



Over the Counter Medications For Kidney Transplant Recipients

After your kidney transplant, there are certain over the counter medications (OTC) that may affect your new kidney. This table below contains a list of medications that are SAFE and which medications to AVOID. It is important to notify your transplant team of all the medications you are taking whether it is prescription medications, OTC medications, vitamins, or herbal supplements.

Problem	SAFE	AVOID	Notes
Abdominal bloating; Gas	<p>Simethicone</p> <p><i>Common Brand names:</i> Mylicon®, Mylanta Gas®, Gas-X®</p>		
Allergies	<p>Diphenhydramine, loratadine, cetirizine, fexofenadine, levocetirizine, cromolyn nasal spray</p> <p><i>Common Brand names:</i> Benadryl®, Claritin®, Zyrtec®, Allegra®, Xyzal®, Nasacort®, Astepro®, NasalCrom®</p>	<p>Medications with decongestants (containing “D”) Claritin-D, Zyrtec-D, Allegra-D</p>	<p>Side effects of allergy medications may include: dry mouth, drowsiness, dizziness, constipation, decreased urination</p>
Congestion	<p>Guaifenesin</p> <p><i>Common Brand names:</i> Mucinix®, Robitussin® Robitussin DM®, Mucinex DM®, Coricidin HBP Chest Congestion and Cough®, Equate Tussin DM®</p>	<p>Decongestants like pseudoephedrine (Sudafed®) or phenylephrine (Sudafed PE®)</p>	
Constipation	<p>Docusate, senna, psyllium, bisacodyl, polyethylene glycol 3350, Milk of Magnesia, fiber</p> <p><i>Common Brand names:</i> Colace®, Senokot®, Metamucil®, Dulcolax®, Miralax®, Phillips®, Fiberall®</p>		<p>Drink water to keep hydrated while taking these medications</p>
Cough	<p>Dextromethorphan</p> <p><i>Common Brand names:</i> Robitussin Cough Gels®, Delsym® Robitussin DM®, Mucinex DM®, Coricidin HBP Chest Congestion and Cough®, Equate Tussin DM®</p>		<p>If you have diabetes, please look for sugar free options</p>

Problem	SAFE	AVOID	Notes
Diarrhea	Loperamide <i>Common Brand names:</i> Imodium A-D®, Imodium Multi-Symptom Relief® (contains simethicone)	Pepto-bismol® Any product with bismuth subsalicylate as it may bind to Cellcept® or Myfortic®	Please note the max daily dose **Please consult Transplant Physician prior to starting any medications for diarrhea**
Dry nose	Sodium chloride Nasal Spray/Drops <i>Common Brand names:</i> Ocean Spray®		
Pain, Fever, headache	Acetaminophen (alone, without combination with other medications) <i>Common Brand names:</i> Tylenol®	DO NOT take non-steroidal: anti-inflammatory medications: Naproxen, Advil®, Motrin®, Aleve®, Naprosyn®, ketorolac, Toradol® Aspirin (UNLESS prescribed by transplant team)	For Tylenol, the max daily dose is 3,000mg in 24-hour period Please notify transplant team if you have fever >100.3F
Heartburn	Famotidine Lansoprazole, omeprazole, esomeprazole, omeprazole/sodium bicarbonate <i>Common Brand names:</i> Pepcid AC®, Prevacid®, Prilosec OTC®, Nexium®, Zegrid OTC®	Cimetidine or any cimetidine containing products (Tagamet, Tagamet HB)	For heartburn, the best way to take famotidine (Pepcid® is at night) and all the medications ending with “-azole” should be taken in the morning 30 minutes to 1 hour before food If you are taking medications to treat HIV or antibiotics, please check with transplant team before starting any of these agents
Indigestion	Calcium carbonate Tums® <i>Common Brand names:</i> Rolaids®, Gaviscon®, Acid Gone®, Alamag®, Gelusil®, Maalox Advanced formulations®, Mylanta Classic formulations®, Milk of Magnesia formulations such as Phillips Milk of Magnesia®	Alka Seltzer® as it contains aspirin	If you requiring these more than 3 days in a row, please contact transplant team If you are taking medications to treat HIV or antibiotics, check with the transplant team before starting a calcium-containing antacid
Muscle Aches	Lidocaine, Menthol, camphor, Capsaicin <i>Common Brand names:</i> Salonpas Pain Relieving Hot Patches®, Bengay®, Tiger Balm®, Aspercreme with Lidocaine®, IcyHot®	Methyl salicylate or any non-steroidal anti-inflammatory medications such as ibuprofen, naproxen, aspirin (> 81 mg), or ketorolac.	These agents are for topical, NOT to be ingested Do NOT put over wound
Sleep	Diphenhydramine, doxylamine, melatonin <i>Common Brand names:</i> Simply Sleep®, Unisom®, Benadryl®, Zzzquil®		Please contact transplant team before starting any of these agents

Problem	SAFE	AVOID	Notes
Sneezing, runny nose	Chlorpheniramine, Chlorpheniramine and Acetaminophen <i>Common Brand names:</i> Chlortrimeton®, Coricidin HBP Cold and Flu®		
Sore Throat	Menthol, Benzocaine <i>Common Brand names:</i> Luden's®, Vicks®, Chloraseptic®, NICE®, Halls®, Cepacol Lozenges®		If you have diabetes, please look for sugar free options

****If there are any over-the-counter medications not on this list, please consult transplant physician prior to starting any new medications****