol Bisacodyl Psyllium	Colace ® Senakot ® Miralax ® Dulcolax ® Metamucil ®	Discuss with your healthcare provider if you are needing to take regularly.
Diarrhea	Loperamide	Imodium ®	Discuss with your healthcare provider if you are needing to take regularly.
Heartburn, upset stomach	Calcium carbonate Famotidine Omeprazole	Tums ® Pepcid ® Prilosec OTC ®	Take Tums ® separate from your other medications. This medication can affect absorption of medications.
Sleep	Diphenhydramine	Benadryl®	May be in cough and cold combination products.
	Doxylamine	Unisom®	May cause constipation and dry mouth.
	Melatonin		Take 30 minutes to one hour before sleep. Discuss timing and dosing with your provider.
	Magnesium		There are multiple formulations, please consult with your provider prior to starting.



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OVER THE COUNTER MEDICATIONS AND SUPPLEMENT INFORMATION

Warfarin and OTC Medications/Supplements

Contact your healthcare provider or pharmacist if you are starting additional medications or supplements while on warfarin (Coumadin®). These can greatly increase or decrease your INR levels.

Supplements and herbals

Supplements and herbals are not government regulated, which makes additional ingredients and quality of ingredients within products vary widely.

Some herbal remedies (ex. St. John's Wort) may be harmful and should be used cautiously. Although they may be "natural", they can still interact with other medications and cause changes within your body.

Due to lack of evidence there is not specific guidance for use of supplements and herbals. You should always consult with your PH team before using these products.

Name	Precautions
St. John's Wart	Interacts with many medications. Please consult with your healthcare provider.
Turmeric	Likely safe when consumed in similar amounts found in food. Talk with your doctor or pharmacist before taking in supplement form.
Ginkgo	May increase risk of bleeding.
Garlic	Likely safe when consumed in similar amounts found in food. Talk with your doctor or pharmacist before taking in supplement form.



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