

# SAFE OVER THE COUNTER MEDICATIONS FOR TRANSPLANT RECIPIENTS

## PENN TRANSPLANT INSTITUTE

The Penn Transplant Institute provides some general rules for patients regarding over the counter medications (OTC), vitamins and herbal supplements. Transplant medications can be affected by other medications or supplements you may be taking. It is important to communicate all the medicines you are taking to your transplant team including prescription medications, over the counter medications, vitamins and herbal supplements. Use this table as a reference to avoid drug interactions to keep yourself safe and healthy.



Problem	✓ OR ✗	Generic Medication Name	Common Brand Names	Notes
<b>Abdominal Bloating/ Gas</b>	✓	Simethicone	Mylicon®, Mylanta Gas®, Gas-X®, Digel®, Gelusil®	
<b>Allergies</b>	✓	Diphenhydramine, Loratadine, Cetirizine, Fexofenadine, Levocetirizine, Cromolyn nasal spray, Triamcinolone Acetonide nasal spray	Benadryl®, Claritin®, Zyrtec®, Allegra®, Xyzal®, NasalCrom®, Nasacort®	
	✗	AVOID Claritin D®, Zyrtec D®, or Allegra D® (the D is for decongestants, which should be avoided)		
<b>Sneezing, Runny Nose</b>	✓	Chlorpheniramine and Acetaminophen	Chlortrimeton®, Coricidin HBP Cold and Flu®	
<b>Congestion</b>			Mucinex®, Robitussin® (plain)	
	✓	Guaifenesin	Combination products with dextromethorphan are also allowed: Robitussin DM®, Tab Tussin DM™, Coricidin HBP Chest Congestion and Cough®, Equate Tussin DM®	
	✗	AVOID decongestants like pseudoephedrine (Sudafed®) or phenylephrine (Sudafed PE®)		
<b>Constipation</b>	✓	Docusate, Senna, Psyllium, Bisacodyl, Polyethylene glycol 3350, Milk of Magnesia	Colace®, Senokot®, Metamucil®, Dulcolax®, Miralax®, Phillips®, Fiberall®, Milk of Magnesia	<ul style="list-style-type: none"> <li>• Unless on a fluid restriction, keep yourself well hydrated by drinking at least eight glasses of fluid a day</li> <li>• For colonoscopy preparation, follow the instructions from your doctor</li> </ul>
<b>Cough</b>	✓	Dextromethorphan <b>Note:</b> if you are diabetic, look for a product free of sugar and alcohol.	Robitussin Cough Gels®, Delsym®, Robitussin DM®, Coricidin HPB®  Combination products with guaifenesin are also allowed: Robitussin DM®, Tab Tussin DM™, Coricidin HBP Chest Congestion and Cough®, Equate Tussin DM®	

Problem	✓ OR X	Generic Medication Name	Common Brand Names	Notes
Diarrhea	✓	Loperamide	Imodium A-D®, Imodium Multi-Symptom Relief® (contains simethicone)	<ul style="list-style-type: none"> <li>Notify a coordinator if you have diarrhea for greater than 24 hours or if you also have fever and abdominal pain</li> </ul>
	X	AVOID any Pepto-Bismol™ product or any product with bismuth subsalicylate in it		<ul style="list-style-type: none"> <li>Unless on a fluid restriction, keep yourself well hydrated by drinking at least EIGHT glasses of fluid a day and increase your salt intake</li> </ul>
Low-grade fever, Joint Aches, Headache	✓	Acetaminophen only	Tylenol®	<ul style="list-style-type: none"> <li>You can take up to 3000 mg in a 24 hour period. If you received a liver transplant, DO NOT EXCEED 2000 mg*</li> </ul>
	X	Do NOT take any non-steroidal anti-inflammatory medications like ibuprofen (Advil®, Motrin®, or Advil Dual Action®), naproxen (Aleve® or Naprosyn®), aspirin (avoid doses higher than baby aspirin or 81 mg), or ketorolac (Toradol®)		<ul style="list-style-type: none"> <li>Notify a coordinator if your fever rises above 100.4°F</li> <li>Many combination products contain acetaminophen, also known as APAP. Check the labels of all medications you are taking for pain or cold (prescription and over-the-counter) to make sure you stay under the maximum dose per day</li> </ul>
Dry Nose	✓	Sodium Chloride Nasal Spray/Drops	Ocean Spray®	
Indigestion	✓	Calcium carbonate	Tums® Rolaids®, Gaviscon®, Acid Gone®, Alamag®, Gelusil®, Maalox Advanced formulations®, Mylanta Classic formulations®, Milk of Magnesia formulations such as Phillips Milk of Magnesia®	<ul style="list-style-type: none"> <li>If you require any of these products for more than 3 days in a row for indigestion, contact your transplant team</li> <li>If you are taking medications to treat/prevent HIV or antibiotics, check with the transplant team before starting a calcium-containing antacid</li> <li>If you received a lung transplant, check with team before taking any OTC for indigestion</li> </ul>
	X	AVOID Alka Seltzer® as it contains aspirin		
Heartburn	✓	Famotidine Lansoprazole, Omeprazole, Esomeprazole, Omeprazole/Sodium Bicarbonate	Pepcid AC® Prevacid®, Prilosec OTC®, Nexium 24 hr®, Zegrid OTC®	<ul style="list-style-type: none"> <li>If you received a lung transplant, call your transplant team if indigestion/heartburn is getting worse and ask before taking any additional OTC medication</li> </ul>
	X	AVOID Tagamet HB® or Tagamet® (Cimetidine) Do not take any products that contain the ingredient cimetidine as it can interact with some of your medications		<ul style="list-style-type: none"> <li>If used, Lansoprazole, Omeprazole, and Esomeprazole should not be taken “as needed”, as they work best when taken regularly</li> </ul>

Problem	✓ OR X	Generic Medication Name	Common Brand Names	Notes
Probiotic	✓	Kefir cultured milk products/ yogurt products may be used as an alternative to probiotic supplements.	Lifeway®, The Greek Gods®, Wallaby Organic®	
	OK	<p><b>Check with your transplant team</b> before using probiotic supplement capsules, tablets, or packets such as Lactobacillus acidophilus, or Saccharomyces boulardii</p> <p>If approved by your transplant team, only buy from established brands like those below: Align®, Activia®, Florastor®, ProBiotic Restore®, Probiata®, Culturelle® *Avoid those sold online or in combination products*</p>		
Motion Sickness	✓	Dimenhydrinate, Meclizine	Dramamine®, Dramamine Less Drowsy Formula®, Bonine®, Antivert®	• Caution as these can make you drowsy
Muscle Aches and Pain	✓	Lidocaine, Menthol, Camphor, Capsaicin	Salonpas Pain Relieving Hot Gel Patch®, Aspercreme with Lidocaine Maximum Strength®, IcyHot Medicated Patch®, IcyHot Pain Relieving Gel®, Biofreeze Pain Relieving Gel®, Bengay Vanishing Scent®, Tiger Balm Ultra Strength®, IcyHot Advanced Relief®, IcyHot Lidocaine Plus Menthol® (patch or cream), Capzasin HP Arthritis Pain Relief®	
	X	AVOID methyl salicylate or any non-steroidal anti-inflammatory medications like ibuprofen (Advil®, Motrin®, or Advil Dual Action®), naproxen (Aleve® or Naprosyn®), aspirin (avoid doses higher than baby aspirin or 81 mg), or ketorolac (Toradol®)		
Sore throat	✓	Menthol, Benzocaine	Luden's®, Vicks®, Chloraseptic®, NICE®, Halls®, Cepacol Lozenges®	• If you are diabetic, look for sugar free lozenges
Sleep	✓	Diphenhydramine, Doxylamine, Melatonin	Simply Sleep®, Unisom®, Benadryl®, Zzzquil®	<ul style="list-style-type: none"> <li>• If you require any of these products for more than 7 days in a row for sleep, contact your transplant team</li> <li>• If you received a lung transplant, check with team before taking any OTC for sleep</li> <li>• For melatonin, only purchase products that contain "USP verified" on the label</li> </ul>

### Vitamins and Minerals Generally Safe After Transplant

A	Ferrous sulfate
B1 (thiamine)	Folic acid
B2 (riboflavin)	Iodine
B3 (niacin)	Lycopene
B5 (pantothenic acid)	Manganese
B6 (pyroxidine)	Magnesium amino acid chelate
B7 (biotin)	Magnesium chloride
B12 (cyanocobalamin)	Magnesium oxide
C (ascorbic acid)	Magnesium glycinate
D (ergocalciferol, cholecalciferol)	Slow-Mag
E	Nicotinamide
K	Potassium chloride
Calcium carbonate	Potassium phosphate
Calcium citrate	Selenium
Chromium	Sodium bicarbonate
Copper	Sodium acetate
Ferrous (fumarate, gluconate)	Zinc

### General Guidance

- This is a list of vitamins and minerals generally safe when found in small amounts in multivitamins or other combination vitamin products. Always talk to your transplant team before starting any OTC vitamin supplement. Some vitamins or minerals taken daily may be harmful to you.
- Certain vitamins and minerals, including vitamin C (ex. Airborne®, Emergen-C®), vitamin D, and zinc, may not be preferred for long-term use due to their potential to be “immune boosting”.
- Only use products that contain “USP verified”, “NSF certified” or “Made according to FDA Good Manufacturing Practices” on the label
- Herbal supplements, diet pills, weight loss supplements, herbal remedies, and plants/herbs in quantities larger than used in cooking should all generally be avoided due to the risk of interacting with your transplant medications and causing rejection or harm to your new organ, infections or side effects. Talk with your transplant team if you are interested in starting any new supplement

### Fruits Recommendation

Grapefruit, Pomelo, Seville Orange	Avoid eating fruits, seeds, or juices
Tangelo, Pomegranate, Minneola, Star Fruit	Only occasionally eat fruit, seeds, or juices

### General Guidance

- Because some fruits can interact with your medications, we recommend avoiding some altogether, while only sparingly eating others
- Be sure to read the label of fruit juices, fruit punches, and iced teas carefully, as some may contain fruits that should be avoided

### Preferred Herbal Teas Teas to Limit (1 – 2 cups per day) Teas to Avoid General Guidance

Preferred Herbal Teas	Teas to Limit (1 – 2 cups per day)	Teas to Avoid	General Guidance
Plain black tea (Lipton®, English Breakfast)	Green / Matcha (avoid green tea extract)	Bergamot flavoring (Earl Grey, Paris)	<ul style="list-style-type: none"> <li>• Always avoid herbal “remedies” or other combination herbal products, these may be harmful to your new organ and interact with your medications</li> <li>• Note that caffeine contained in select teas can cause excess urination; closely monitor your fluid intake and weight if drinking caffeine</li> </ul>
Most food-type flavorings are fine (such as apple, lemon, mint, caramel)	Yerba mate	Chamomile	
		Valerian	
		Hawthorn	
		Rooibos	
		Ginger	
		Lemongrass	

**If you received a heart transplant, ask your transplant coordinator for advice before using any OTC medications.**

## NATIONALLY RECOGNIZED PENN TRANSPLANT INSTITUTE



The most experienced major organ transplant center in the region where nationally recognized multidisciplinary teams, innovative research and compassionate patient care delivers outcomes that exceed national averages.