

# Over-the-counter Medicines to Use After a Heart Transplant

Brand names and ingredients can change. Use the generic name (in parentheses) as the key for using these medicines.  
Call your clinic or pharmacist if you have questions or concerns.

Condition	Medicine	Condition	Medicine
<b>aches, pains, headache</b>	<input type="checkbox"/> Tylenol® (acetaminophen) — Take 650 mg to 1,000 mg every 6 hours as needed. — Do not take more than 3,000 mg in 24 hours. <input checked="" type="checkbox"/> <b>Do not take</b> ibuprofen (Advil®, Motrin®) or naproxen (Aleve®).	<b>constipation</b>	<input type="checkbox"/> Citrucel® or Unifiber® (methylcellulose) <input type="checkbox"/> Colace® (docusate sodium) <input type="checkbox"/> ex-lax® Maximum Strength Stimulant Laxative (sennosides) or Senokot® (senna) <input type="checkbox"/> Fiber caplets or FiberCon® (calcium polycarbophil) <input type="checkbox"/> Metamucil® (psyllium)
<b>acne</b>	<input type="checkbox"/> Cetaphil® Gentle Skin Cleanser <input type="checkbox"/> CeraVe™ Hydrating Cleanser <input type="checkbox"/> Glytone® (benzoyl peroxide) or generic	<b>cough, cold</b>	<input type="checkbox"/> Vicks® DayQuil™ Cough Suppressant Soothing Tropical Blend (dextromethorphan hydrobromide) <input type="checkbox"/> Delsym® 12-Hour Extended-release Suspension (dextromethorphan polistirex) <input type="checkbox"/> Coricidin® HBP Chest Congestion and Cough (dextromethorphan, guaifenesin) <input type="checkbox"/> Mucinex® (guaifenesin) <input type="checkbox"/> Adult Robitussin® Peak Cold Cough and Chest (dextromethorphan, guaifenesin) <input checked="" type="checkbox"/> <b>Do not take</b> phenylephrine, pseudoephedrine, or combination products containing ibuprofen.
<b>allergy</b>	<input type="checkbox"/> Claritin® (loratadine) <input type="checkbox"/> Benadryl® (diphenhydramine) <input type="checkbox"/> Zyrtec® (cetirizine)	<b>cramps</b>	<input type="checkbox"/> magnesium oxide or magnesium chloride <input checked="" type="checkbox"/> <b>Do not take</b> magnesium at the same time as Cellcept® (mycophenolate mofetil).

(over)

Condition	Medicine	Condition	Medicine
<b>diarrhea</b>	<input type="checkbox"/> Imodium® (loperamide)	<b>sleep problems</b>	<input type="checkbox"/> Unisom® SleepTabs® (doxylamine succinate) <input type="checkbox"/> Tylenol® PM (acetaminophen, diphenhydramine HCl)
<b>heartburn, indigestion</b>	<input type="checkbox"/> Maalox® tablets or Rolaids® or Tums® (calcium carbonate) <input type="checkbox"/> Pepcid® AC (famotidine) <input type="checkbox"/> Zantac® (ranitidine) <input type="checkbox"/> Prilosec® OTC (omeprazole) if taking long-term <input type="checkbox"/> Prevacid® OTC (lansoprazole) if taking long-term	<b>sore throat</b>	<input type="checkbox"/> Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride) <input type="checkbox"/> Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than 2 days. <input type="checkbox"/> Halls® or Robitussin® or Vicks® (menthol) lozenges (dextromethorphan hydrobromide)
<b>rash</b>	<input type="checkbox"/> Aveeno® Soothing Bath Treatment (colloidal oatmeal) <input type="checkbox"/> Caladryl® Clear® lotion (pramoxine, zinc acetate) or calamine lotion (calamine, zinc oxide) <input type="checkbox"/> Cortaid® 1% (hydrocortisone) cream <input type="checkbox"/> Gold Bond® Medicated Anti-itch Cream (menthol, pramoxine) <input type="checkbox"/> Benadryl® (diphenhydramine)		