TALBOTT RECOVERY CAMPUS

Medication

Guide

For A Safe Recovery

A guide to maintaining sobriety while receiving treatment for other health problems.

Revision 2.0 -June 2014

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Introduction

From the Talbott Recovery Campus

Welcome to the Talbott Recovery Campus guide for a safe and sustained recovery. This document was developed through a collaborative effort between some of the best minds in addiction care today and will help you make wise decisions, ensuring that medications you may be prescribed and incidental exposure to alcohol do not threaten your hard won recovery.

This guide is divided into three sections and is based on the drug classification system developed nearly 20 years ago by Dr. Paul Earley and recently expanded on by Bruce Merkin, M.D., Renee Enstrom, Nicholas Link and the staff at Glenbeigh hospital. Part one provides a way of categorizing medications according to their safety. Part two offers a list of liquid medications that do NOT contain alcohol. Section three was developed by Greg Skipper, M.D., FASAM and provides a list of common household products that contain ethyl alcohol and could produce a false positive on testing for alcohol. Avoiding these products will decrease the likelihood you will absorb or ingest small quantities of alcohol that could sensitize your system and threaten recovery.

Please remember that this guide is only intended as a quick reference and never as a substitute for the advice of your own personal physician. It is essential that you inform all of your personal physicians, dentists and other health care providers of your chemical dependency history so that medications can be prescribed safely and appropriately when they are deemed necessary. Never discontinue or make any changes in the doses of medication that you may have been prescribed. Doing so may result in unexpected problems such as withdrawal reactions, which in some cases can be life-threatening. The bottom line is that a recovering addict or alcoholic needs to become a good consumer. Remember that "Recovery Is Its Own Reward." Being healthy and regaining a happy life is your responsibility!

How to Use this Guide

There are many types of medications that may present a hazard to a person beginning the journey of recovery from chemical dependency. These include prescription and over-the-counter medications. The danger is not always that a recovering addict may develop a new addiction (though this certainly can happen), but that one can be led back into dependence on their drug of choice. The latest scientific research has proven that all the dependence-producing drugs act on the brain in the same way to produce addiction, despite having different effects or a different kind of "high" when taken.

In addition, if urine drug screening is part of the recovering person's continuing treatment program, use of many types of medications can result in falsely positive tests for the more highly addictive classes of drugs, resulting in negative consequences. Therefore, it is very important for a recovering person to learn about the different types of medications and drugs, as well as which ones present a special risk to continuing recovery and sobriety. The commonly available medications and drugs are divided into three classes – A, B and C – to indicate three levels of risk.

Class A drugs must be avoided completely, as they are well known to produce addiction and are the most dangerous of all. Only under very unusual conditions can Class A drugs be taken by a recovering addict or alcoholic, and only when given by a physician or dentist and with the consent of the addiction medicine physician that follows your care. These exceptional circumstances can include severe illness and injuries, including major surgery, car accidents and other trauma, and tests or procedures that can only be done under sedation or anesthesia. Medication treatments for certain psychiatric conditions are in this category as are medications used for drug detoxification. The street names for relevant drugs are also included in Class A.

The medications in Class B are also potentially dangerous, especially when taken by recovering persons without the guidance of a physician or another health care professional. However, under certain circumstances, the Class B group can be taken safely under a physician's care. We strongly urge you to have an addiction medicine specialist follow your treatment when you are prescribed these medications.

Class C medications are generally safe from the point of view of addiction recovery. However, overuse of any medication, even the common over-the-counter remedies, can result in unwanted side effects. People who have struggled with drug addiction or alcoholism must remain aware of the tendency to look for external solutions for internal problems and should avoid taking any of these medications on their own in order to medicate emotions and feelings. The tools of recovery, including participation at 12-Step fellowship meetings, working the Steps, or talking with a sponsor, counselor or doctor, provide safe and healthy ways to deal with the strong feelings that can come up at any time in early sobriety.

The three classes of medications that appear on the following pages include both the brand name (i.e. "Valium"), as well as the generic name (i.e. "diazepam"), as the majority of prescription bottles are labeled with the generic name. On the following pages, look for the brand name listed first, followed by the (generic name) in parentheses. For street drugs, the common name is listed first, and the chemical name or street name is in parentheses. For each drug group in Class A and B, there is also a brief explanation of the dangers associated with taking the medication or street drug. At the end of the document there are two reference guides. The first is a list of alcohol-free products grouped by therapeutic category. The manufacturer is listed next to each product name. The second is the *Incidental Exposure Index*, which details common OTCs and products that contain alcohol.

Class A Drugs
Absolutely Avoid

Alcohol:

Ale
Beer (including "near bear" & "non-alcoholic" forms)
Brandy
Liqueur
Malt Beverage
Whiskey
Wine
Wine Cooler

Alcohol consumption reduces social inhibitions and produces pleasure and a sense of well-being. It is a stimulant (raises blood pressure and heart rate) and a depressant. Alcohol affects the brain's reward pathways and appears to be related to interactions with dopamine, GABA, serotonin, opioid and NMDA neurotransmitter systems. The "non-alcohol" or "NA" forms of beer should not be consumed because there is a small amount of alcohol present and research shows that smell may be enough to trigger cravings and a subsequent relapse among certain alcoholics. Please note that there is a variety of cough and cold preparations that contain alcohol and that medications which can be taken in tablet form will not contain ethyl alcohol. Certain topical products, soft-gels and capsules contain ethyl alcohol and should be avoided. Please refer to the table at the end of the document for a list of alcohol-containing products to avoid.

Antitussives/Expectorants:

Ambenyl (codeine/bromodiphenhydramine)
Duratuss HD (hydrocodone/dextromethorphan)
Guiatuss (codeine/pseudoephedrine/guaifenesin)
Hycodan Tablets (hydrocodone/homatropine)
Hycodan Syrup (hydrocodone/homatropine)
Hycomine (hydrocodone/chlorpheniramine/ phenylephrine/acetaminophen/caffeine)
Hycotuss (hydrocodone/guaifenesin)
Hydromet (hydrocodone/homatropine)
Mytussin (codeine/pseudoephedrine/guaifenesin)
Nucofed (codeine/pseudoephedrine/guaifenesin)
Phenergan with Codeine (codeine/promethazine)
Robitussin AC (codeine/guaifenesin)
Tussionex PennKinetic (hydrocodone/chlorpheniramine)
Vicodin Tuss (hydrocodone/guaifenesin)

Any cough medications containing narcotics such as codeine or hydrocodone should not be used. These medications bind to opiate receptors in the central nervous system, altering the perception of and response to pain and produce generalized central nervous system depression and may alter mood or cause sedation.

Barbiturates:

Amytal (amobarbital)
Barbita (phenobarbital)
Butisol (butabarbital)
Donnatal (phenobarbital/atropine/hyoscyamine/ scopolamine)
Esgic (acetaminophen/butalbital/caffeine)
Fioricet (butalbital/acetaminophen/caffeine)
Fiorinal (butalbital/aspirin/ caffeine)
Nembutal (pentobarbital)
Seconal (secobarbital)

These medications can produce central nervous system depression ranging from mild (sedation) to hypnotic (sleep induction). As the dose is increased, coma and death can occur. These medications can also lead to an unusual excitatory response in some people.

Benzodiazepines:

Ativan (lorazepam)
Centrax (prazepam)
Dalmane (flurazepam)
Doral (quazepam)
Halcion (triazolam)
Klonopin (clonazepam)
Librium (chlordiazepoxide)
Restoril (temazepam)
Serax (oxazepam)
Tranxene (chlorazepate)
Valium (diazepam)
Versed (midazolam)
Xanax (alprazolam)

These medications can produce an immediate change in mood or affect and can cause central nervous system depression (dose related) resulting in sedation, dizziness, confusion or ataxia, which may impair physical and mental capabilities. Abrupt discontinuation or a large decrease in dose can lead to seizures, coma or death.

Hallucinogens:

Cannabis (grass, green marijuana, pot, weed)
DMT (dimethyltryptamine)
Ketamine (special K)
LSD (acid, blotter, paper, sunshine, window pane)
Kratum (Mitragyna speciosa-ketum, kratom or kratum, Thai)
Marinol (dronabinol)
MDMA (E, eckies, ecstasy, love drug, X, XTC)
Mescaline (peyote)
PCP (angel dust, phencyclidine)
Psilocybin (magic mushroom, 'shrooms)
2-CB
5-MeO-DIPT (foxy methoxy)
STP (DOM)

Hallucinogens act in the central nervous system. Using these substances can possibly lead to memory disturbances, psychosis and vivid hallucinations. Marinol is the psychoactive substance in marijuana and may cause withdrawal symptoms if stopped suddenly. *The above is only a partial list of Hullucinogens.

Inhalants:

Aerosols (hair sprays, deodorants)
Airplane Glue
Amyl Nitrate (poppers)
Butyl Nitrate (room deodorizer)
Gases (ether, chloroform, nitrous oxide, butane lighters, propane tanks, whipped cream dispensers)
Nail Polish Remover (acetone)
Paint (butane, propane, toluene)
Solvents (paint thinner, gasoline, glue, correction fluid, felt tip marker)
Varnish (xylene, toluene)

Inhalants are central nervous system depressants. Use of inhalants can cause sedation and loss of inhibitions possibly leading to liver, kidney, nerve, heart, brain, throat, nasal and lung damage up to and including coma and death.

Opioids:

Actiq (fentanyl oral transmucosal)
Buprenex (buprenorphine)
Combunox (oxycodone/ibuprofen)
Darvocet (propoxyphene napsylate/acetaminophen)
Darvon (propoxyphene hydrochloride)
Demerol (meperidine)
Dilaudid (hydromorphone)
Dolophine (methadone)
Duragesic (fentanyl transdermal)
Endocet (oxycodone/acetaminophen)
Heroin (down, H, horse, smack)
Kadian (morphine sulfate)
Lorcet (hydrocodone/acetaminophen)
Lortab (hydrocodone/acetaminophen)
Methadose (methadone)
MS Contin (morphine sulfate)
Norco (hydrocodone/acetaminophen)
Nubain (nalbuphine HCl)
OxyContin (oxycodone)
OxyIR (oxycodone)
Percocet (oxycodone/acetaminophen)
Percodan (oxycodone/aspirin)
Roxanol (morphine sulfate)
Roxicet (oxycodone/acetaminophen)
Roxicodone (oxycodone)
Soma Compound with Codeine (codeine/carisoprodol/aspirin)
Stadol (butorphanol)
Suboxone (buprenorphine/naloxone)
Subutex (buprenorphine)
Talacen (pentazocine/acetaminophen)
Talwin (pentazocine lactate)
Tylenol #2, #3 or #4 (codeine/acetaminophen)
Ultram (tramadol) (a non-opioid analgesic)
Vicodin (hydrocodone/acetaminophen)

Opioids bind to opiate receptors in the central nervous system causing inhibition of ascending pain pathways and altering the perception of and response to pain. Generalized central nervous system depression is also produced. Tolerance or drug dependence may result from extended use. Buprenorphine binds to mu receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria. Most of the drugs in this class have the potential for drug dependency and abrupt cessation may precipitate withdrawal.

Gastrointestinal (Anti-Diarrheals):

Lomotil (atropine/diphenoxylate)
Motofen (atropine/difenoxin)

Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use.

Other Central Nervous System Depressants:

GHB (G, gamma-hydroxybutyrate, everclear)

This category depresses the central nervous system possibly leading to confusion, psychosis, paranoia, hallucinations, agitation, depression, seizures, respiratory depression, decreases in level of consciousness, coma and death.

Other Sedative-Hypnotics:

Ambien (zolpidem)
Doriden (glutethimide)
Librax (chlordiazepoxide/clidinium)
Lunesta (eszopiclone)
Midrin (acetaminophen/dichloralphenazone/ isometheptene)
Miltown (meprobamate)
Noctec (chloral hydrate)
Placidyl (ethchlorvynol)
Quaalude, Sopor (methaqualone)
Soma (carisoprodol)
Soma Compound (carisoprodol/aspirin)
Sonata (zaleplon)

These drugs act on the central nervous system and have the potential for drug dependency and abuse. Withdrawal symptoms can be seen if stopped suddenly.

Stimulants:

Adderall (amphetamine/dextroamphetamine)
Adipex-P (phentermine)
Cocaine (blow, coke, crack, rock, snow, white)
Concerta (methylphenidate)
Cylert (pemoline)
Dexedrine (dextroamphetamine)
Fastin (phentermine)
Focalin (dexmethylphenidate)
Meridia (sibutramine)
Metadate (methylphenidate)
Methamphetamine (crank, crystal meth, glass, ice, speed)
Methylin (methylphenidate)
Preludin (phenmetrazine)
Ritalin (methylphenidate)
Tenuate (diethylpropion)

Stimulants cause physical and psychological addiction, impair memory and learning, hearing and seeing, speed of information processing, and problem-solving ability.

Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

Addiction Treatments:

*****NOTE: Although the medications listed in this *Addiction Treatments* section are specifically intended to be taken for prevention of relapse to dependence upon one or more drugs, none of them are habit-forming or addictive themselves and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.*****

Antabuse (disulfiram)
Campral (acamprosate)
Catapres (clonidine)
Chantix (varenicline)
Revia (naltrexone)
Symmetrel (amantadine)
Zyban (bupropion)

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome. Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

Cough and Cold Preparations:

Antihistamines (Sedating)

Atarax (hydroxyzine hydrochloride)
Benadryl (diphenhydramine) OTC
Chlor-Trimeton (chlorpheniramine) OTC
Dimetane (brompheniramine) OTC
Efidac (chlorpheniramine) OTC
Periactin (cyproheptadine)
Polarmine (dexchlorpheniramine)
Tavist (clemastine) OTC
Teldrin (chlorpheniramine) OTC
Vistaril (hydroxyzine pamoate)

Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause fatigue or sedation.

Antitussives/Expectorants

Benylin Cough (dextromethorphan) OTC
Comtrex (dextromethorphan) OTC
Contac (dextromethorphan) OTC
Delsym (dextromethorphan) OTC
Mucinex DM (dextromethorphan/guaifenesin) OTC
Nyquil (dextromethorphan/alcohol) OTC
Phenergan DM (promethazine/dextromethorphan)
Robitussin DM (dextromethorphan/guaifenesin)
Vicks Formula 44D (dextromethorphan) OTC

Any preparation containing dextromethorphan should be used with caution because dextromethorphan acts on opioid receptors in the brain. Respiratory depression and perceptual distortions can also be seen in those people taking large doses.

Decongestants (Many are Combination Products)

Actifed (pseudoephedrine/triprolidine) OTC
AH-chew D (phenylephrine) OTC
Alavert D (loratadine/pseudoephedrine) OTC
Allegra D (fexofenadine/pseudoephedrine)
Benzedrex Nasal Inhaler (propylhexamine) OTC
Bromfed (phenylephrine/brompheniramine)
Bromfed DM (pseudoephedrine/ brompheniramine/dextromethorphan)
Cardec DM (pseudoephedrine/ carbinoxamine/dextromethorphan)
Clarinex D (desloratadine/pseudoephedrine)
Claritin D (loratadine/pseudoephedrine) OTC
Deconamine SR (pseudoephedrine/ chlorpheniramine) OTC
Dimetapp (pseudoephedrine/brompheniramine)OTC
Duratuss (pseudoephedrine/guaifenesin)
Entex LA (phenylephrine/guaifenesin)
Entex PSE (pseudoephedrine/guaifenesin)
Humibid DM (pseudoephedrine/ dextromethorphan/ potassium guaiacolsulfonate)
Mucinex D (pseudoephedrine/guaifenesin) OTC
Nalex-A (phenylephrine) OTC
Novafed (pseudoephedrine) OTC
Profen (pseudoephedrine) OTC
Prolex-D (phenylephrine) OTC
R-Tannate Pediatric (phenylephrine/ chlorpheniramine/pyrilamine)
Rondec (phenylephrine/chlorpheniramine)
Rondec DM (phenylephrine/chlorpheniramine/ dextromethorphan)
Rynatan-S (phenylephrine/chlorpheniramine/ pyrilamine)
Semprex-D (pseudoephedrine/acrivastine)
Sinutuss DM (phenylephrine) OTC
Sudafed (pseudoephedrine) OTC
Tussafed-EX (phenylephrine) OTC
Zyrtec D (cetirizine/pseudoephedrine)

Decongestants should be used with caution because they are stimulating and can trigger relapse.

Nasal Sprays

Afrin (oxymetazoline) OTC
Astelin (azelastine)
Dristan (oxymetazoline) OTC
Flonase (fluticasone)
Nasacort AQ or HFA (triamcinolone)
Nasonex (mometasone)
Neo-synephrine (phenylephrine) OTC
Nostrilla (oxymetazoline) OTC
Rhinocort Aqua (budesonide)
Vicks Nasal Inhaler (desoxyephedrine) OTC
Vicks Sinex (phenylephrine) OTC
4-Way Nasal Spray (phenylephrine) OTC

All OTC nasal sprays should be used for a short period of time. If used for a long period of time symptoms may worsen. Use for a maximum of 5 days. Intranasal corticosteroids (non-OTC) may cause a reduction in growth velocity in pediatric patients.

Muscle Relaxants:

Flexeril (cyclobenzaprine)
Norflex (orphenadrine)
Parafon Forte (chlorzoxazone)
Robaxin (methocarbamol)
Skelaxin (metaxalone)
Zanaflex (tizanidine)

Muscle relaxants can cause central nervous system depression (sedation, dizziness), which may impair physical or mental abilities.

Neuropathic Pain:

Lyrica (pregabalin)

Lyrica acts in the central nervous system as a depressant and can lead to withdrawal symptoms upon discontinuation. It also produces euphoria in certain individuals.

Sleep Aids:

Excedrin PM (diphenhydramine) OTC
Nytol (diphenhydramine) OTC
Sleep-eze (diphenhydramine) OTC
Sominex (diphenhydramine) OTC
Tylenol PM (diphenhydramine/acetaminophen) OTC
Unisom (diphenhydramine) OTC

Sleep aids act in the central nervous system and can alter judgement and cause sedation.

Others:

Asthma

Primatene Mist (epinephrine) OTC

Primatene Mist can cause nervousness, restlessness, sleeplessness, palpitations, tachycardia, chest pain, muscle tremors, dizziness and flushing.

Steroids

Decadron (dexamethasone)
Deltasone (prednisone)
Medrol (methylprednisolone)

It is important to take steroids exactly as directed. Long term use requires a taper off of the drug. Steroid use can decrease the immune system leading to increased infections. Insomnia, nervousness and a variety of other side effects are also common.

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Advair Diskus (fluticasone/salmeterol)
Azmacort (traimcinolone)
Flovent (fluticasone)
Pulmicort (budesonide)
Serevent Diskus (salmeterol)
QVAR (beclomethasone)

Particular care is required when patients are transferred from systemic corticosteroids to inhaled products due to possible adrenal insufficiency or withdrawal from steroids, including an increase in allergic symptoms. Regular use may suppress the immune system. Orally-inhaled corticosteroids may cause a reduction in growth velocity in pediatric patients. Advair and Serevent can cause central nervous system excitement.

Gastrointestinal (Constipation)

Dulcolax (bisacodyl) OTC
Ex-Lax (senna) OTC
Senokot (senna) OTC

Continued use of laxatives can lead to dependency for colon function. Use for only a short period of time.

Gastrointestinal (Nausea/Vomiting)

Compazine (prochlorperazine)
Phenergan (promethazine)
Tigan (trimethobenzamide)
Zofran (ondansetron)

These medications affect the central nervous system and can cause sedation.

Vertigo/Motion Sickness

Antivert (meclizine)
Dramamine (dimenhydrinate) OTC
Transderm Scop (scopolamine)

These medications affect the central nervous system and can cause dizziness, drowsiness or blurred vision.

Class C Drugs
Generally Safe to Take

Alzheimer's:
Aricept (donepezil)
Exelon (rivastigmine)
Namenda (memantine)
Razadyne (galantamine)

Analgesics (Migraine):
Amerge (naratriptan)
Axert (almotriptan)
Frova (frovatriptan)
Imitrex (sumatriptan)
Maxalt (rizatriptan)
Relpax (eletriptan)
Zomig (zolmitriptan)

Analgesics (Other):
Tylenol (acetaminophen) OTC

Anti-Convulsants (Also Mood Stabilizers):
Carbatrol (carbamazepine)
Depakote (divalproex sodium)
Dilantin (phenytoin)
Keppra (levetiracetam)
Lamictal (lamotrigine)
Neurontin (gabapentin)
Tegretol (carbamazepine)
Topamax (topiramate)
Trileptal (oxcarbazepine)
Zonegran (zonisamide)

Antihistamines (Non-sedating):
Alavert (loratadine) OTC
Allegra (fexofenadine)
Clarinex (desloratadine)
Claritin (loratadine) OTC
Zyrtec (cetirizine)

Antibiotics/Antivirals:
Amoxil (amoxicillin)
Augmentin (amoxicillin/clavulanate)
Avelox (moxifloxacin)
Bactrim (sulfamethoxazole/trimethoprim)
Biaxin (clarithromycin)
Ceclor (ceflacor)
Ceftin (cefuroxime)
Cefzil (cefprozil)
Cipro (ciprofloxacin)
Cleocin (clindamycin)
Diflucan (fluconazole)
Doryx (doxycycline)
Duricef (cefadroxil)
E-Mycin (erythromycin)
Flagyl (metronidazole)
Keflex (cephalexin)
Ketek (telithromycin)
Levaquin (levofloxain)
Lorabid (loracarbef)
Macrobid (nitrofurantoin monohydrate/macrocrystals)
Macrodantin (nitrofurantoin macrocrystals)
Minocin (minocycline)
Omnicef (cefdinir)
Pen-Vee K (penicillin)
Relenza (zanamavir)
Sporanox (itraconazole)
Sumycin (tetracycline)
Tamiflu (oseltamavir)
Tequin (gatifloxacin)
Valtrex (valacyclovir)
Vantin (cefpodoxime)
Vibramycin (doxycycline)
Zithromax (azithromycin)
Zovirax (acyclovir)

Anti-Parkinsonians:

Mirapex (pramipexole)
Requip (ropinirole)
Sinemet (carbidopa/levodopa)

Antitussives/Expectorants:

Humibid LA (guaifenesin/potassium guaiacolsulfonate)
Mucinex (guaifenesin) OTC
Tessalon Perles (benzonatate)

Asthma/COPD/Pulmonary:

Accolate (zafirlukast)
Atrovent (ipratropium)
Combivent (albuterol/ipratropium)
Proventil/Ventolin (albuterol)
Singulair (montelukast)
Spiriva (tiotropium)
Theo-24 (theophylline)
Xopenex (levalbuterol)

Benign Prostatic Hypertrophy (Also Cardiovascular):

Cardura (doxazosin)
Flomax (tamsulosin)
Hytrin (terazosin)
Proscar (finasteride)

Cardiovascular (Antihypertensives, Anticoagulants, Antiplatelets, Cholesterol Lowering, Diuretics):

Accupril (quinapril)
Aldactone (spironolactone)
Altace (ramipril)
Aspirin
Atacand (candesartan)
Avalide (irbesartan/hydrochlorothiazide)
Avapro (irbesartan)
Benicar (olmesartan)
Betapace (sotalol)
Bumex (bumetadine)
Calan (verapamil)
Cardizem (diltiazem)
Coreg (carvedilol)
Coumadin (warfarin)
Cozaar (losartan)
Crestor (rosuvastatin)
Demadex (torsemide)
Diovan (valsartan)
Dyazide (hydrochlorothiazide/triamterene)
Heparin
Hydrodiuril (hydrochlorothiazide)
Hyzaar (losartan/hydrochlorothiazide)
Imdur (isosorbide mononitrate)
Inderal (propranolol)
Isordil (isosorbide dinitrate)
Lanoxin (digoxin)
Lasix (furosemide)
Lipitor (atorvastatin)
Lopid (gemfibrozil)
Lopressor (metoprolol)
Lotensin (benazepril)
Lotrel (amlopidine/benazepril)
Lovenox (enoxaparin)
Monopril (fosinopril)
Niaspan (Niacin)
Nitro-Bid (nitroglycerin)
Norvasc (amlopidine)
Plavix (clopidogrel)
Pravachol (pravastatin)
Prinivil (lisinopril)
Sular (nisoldipine)
Tenormin (atenolol)
Tricor (fenofibrate)
Vasotec (enalapril)
Vytorin (ezetimibe/simvastatin)
Zestril (lisinopril)
Zetia (ezetimibe)
Zocor (simvastatin)

Diabetes Mellitus:

Actos (pioglitazone)
Amaryl (glimepiride)
Avandia (rosiglitazone)
Diabeta (glyburide)
Glucophage (metformin)
Glucotrol (glipizide)
Humalog (insulin lispro)
Humulin L,N,R,U (insulin)
Lantus (insulin glargine)
Novolin 70/30, N or R (insulin)
Novolog (insulin aspart)

Erectile Dysfunction:

Cialis (tadalafil)
Levitra (vardenafil)
Viagra (sildenafil)

Gastrointestinal (Antacids, Anti-diarrheals, Anti-Spasmosdics, Anti-Ulcers, Constipation, Nausea/ Vomiting):

Aciphex (rabeprazole)
Bentyl (dicyclomine)
Colace (docusate sodium) OTC
Emetrol (phosphorylated carbohydrate) OTC
Imodium (loperamide) OTC
Kaopectate (bismuth subsalicylate) OTC
Maalox OTC
Mylanta OTC
Nexium (esomeprazole)
Pepcid (famotidine) OTC
Pepto-Bismol (bismuth subsalicylate) OTC
Prevacid (lansoprazole)
Prilosec (omeprazole) OTC
Protonix (pantoprazole)
Reglan (metoclopramide)
Simethicone OTC
Tums OTC
Zantac (ranitidine) OTC

Genitourinary:

Detrol (tolterodine)
Ditropan (oxybutinin)

Glaucoma:

Alphagan P (brimonidine)
Azopt (brinzolamide)
Cosopt (dorzolamide/timolol)
Lumigan (bimatoprost)
Timoptic (timolol)
Travatan (travoprost)
Trusopt (dorzolamide)
Xalatan (latanoprost)

Gout:

Zyloprim (allopurinol)

Nasal Sprays:

Atrovent (ipratropium)
Ayr (saline) OTC
HuMist (saline) OTC
NaSal (saline) OTC
NasalCrom (cromolyn) OTC
Ocean Spray (saline) OTC

Class C Drugs
Generally Safe to Take

Non-Steroidal Anti-Inflammatory Drugs:

Advil (ibuprofen) OTC
Aleve (naproxen) OTC
Anaprox (naproxen)
Cataflam (diclofenac potassium)
Daypro (oxaprozin)
Indocin (indomethacin)
Lodine (etodolac)
Mobic (meloxicam)
Motrin (ibuprofen) OTC
Naprosyn (naproxen)
Orudis (ketoprofen)
Relafen (nabumetone)
Toradol (ketorlac)
Voltaren (diclofenac sodium)

COX-2 inhibitors:

Celebrex (celecoxib)

Osteoporosis (Calcium Metabolism):

Actonel (risedronate)
Boniva (ibandronate)
Evista (raloxifene)
Fosamax (alendronate)

Psychotropics:

Abilify (aripiprazole)
Buspar (buspirone)
Celexa (citalopram)
Clozaril (clozapine)
Cymbalta (duloxetine)
Depakote (divalproex sodium)
Desyrel (trazodone)
Effexor (venlafaxine)
Elavil (amitriptyline)
Eskalith (lithium)
Geodon (ziprasidone)
Haldol (haldoperidol)
Lexapro (escitalopram)
Luvox (fluvoxamine)
Pamelor (nortriptyline)
Paxil (paroxetine)
Prozac (fluoxetine)
Remeron (mirtazapine)
Risperdal (risperidone)
Seroquel (quetiapine)
Serzone (nefazodone)
Sinequan (doxepin)
Sinequan (doxepin)
Strattera (atomoxetine)
Wellbutrin (bupropion)
Zoloft (sertraline)
Zyprexa (olanzapine)

Sleep Aid:

Rozerem (ramelteon)

Thyroid:

Armour thyroid (thyroid desiccated)
Levothroid (levothyroxine)
Levoxyl (levothyroxine)
Synthroid (levothyroxine)

Alcohol-Free Products

The following is a selection of alcohol-free products grouped by therapeutic category. The list is not comprehensive. Manufacturers change product ingredients and brand names frequently. Always check product labeling for definitive information on specific ingredients. Manufacturers are listed after each product name. Please note that some of these medications, while alcohol-free, do contain compounds with addiction liability and are thus Class B medications. Such products are preceded by an asterisk (*).

Analgesics:

Acetaminophen Infants Drops	**Ivax**
Actamin Maximum Strength Liquid (acetaminophen)	**Cypress**
Addaprin Tablet (ibuprofen)	**Dover**
Advil Children's Suspension (ibuprofen)	**Wyeth Consumer**
Aminofen Tablet (acetaminophen)	**Dover**
Aminofen Max Tablet (acetaminophen)	**Dover**
APAP Elixir (acetaminophen)	**Bio-Pharm**
Aspirtab Tablet (aspirin)	**Dover**
Genapap Children Elixir (acetaminophen)	**Ivax**
Genapap Infant's Drops (acetaminophen)	**Ivax**
Motrin Children's Suspension (ibuprofen)	**McNeil Consumer**
Motrin Infants' Suspension (ibuprofen)	**McNeil Consumer**
Silapap Children's Elixir (acetaminophen)	**Silarx**
Silapap Infant's Drops (acetaminophen)	**Silarx**
Tylenol Children's Suspension (acetaminophen)	**McNeil Consumer**
Tylenol Extra Strength Solution (acetaminophen)	**McNeil Consumer**
Tylenol Infant's Drops (acetaminophen)	**McNeil Consumer**
Tylenol Infant's Suspension (acetaminophen)	**McNeil Consumer**

Anti-Asthmatic Agents:

Dilor-G Liquid (guaifenesin/dyphylline)	**Savage**
Elixophyllin-GG liquid (guaifenesin/theophylline)	**Forest**

Anti-Convulsants:

Zarontin Syrup (Ethosuximide)	**Pfizer**

Antiviral Agents:

Epivir Oral Solution (Lamivudine)	**GlaxoSmithKline**

Cough/Cold/Allergy Preparations:

***Accuhist Pediatric Drops** (brompheniramine/pseudoephedrine)	**Propst**
***Alka Seltzer Plus Day Cold** (acetaminophen, dextromethorphan, phenylephrine)	**Bayer**

Cough/Cold/Allergy Preparations (cont):

*Alka Seltzer Plus Night Cold (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine, doxylamine)	Bayer
*Allergy Relief Medicine Children's Elixir (diphenhydramine)	Hi-Tech Pharmacal
*Andehist DM Drops (carbinoxamine/ dextromethorphan)	Cypress
*Andehist DM Syrup (carbinoxamine/ dextromethorphan)	Cypress
*Andehist DM NR Liquid (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress
*Andehist DM NR Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress
*Andehist NR Syrup (carbinoxamine/pseudoephedrine)	Cypress
*Bayer Alka Seltzer Plus Cold & Cough (acetaminophen, dextromethrophan, phenylephrine, chlorpheniramine)	Bayer
*Benadryl Allergy Solution (diphenhydramine)	Pfizer Consumer
*Biodec DM Drops (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm
*Biodec DM Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm
*Broncotron Liquid (pseudoephedrine)	Seyer Pharmatec
*Buckleys Mixture, (dextromethorphan)	Novartis
Carbatuss Liquid (phenylephrine/guaifenesin)	GM
Cepacol Sore Throat Liquid (benzocaine)	J.B. Williams
*Children's Benadryl Allergy, (diphenhydramine)	Pfizer
*Chlor-Trimeton Allergy Syrup (chlorpheniramine)	Schering Plough
*Codal-DM Syrup (dextromethorphan/phenylephrine/pyrilamine)	Cypress
*Creomulsion Complete Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
*Creomulsion Cough Syrup (dextromethorphan)	Summit Industries
*Creomulsion For Children Syrup (dextromethorphan)	Summit Industries
*Creomulsion Pediatric Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
*Delsym Cough Suppressant (dextromethorphan)	Cell Tech
*Despec Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/ phenylephrine)	International Ethical
*Diabetic Tussin Allergy Relief Liquid (chlorpheniramine)	Healthcare Products
*Diabetic Tussin DM Liquid (guaifenesin/dextromethorphan)	Healthcare Products
*Diabetic Tussin DM Maximum Strength Liquid (guaifenesin/dextromethorphan)	Healthcare Products
*Diabetic Tussin DM Maximum Strength Capsule (guaifenesin/dextromethorphan)	Healthcare Products
Diabetic Tussin EX Liquid (guaifenesin)	Healthcare Products
*Diabetic Tussin Nighttime Formula Cold/Flu Relief (dextromethrophan, acetaminophen, diphenhydramine)	Healthcare Products
*Dimetapp Cold & Fever Children's Suspension (ibuprofen/pseudoephedrine)	Wyeth Consumer
*Double-Tussin DM Liquid (guaifenesin/dextromethorphan)	Reese
*Dynatuss Syrup (carbinoxamine/pseudoephedrine/dextromethorphan)	Breckenridge
*Dynatuss EX Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Breckenridge
*Entex Syrup (phenylephrine/guaifenesin)	Andrx

Cough/Cold/Allergy Preparations (cont):

*Father John's Medicine Plus Drops (chlorpheniramine/ phenylephrine/ dextromethorphan/ guaifenesin/ammonium chloride)	Oakhurst
*Friallergia DM Liquid (brompheniramine/pseudoephedrine/dextromethorphan)	R.I.D.
*Friallergia Liquid (brompheniramine/pseudoephedrine)	R.I.D.
*Gani-Tuss-DM NR Liquid (guaifenesin/dextromethorphan)	Cypress
*Genahist Elixir (diphenhydramine)	Ivax
*Giltuss Pediatric Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
*Giltuss Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
*Guaicon DMS Liquid (guaifenesin/dextromethorphan)	Textilease Medique
*Guai-Dex Liquid (guaifenesin/dextromethorphan)	Alphagen
*Guaifed Syrup (phenylephrine/pseudoephedrine/guaifenesin)	Muro
*Hayfebrol Liquid (chlorpheniramine/pseudoephedrine)	Scot-Tussin
*Histex Liquid (chlorpheniramine/pseudoephedrine)	TEAMM
Histex PD Drops (carbinoxamine)	TEAMM
Histex PD Liquid (carbinoxamine)	TEAMM
*Hydramine Elixir(diphenhydramine)	Ivax
*Hydro-Tussin DM Elixir (guaifenesin/dextromethorphan)	
*Kita La Tos Liquid (guaifenesin/dextromethorphan)	R.I.D.
*Lodrane Liquid (brompheniramine/pseudoephedrine)	ECR
*Medi-Brom Elixir (brompheniramine/pseudoephedrine/dextromethorphan)	Medicine Shoppe
*Motrin Cold Children's Suspension (ibuprofen/pseudoephedrine)	McNeil Consumer
*Nalex-A Liquid (chlorpheniramine/phenylephrine)	Blansett Pharmacal
*Nalspan Senior DX Liquid (guaifenesin/dextromethorphan)	Morton Grove
*Neotuss-D Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin)	A.G. Marin
*Norel DM Liquid (chlorpheniramine/phenylephrine/ dextromethorphan)	U.S. Pharmaceutical
Orgadin Liquid (guaifenesin)	American Generics
Organidin NR Liquid (guaifenesin)	Wallace
*Palgic-DS Syrup (carbinoxamine/pseudoephedrine)	Pamlab
*Panmist DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Pamlab
*Panmist-S Syrup (guaifenesin/pseudoephedrine)	Pamlab
*PediaCare Cold + Allergy Children's Liquid (chlorpheniramine/pseudoephedrine)	Pharmacia
*PediaCare Cough + Cold Children's Liquid (chlorpheniramine/ pseudoephedrine/ dextromethorphan)	Pharmacia
*PediaCare Nightrest Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Pharmacia
*Pediahist DM Syrup (brompheniramine/pseudoephedrine/dextromethorphan/guaifenesin)	Boca
*Pedia-Relief Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Major
Pediatex Liquid (carbinoxamine)	Zyber
*Pediatex-D Liquid (carbinoxamine/pseudoephedrine)	Zyber
Phanasin Syrup (guaifenesin)	Pharmakon

Cough/Cold/Allergy Preparations (cont):

Phanatuss Syrup (guaifenesin)	Pharmakon
***Phena-S Liquid** (chlorpheniramine/phenylephrine)	GM
***Poly-Tussin DM Syrup** (chlorpheniramine/phenylephrine/dextromethorphan)	Poly
***Primsol Solution**(trimethoprim)	Medicis
***Prolex DM Liquid** (guaifenesin/dextromethorphan)	Blansett Pharmacal
***Quintex Syrup** (phenylephrine/guaifenesin)	Qualitest
***Robitussin Cough & Congestion Liquid** (chlorpheniramine/pseudoephedrine/ dextromethorphan/guaifenesin/acetaminophen)	Wyeth Consumer
***Robitussin Cough & Cold Nightime** (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
***Robitussin Cough & Allergy** (chlorpheniramine, dextromethorphan, phenylephrine	Wyeth
***Robitussin Cough & Cold CF** (dextromethorphan, guaifenesin, phenylephrine)	Wyeth
***Robtiussin Cold & Flu Nightime** (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
***Robitussin DM Liquid** (guaifenesin/dextromethorphan)	Wyeth Consumer
***Robitussin PE Syrup** (pseudoephedrine/guaifenesin)	Wyeth Consumer
***Robitussin Pediatric Drops** (guaifenesin/dextromethorphan/pseudoephedrine)	Wyeth Consumer
***Robitussin Pediatric Night Relief Liquid** (chlorpheniramine/dextromethorphan/ pseudoephedrine)	Wyeth Consumer
***Scot-Tussin Allergy Relief Formula Liquid** (diphenhydramine)	Scot-Tussin
***Scot-Tussin DM Liquid** (chlorpheniramine/dextromethorphan/guaifenesin)	Scot-Tussin
***Scot-Tussin Expectorant Liquid** (guaifenesin)	Scot-Tussin
***Scot-Tussin Original Syrup** (phenylephrine)	Scot-Tussin
***Scot-Tussin Senior Liquid** (guaifenesin/dextromethorphan)	Scot-Tussin
***Sildec Liquid** (brompheniramine/pseudoephedrine/carbinoxamine)	Silarx
***Sildec Syrup** (brompheniramine/pseudoephedrine/carbinoxamine)	Silarx
***Sildec-DM Drops** (brompheniramine/pseudoephedrine/carbinoxamine/dextromethorphan)	Silarx
***Sildec-DM Syrup** (brompheniramine/pseudoephedrine/ carbinoxamine/dextromethorphan)	Silarx
Siltussin DAS Liquid (guaifenesin)	Silarx
***Siltussin DM Syrup** (guaifenesin/dextromethorphan)	Silarx
***Siltussin DM DAS Cough Formula Syrup** (guaifenesin/dextromehtorphan)	Silarx
Siltussin SA Syrup (guaifenesin)	Silarx
***Simply Cough Liquid** (dextromehtorphan)	McNeil Consumer
***Sudatuss DM Syrup** (chlorpheniramine/dextromethorphan/pseudoephedrine)	Pharmaceutical Generic
***Tussafed Syrup** (chlorpheniramine/carbinoxamine/ pseudoephedrine/dextromethorphan)	Everett
***Tussafed-EX Syrup** (pseudoephedrine/dextromethorphan/guaifenesin)	Everett
***Tuss-DM Liquid** (chlorpheniramine/phenylephrine/guaifenesin/dextromethorphan	Seatrace
***Tussi-Organidin DM NR Liquid** (guaifenesin/dextromethorphan)	Wallace
***Tussi-Pres Liquid** (guaifenesin/dextromethorphan/pseudoephedrine)	Kramer-Novis

Cough/Cold/Allergy Preparations (cont):

*Tylenol Cold Children's Liquid (chlorpheniramine/pseudoephedrine/acetaminophen)	McNeil Consumer
*Tylenol Cold Infants' Drops (acetaminophen/pseudoephedrine)	McNeil Consumer
*Tylenol Flu Children's Suspension (chlorpheniramine/pseudoephedrine/ dextromethorphan/acetaminophen)	McNeil Consumer
*Tylenol Flu Night Time Max Strength Liquid (acetaminophen/ doxylamine/ diphenhydramine/pseudoephedrine/dextromethorphan)	McNeil Consumer
*Tylenol Sinus Children's Liquid (acetaminophen/pseudoephedrine)	McNeil Consumer
*Vicks Dayquil Multi-symptom cold/flu relief (acetaminophen, dextromethorphan, phenylephrine)	Procter & Gamble
*Vicks 44E Pediatric Liquid (guaifenesin/dextromethorphan)	Procter & Gamble
*Vicks 44M Pediatric Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Procter & Gamble
*Z-Cof DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Zyber

Ear/Nose/Throat Products:

4-Way Saline Moisturizing Mist Spray	Bristol-Myers
Ayr Baby Saline Spray	Ascher, B.F.
Bucalcide Solution (benzocaine)	Seyer Pharmatec
Bucalcide Spray (benzocaine)	Seyer Pharmatec
Bucalsep Solution (benzocaine)	Gil
Bucalsep Spray (benzocaine)	Gil
Cepacol Sore Throat Liquid (benzocaine)	Combe
Gly-oxide Liquid (carbamide peroxide)	GlaxoSmithKline
Consumer Orasept Mouthwash/Gargle Liquid (benzocaine)	Pharmakon Labs
Zilactin Baby Extra Strength Gel (benzocaine)	Zila Consumer

Gastrointestinal Agents

Imogen Liquid (loperamide)	Pharmaceutical
Kaopectate (bismuth subsalicyate)	Ethex

Generic

Kaopectate Suspension (bismuth subsalicylate)	Pharmacia

Consumer

Liqui-Doss Liquid (mineral oil)	Ferndale

Hematinics

Irofol Liquid (iron)	Dayton

Alcohol-Free Products

Miscellaneous

Cytra-2 Solution (sodium citrate salts)	Cypress
Cytra-K Solution (sodium citrate salts)	Cypress
Emetrol Solution (phosphorated carbohydrate)	Pharmacia Consumer

Psychotropics

***Thorazine Syrup** (chlorpromazine)	GlaxoSmithKline

Topical Products

Aloe Vesta 2-N-1 Antifungal Ointment (miconazole)	Convatec
Fleet Pain Relief Pads (pramoxine)	Fleet
Neutrogena Acne Wash Liquid	Neutrogena
Neutrogena Antiseptic Liquid	Neutrogena
Neutrogena Clear Pore Gel	Neutrogena
Neutrogena T/Derm Liquid	Neutrogena
Neutrogena Toner Liquid	Neutrogena
Podiclens Spray (benzalkonium chloride)	Woodward
Sea Breeze Foaming Face Wash Gel	Clairol

Vitamins/Minerals/Supplements

Apetigen Elixir (vitamins A & E/multivitamin)	Pharmaceutical Generic
Genesupp-500 Liquid (multivitamin)	Pharmaceutical Generic
Genetect Plus Liquid (multivitamin/iron)	Pharmaceutical Generic
Multi-Delyn w/Iron Liquid (multivitamin/iron)	Silarx
Poly-Vi-Sol Drops (multivitamin)	Mead Johnson
Poly-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson
Strovite Forte Syrup (multivitamin/iron/folic acid)	Everett
Supervite Liquid (multivitamin/B complex/folic acid/multivitamin)	Seyer Pharmatec
Suplevit Liquid (multivitamin/iron)	Gil
Tri-Vi-Sol Drops (multivitamin)	Mead Johnson
Tri-Vi-Sol w/Iron Drops (multivitamin/iron)	Mead Johnson
Vitafol Syrup (multivitamin/iron/folic acid/vitamin E/calcium salts)	Everett

Incidental Exposure Index

New markers for alcohol use, ethylglucuronide (EtG), ethylsulfate (EtS) and others, have added tremendous value to routine drug testing by their capacity to better document abstinence (allowing for more authoritative advocacy) and sensitively to detect early relapse (allowing for earlier assistance). Since these new markers are highly sensitive, it's important that individuals being tested try to avoid exposure to products containing alcohol that might cause positive tests. This issue is identical to that of avoiding poppy seeds to avoid a positive test for morphine. However, there are many more products containing alcohol. ***Please note that this list is not exhaustive, therefore it is recommended that patients check labels or with manufacturers before using.***

Possible Sources of Incidental Exposure

Foods

Foods can contain trace amounts or large quantities of alcohol. Avoid desserts and other foods cooked with or containing alcoholic beverages such as vodka, sherry, wine, etc. Also avoid foods containing significant amounts of vanilla extract (especially if added to drinks), wine vinegar, soy sauces and other condiments with alcohol content on their labels.

Hygiene Products

Many hygiene related products, such as mouthwashes, contain alcohol and should be avoided. For a comprehensive list of hygiene products that contain alcohol, please read the *Alcohol-Containing Products Table* on the following pages.

Over-the-Counter Medications

Over-the-counter medications, such as cough syrup and tinctures, contain alcohol and should be avoided. Please review the *Over-the-Counter Medications Alcohol Content Table* on the following pages for a more detailed breakdown of OTCs that contain alcohol.

Prescription Medications

Many prescription medications, including asthma inhalers, contain alcohol or ethanol. Always ask your health care provider prior to taking any prescription medications.

Other Sources of Alcohol

Alcohol can be found in many common products including communion wine and "alcohol-free" beer and wine. Recovering patients should also avoid products like hand sanitizers, deodorant sprays, cosmetics and insecticides that contain ethanol vapor and can be inhaled or absorbed through skin application.

Alcohol-Containing Products Table

The following is a list of products and their alcohol contents. Not all of these would actually be likely to be sources of incidental exposure and some would result in very toxic effects if there was much exposure (i.e. Clorox).

Product	*Alcohol %*
ABIN Primer & Sealer	35
Afta After Shave Skin Conditioner 3 OZ.	5-15
Afta Pre-Electric Shave Lotions	50-60
Ajax Antibacterial Dishwashing Liquid 19 OZ.	5-10
Ajax Dishwashing Liquid Antibacterial Hand Soap 38 OZ.	1-5
Aqua Mix Laminate Plus	<9
Aqua Mix Tile Plus More Cleaner-10/31/2000	<9
Ariel Liquid Laundry Detergent	1-5
Armor All Odor Eliminator	3-7
Armor All Odor Eliminator-01/01/2001	1-10
Arrid Total Gel-All Scents	7-12
Avon Black Suede After Shave	60-98
Avon Black Suede Cologne Spray	60-98
Avon Clearskin Targeted Blemish Remover	9.995
Avon Dreamlife Eau de Parfum Spray	60-98
Avon Far Away Sensual Embrace Eau de Parfum Spray	60-98
Avon Ginger Scents Spray Ginger Fresh Body Mist	60-98
Avon Haiku Eau de Parfum Spray	60-98
Avon Imari Eau de Cologne Spray	60-98
Avon Intrigue Cologne Spray	60-98
Avon Lil Hugs Gentle Splash	60-98
Avon Little Black Dress Eau de Parfum Spray	60-98
Avon Memorable Eau de Parfum Spray	60-98
Avon Mesmerize for Men Cologne Spray	60-98
Avon Midnight Frost Fragrance Spray	60-98
Avon Moisture Effective Eye Makeup Remover Lotion	60-98
Avon MUSK FOR BOYS	60-98
Avon NAIL EXPERTS Strong Results	21.74
Avon NATURALS Body Spray, Almond	60-98
Avon NATURALS Body Spray, Cucumber Melon	60-98
Avon NATURALS Body Spray, Gardenia	60-98
Avon NATURALS Body Spray, Lily	60-98
Avon NATURALS Body Spray, Peach	60-98
Avon NATURALS Body Spray, Plumeria	60-98
Avon NATURALS Body Spray, Raspberry	60-98

Incidental Exposure Index

Alcohol-Containing Products Table

Product	*Alcohol %*
Avon NATURALS Body Spray, Sea	60-98
Avon NATURALS Body Spray, Vanilla	60-98
Avon Night Evening Magic Cologne Spray	60-98
Avon Passion Dance for Men	60-98
Avon Passion Dance for Women	60-98
Avon Perceive Eau de Parfum Spray for Women	60-98
Avon Perceive For Men Cologne Spray	60-98
Avon Pink Suede Eau de Toilette Spray	60-98
Avon Planet Spa White Tea Energizing Face and Body Mist	60-98
Avon Prospect Eau de Toilette Spray	60-98
Avon Radiant Moments Body Spray	60-98
Avon RARE GOLD Eau de Parfum Spray	60-98
Avon RARE PEARLS Eau de Parfum Spray	60-98
Avon Simply Radiant Shimmering Body Spray	60-98
Avon Vintage Cologne Spray	60-98
Avon WILD COUNTRY After Shave	60-98
Avon WILD COUNTRY Cologne Spray	60-98
Avon Wild Country Outback After Shave Lotion	60-98
Avon Wild Country Outback Eau De Toilette Spray	60-98
Bath & Body Instant Anti-Bacterial Hand Gel-Freesia	60
Bay Rum After Shave Balm	30
Bold Liquid Laundry Detergent	1-5
Bravo Platinum Series Metered Air Freshener	15-25
Bulls Eye Clear Shellac	55
Cascade Crystal Clear Plus Shine Shield Rinse Agent 8.45 fl oz	3-7
Cheer Liquid Laundry Detergent	1-5
Clorox Dual Action Toilet Bowl Cleaner 1 Pt. 9 Fl. Oz. (Chambered Bottle)	1-5
Clorox Spring Mist Disinfecting Spray-Floral Fresh 18 Oz. (aerosol)	60-80
Cutter All Family Insect Repellent 2 Aerosol	35
Cutter All Family Insect Repellent Mosquito Repellent Pump Spray	39
Cutter Insect Repellent	17
Cutter Skinsations Insect Repellent 1, Aloe & Vitamin E, Clean Fresh Scent	50
Cutter Unscented Backwoods Insect Repellent, Water-Resistant Sport Formula, Aerosol	35
Cutter Unscented Backwoods Mosquito Wipes	29
Cutter Unscented Insect Repellent	37
Cutter Unscented Outdoorsman Insect Repellent II Pump Spray	44
Cutter Unscented Outdoorsman Insect Repellent, Water-Resistant Sport Formula, Aerosol	20

Incidental Exposure Index

Alcohol-Containing Products Table

Product	*Alcohol %*
DAP Easy Bond Adhesive	1.0-5.0
Dawn Manual Pot and Pan Detergent	5-10
Dawn Manual Pot and Pan Detergent (Professional Line)	5-10
Deep Woods OFF!	50-60
Deep Woods Off! Pump Spray	30-40
Dermassage Dishwashing Hand Liquid - Regular	1-5
Downy Advanced w/Wrinkle Control Fabric Softener (Clean Breeze, Mountain Spring)	1-5
Downy Enhancer	1-5
Downy Enhancer (Invigorating Burst and Calming Mist)	1-5
Downy Premium Care	1-5
Dreft Liquid Laundry Detergent	1-5
Easy Off Heat Activated Microwave Wipes	5-10
Era Liquid Laundry Detergent	1-5
Fab Color Plus Ultra Power	1-5
Farnam Cologne & Deodorant for Pets	20
Febreze Air Effects 9.7 oz Blossoms and Breeze	3-7
Febreze Air Effects 9.7 oz Citrus and Light	3-7
Febreze Air Effects 9.7 oz Spring and Renewal	3-7
Febreze Concentrated Fabric Refresher	12-17
Febreze Fabric Refresher	1-5
Fire Up II Firestarter	<85
Gain Liquid Laundry Detergent	1-5
Giant Auto Dish Detergent 75 OZ BOX	1-5
Giant Pure Power Auto Dish Detergent Lemon 45 OZ BOX	1-5
Glade Fragrant Mist Country Garden	7-13
Glass Mates	4.0-6.0
Glass Mates-05/16/2000	4.0-6.0
HOUSE SAVER Pet Stain & Odor Remover	20
Invisible Shield Surface Protectant-04/11/2002	78
Ivory Snow Liquid Laundry Detergent	1-5
KimCare Instant Hand Sanitizer	60
Lady Speed Stick Clear Antiperspirant Deodorant Gel	15-20
Listerine Antiseptic Mouthwash	26.9
Listerine Cool Mint Antiseptic Mouthwash	23
Listerine Fresh Burst Antiseptic Mouthwash	23
Listermint Mouthwash	<10
Loctite Crafter's All Purpose Adhesive	3-5

Incidental Exposure Index

Alcohol-Containing Products Table

Product	*Alcohol %*
Loctite Fabric Glue	3-5
Loctite Outdoor Fixture Adhesive	1-5
LOreal Pumping Curls for Curly Hair	41
Lysol Brand Antibacterial Hand Gel	63
Lysol Brand Disinfectant Spray, Antibacterial, Original Scent	79.0
Lysol Brand II Disinfectant Plus Fabric Refresher 12 oz	85
Lysol Brand II Disinfectant Spray-Country Scent (aerosol)	79
Lysol Brand Sanitizing Wipes-Citrus Scent	8-10
Lysol Brand Sanitizing Wipes-Spring Waterfall 52 oz	8-10
Lysol Brand Scrubbing Wipes-Orange Breeze Scent	8-12
Martin Weber Blue Label Fixatif Spray	60-70
Martin Weber Cleaning Solution	31
Mr Muscle Pot & Pan Detergent	3-7
Nair Hair Remover Kit, Cold Wax Strips Pretreatment Towelette	5-20
New-Skin Liquid Bandage	5
Nilodor Air Freshener-Floral	0.5-3.5
Nilodor Carpet Care Deodorizing Spot/Stain Remover	2-6
Nilodor Deodorizing Carpet Extractor	2-6
Nilodor Odor Neutralizer	0.5-3.5
Nilotex Carpet Care	2-6
Off Skintastic Insect Repellent for Kids	>90
Off! Deep Woods for Sportsmen Insect Repellent IV, Aerosol	50-60
Off! Deep Woods Insect Repellent V Spray, Unscented	50-60
Off! Skintastic IV	90-95
Old English Furniture Wipes	4-8
Oust Air Sanitizer, Outdoor Scent	60-70
Oust Bathroom Citrus Scent Fan .40 oz.	40-60
Oust Bathroom Outdoor Scent Fan	40-60
Palmolive Original Hand Dishwashing Liquid	4.3
Paul Mitchell Freeze & Shine Super Spray	>60
Paul Mitchell Freeze & Shine Super Spray (New)	<60
Paul Mitchell Soft Sculpting Spray Gel	<20
Pine Power Disinfectant Cleaner	<5.0
Purell Instant Hand Sanitizer	62
Purell Instant Hand Sanitizer Dry Hands Formula	62
Purell Instant Hand Sanitizer Packets	62
Purell Instant Hand Sanitizer with Aloe, Moisturizers & Vitamin E	62
Purell Instant Hand Sanitizer, Original	62

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Alcohol-Containing Products Table

Product	*Alcohol %*
Purell Kids Own Berry Blast	62
Radio Shack 951 Low Residue Soldering Paste Flux	73
Radio Shack Cleaner/Degreaser	27
Radio Shack Professional Tape Head Cleaner	15-20
Rain X Marine Windshield Treatment	70-95
Rain X The Invisible Windshield Wiper	86
Rain-X Anti-Fog	70-99
Rain-X Windshield Wax	70-95
Repel Hunters' Insect Repellent with Earth Scent, 55 Percent DEET	<45
Repel Insect Repellent Family Formula Spray Pump, 23 Percent DEET	44
Repel Insect Repellent Scented Family Formula Aerosol, 23 Percent DEET	48.3
Repel Insect Repellent Sportsmen Formula Spray Pump, 25 Percent DEET	55
Repel Insect Repellent Sportsmen Max Formula, 40 Percent DEET	43.7
Repel Lemon Eucalyptus Insect Repellent Lotion	<10
Repel Lemon Eucalyptus Insect Repellent Spray Lotion	<10
Soft Soap Hand Sanitizer - Gel	60-65
Spic and Span 10X Concentrate Disinfecting All Purpose Spray	12-25
Spic and Span Floor and Multi Surface Cleaner	0-5
Spray N Wash Laundry Stain Remover	2-3
Static Guard	70-72
Survivor Lemon Eucalyptus Insect Repellent Lotion	<10
TEN O SIX Medicated Deep Pore Cleanser	<15
Time Mist Air Freshener W/Odor Counteractant	15-25
Ultra Downy Liquid Fabric Softener	1-5
Valspar One & Only Interior/Exterior Multi Purpose Flat Black Finish	5-10
Valspar One & Only Multi Purpose Gloss Enamel, Almond	5-10
Valspar One & Only Multi Purpose Gray Metal Primer	5-10
Viadent Advanced Care Rinse	5-10
Wet Ones Antibacterial Moist Towelettes, Citrus	9.6
Wet Ones Antibacterial Moist Towelettes, Travel Pack, Citrus	9.6
Wet Ones Antibacterial Portable Washcloths, Ultra	0-9.6
Wet Ones Kids Antibacterial Wipes, Wild Watermelon & Ballistic Berry	0-9.6
Wet Ones Moist Towelettes with Aloe, Travel Pac	0-10.5
Wet Ones Moist Towelettes with Vitamin E & Aloe	0-10.5
Wet Ones Portable Washcloths with Vitamin E & Aloe, Ultra	0-10.5
Wet Ones Ultra Portable Antibacterial Wash Cloths	9.6
Wet Ones, Antibacterial Moist Towelettes, Thick Cloths	9.6
Zep Tile and Terrazzo Cleaner	5-15

Over-the-Counter Medications Alcohol Content Table

Item	*Use*	*Manufacturer*	*Alcohol %*
Ambenyl	cough suppressant	Forest	5
Ambenyl-D	expectorant, nasal decongestant, cough suppressant	Forest	9.5
Anesol	oral antiseptic, anesthetic	Whitehall	70
AsbronG Elixir	anti-asthmatic	Sandoz	15
Bayer children's Cough Syrup	cough suppressant, nasal decongestant	Glenbrook	5
Benadryl Decongestant Elixir	antihistamine	Parke-Davis	5
Benadryl Elixir	antihistamine	Parke-Davis	14
Benylin Cough Syrup	cough suppressant	Parke-Davis	5
Benylin DM	cough suppressant	Parke-Davis	5
Bronkolixir	bronchodilator, decongestant	Winthrop	19
Cepacol/Cepacol Mint	mouthwash, gargle	Lakeside	14.5
Ce-Vi-Sol	vitamin C drops (infant)	Mead-Johnson	5
Cheracol D	cough suppressant, decongestant	Upjohn	4.75
Cheracol Plus	cough suppressant, decongestant	Upjohn	8
Chlor-Trimeton Allergy Syrup	antihistamine	Schering	7
Choedyl Elixir	bronchodilator	Parke-Davis	20
Colace Syrup	laxative	Mead-Johnson	1
Colgate Mouthwash	mouthwash/gargle	Colgate-Palmolive	15.3
CONTAC Nighttime	antihistamine, analgesic, cough suppressant, decongestant	SmithKline	25
Dilaudid Cough Syrup	cough suppressant, analgesic	Knoll	5
Dimetane Elixir	antihistamine	A. H. Robins	3
Dimetane Decongestant Elixir	antihistamine, decongestant	A. H. Robins	2.3
Dimetapp Elixir	decongestant, antihistamine	A. H. Robins	2.3
Diural Oral Suspension	diuretic, antihypertensive	Merck Sharp & Dohme	0.5
Donnatal Elixir	anti-spasmodic	A. H. Robins	23
Elixophyllin-Kl Elixir	anti-asthmatic	Forest	10
Feosol Elixir	iron supplement	SmithKline	5
Fergon Elixir	iron supplement	Winthrop	7
Geriplex-FS	vitamins (geriatric)	Parke-Davis	18
Geritol Liquid	vitamins	Beecham	12
Geritonic Liquid	vitamins	Geriatric	20
Gevrabon	vitamins	Lederle	18
Hycotuss	expectorant	DuPont	10
I.L.XB12 Elixir	iron supplement	Kenwood	8
Iberet Liquid	vitamins	Abbott	1

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Over-the-Counter Medications Alcohol Content Table

Item	*Use*	*Manufacturer*	*Alcohol %*
Imodium A-D	anti-diarrheal	McNeil	5.25
Incremin	vitamins	Lederle	0.75
Indocin Oral Suspension	analgesic	Merck Sharp & Dohme	1
Kaochlor S-F	potassium supplement	Adria	5
Kaon-CL 20%	potassium/chloride supplement	Adria	5
Kaon Elixir	potassium supplement	Adria	5
Kay Ciel Oral Solution	potassium supplement	Forest	4
Klorvess 10% Liquid	potassium/chloride supplement	Sandoz	0.75
Lanoxin Elixir Pediatric	cardiac medication	Burrougfhs Wellcome	10
Lasix Oral Solution	diuretic	Hoechst-roussel	11.5
Listerine Antiseptic	mouthwash/gargle	Warner-Lambert	26.9
Lomotil Liquid	anti-diarrheal	G. D. Searle & Co.	15
Lufyllin Elixir	bronchodilator	Wallace	20
Marax-DF Syrup	bronchodilator	Roerig	5
May-Vita Elixir	vitamins	Mayrand, Inc.	13
Mediatric Liquid	estrogen replacement	Wyeth-Ayerst	15
Mellaril Oral Solution	antipsychotic	Sandoz	3-4.2
Mestinon Syrup	treatment of myasthenia ravis	Roche	5
Naldecon DX Pediatric Drops	decongestant	Bristol	0.6
Nicotinex	niacin supplement	Fleming & Co.	14
Niferex Elixir	iron supplement	Center Labs	10
Novahistine Elixir	antihistamine, decongestant	Lakeside	5
Novahistine Expectorant	cough suppressant, decongestant, expectorant	Lakeside	7.5
Nucofed Expectorant	cough suppressant, decongestant, expectorant	Beecham	12.5
Nucofed Pediaric Expectorant	cough suppressant, expectorant, decongestant	Beecham	6
Nu-Iron Elixir	iron supplements	Mayrand, Inc.	10
Nystex Oral Suspension	antifungal antibiotic	Savage	1
Organidin Elixir	expectorant	Wallace	21.75
PBZ Elixir	antihistamine	Geigy	12
Pamelor Oral Solution	anti-depressant	Sandoz	3-5
Peri Colace Syrup	laxative	Mead-Johnson	10
Permitil Oral Concentrate	anti-psychotic	Schering	1
Phenergan Syrup Plain	antihistamine	Wyeth-Ayerst	7
Phenergan Syrup Fortis	antihistamine	Wyeth-Ayerst	1.5
Phenobarbital Elixir	sedative	Rosane	13.5
Polaramine Syrup	antihistamine	Schering	6

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Over-the-Counter Medications Alcohol Content Table

Item	*Use*	*Manufacturer*	*Alcohol %*
Poly-Histine Elixir	cough suppressant	Bock	4
Prolixin Elixir	anti-psychotic	Princeton	14
Quelidrine Syrup	cough suppressant	Abbott	2
Robitussin	expectorant	A. H. Robins	3.5
Robitussin A-C	cough suppressant, expectorant	A. H. Robins	3.5
Robitussin CF	cough suppressant, decongestant, expectorant	A.H. Robins	3.5
Robitussin DAC	expectorant, decongestant, cough suppressant	A. H. Robins	1.9
Robitussin Night Relief	analgesic, cough suppressant, decongestant	A. H. Robbins	25
Robitussin PE	decongestant, expectorant	A. H. Robbins	1.4
Sandimmune	immunosuppressant	Sandoz	12.5
Scot-Tussin Sugar-Free Expectorant	expectorant	Scott-Tussin	3.5
Sominex Liquid	sleep aid	Beecham	10
Sudafed Cough Syrup	decongestant	Burroughs Wellcome	2.4
Tacaryl Syrup	antihistamine	Westwood	7.37
Tagamet Liquid	ulcer medication	Smith Kline & French	2.8
Tavist Syrup	antihistamine	Sandoz	5.5
Theo-Organidin Elixir	bronchodilator, expectorant	Wallace	15
Triaminic Expectorant	expectorant, decongestant	Sandoz	5.5
Tussar-2	cough suppressant	Rorer	5
Tussar SF	cough suppressant	Rorer	12
Tussend	cough suppressant	Lakeside	5
Tussend Expectorant	cough suppressant, decongestant, expectorant	Lakeside	12.5
Tylenol Adult Liquid Pain Reliever	analgesic	McNeil	7
Tylenol Cold Medication Liquid	analgesic, decongestant, cough suppressant, antihistamine	McNeil	7
Tylenol with Codeine Elixir	analgesic	McNeil	7
Vicks Daycare Liquid	decongestant, analgesic, expectorant, cough suppressant	Richardson-Vicks	10
Vicks Formula 44	cough suppressant, antihistamine	Richardson-Vicks	10
Vicks Formula 44D	cough suppressant, decongestant	Richardson-Vicks	10
Vicks Formula 44M	cough suppressant, decongestant, analgesic	Richardson-Vicks	20
Vicks Nyquil	decongestant, cough suppressant, antihistamine, analgesic	Richardson-Vicks	25

Products Containing Alcohol

Please note: Some prescription nasal sprays used for allergic rhinitis and some other forms of nasal/sinus congestion contain alcohol. Alcohol-containing nasal sprays that should be avoided by recovering persons, especially those taking Antabuse, include Flonase and Nasonex nasal sprays. The majority of mouthwashes contain alcohol also. These should all be avoided.

5% Alcohol (10-Proof)

Diphenhydramine Elixir
Benylin Cough Syrup
Cheracol-D Cough Syrup (guaifenesin/dextromethorphan)
Dihstine DH Elixir (chlorpheniramine/pseudoephedrine/codeine)
Dilaudid Cough Syrup (hydromorphone)
Dramamine Liquid (dimenhydrinate)
Feosol (iron) Elixir
Imodium A-D (loperamide)
Kaon Liquid (potassium)
Kay Ciel Liquid (potassium)
Guiatuss AC Syrup (guaifenesin/codeine)
Phenergan VC Syrup (promethazine/phenylephrine)
Tussend Syrup (guaifenesin/chlorpheniramine/pseudoephedrine/hydrocodone)
Tylenol Extra Strength Liquid
Tylenol with Codeine Elixir
Vicks 44 D (dextromethorphan/pseudoephedrine)
Vicks 44 E (guaifenesin/dextromethorphan)

10% Alcohol (20-Proof)

Excedrin PM Liquid (acetaminophen/diphenhydramine)
Geritol Tonic Liquid (multivitamin)
Hycotuss Expectorant Syrup (hydrocodone/guaifenesin)
Niferex Elixir (iron)
Nucofed Expectorant Syrup (guaifenesin/pseudoephedrine/codeine)
Nu-Iron Elixir (iron)
Vicks Nyquil (doxylamine/pseudoephedrine/dextromethorphan/acetaminophen)
Vicks Formula 44M (chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen)

15% Alcohol (30-Proof)

Cepacol Mouthwash
Gerivite Elixir (multivitamin)
Lomotil Liquid (diphenoxylate/atropine)

20% Alcohol (40-Proof)

Gevrabon Liquid (vitamins)
Listerine Mouthwash (flavored)
Lufyllin Elixir (theophylline)
Theophylline Elixir

25% Alcohol (50-Proof)

Listerine Mouthwash (regular)
N'ice Throat Spray

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