

# The Medication Guide

*for a Safe Recovery*

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

**Revision 1.4 -December 2012**





# Table of Contents

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**Introduction.....iv**

**How to Use this Guide.....v**

## **Section One**

**Class A Drugs**

**(Generally Safe to Take).....I - 1**

**Class B Drugs.....I - 6**

**(With Addiction Medicine Specialist/Doctor Approval Only)**

**Class C Drugs**

**(High Risk of Triggering Relapse) ..... I - 9**

## **Section Two**

**Alcohol-Free Products.....II - 1**

## **Section Three**

**Incidental Exposure Index.....III - 1**

# Introduction

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## From the Authors

Welcome to the medication 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 Paul H. Earley, M.D. and later upon by Bruce Merkin, M.D. and his associates, then at Glenbeigh Hospital. This produced Revision 1.0 of the Guide, published in 2008. This is Revision 1.4 of the guide, it contains additional medications that have since been released. In this version and going forward, medications drug safety classifications are reordered from Class A (generally safe to take) to Class C (dangerous to recovery).

The guide itself is divided into three sections. **Section One** describes the categories of medications that one may encounter, divided into the three risk categories described above. **Section Two** is 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 addiction medicine physician or addiction psychiatrist. 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 regaining health and creating a meaningful life is your responsibility!

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### Guide to Section One

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 increasing levels of risk.

**Class A** 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 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** drugs must be avoided if at all possible, 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 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.

## Alzheimer's Disease & Memory Loss:

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)  
Clarinet (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 (levofloxacin)  
Lorabid (loracarbef)  
Macrobid (nitrofurantoin monohydrate/macrocrystals)  
Macrochantin (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)

# Class A Drugs

Generally Safe to Take

---

## 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 (amlodipine/benazepril)  
Lovenox (enoxaparin)  
Monopril (fosinopril)  
Niaspan (Niacin)  
Nitro-Bid (nitroglycerin)  
Norvasc (amlodipine)  
Plavix (clopidogrel)  
Pravachol (pravastatin)  
Prinivil (lisinopril)  
Sular (nisoldipine)  
Tenormin (atenolol)  
Tricor (fenofibrate)  
Vasotec (enalapril)  
Vytorin (ezetimibe/simvastatin)  
Zestril (lisinopril)  
Zetia (ezetimibe)  
Zocor (simvastatin)

# Class A Drugs

Generally Safe to Take

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## 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-Spasmodics, 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 A Drugs

Generally Safe to Take

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## Non-Steroidal Anti-Inflammatory Drugs:

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

## COX-2 inhibitors:

Celebrex (celecoxib)

## Osteoporosis (Calcium Metabolism):

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

## Psychotropics:

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

See the note in Class B Psychotropics for additional information about Seroquel (quetiapine).

## Sleep Aid:

Rozerem (ramelteon)

## Thyroid:

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

# Class B Drugs

*With Addiction Medicine Specialist/Doctor Approval Only*

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## Addiction Treatments:

**NOTE:** Although the medications listed in this *Addiction Treatments* section are specifically intended to be taken for medication-assisted treatment or relapse prevention for one or more drugs. Two of these medications may be habit-forming or addictive themselves and should therefore be used cautiously in recovering individuals. 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)**  
**Subutex (buprenorphine)**

**Revia (naltrexone)**  
**Symmetrel (amantadine)**  
**Zyban (bupropion)**  
**Suboxone (buprenorphine/naloxone)**

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.

A special mention should be made about the drugs Suboxone and Subutex. These medications are used for medication-assisted treatment and are effective in caring for opioid dependence. However they are not always used opioid addiction treatment. Their use must be carefully monitored by an addiction medicine specialist.

## 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*

**Benlyn 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.

# Class B Drugs

## With Addiction Medicine Specialist/Doctor Approval Only

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them when they are no longer needed. Steroid use can decrease the immune system leading to increased infections. Insomnia, nervousness and a variety of other side effects are also common. Individual to mood problems may find steroids exacerbate high or low moods or worsen mood swings.

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

**Advair Diskus (fluticasone/salmeterol)**

**Azmacort (triamcinolone)**

**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.

### ***Narcolepsy / Hypersomnia***

**ProVigil (modafinil)**

**Nuvigil (armodafinil)**

The newer agents for maintaining wakefulness are safer than the amphetamine-class of drugs. However, they should not be used with patients who simply need to stay awake. Recovering individuals are sensitive to sleep problems and these medications should be avoided for rotating shift workers is at all possible. Many recovering individuals have difficulty tolerating rotating shift work.

# Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

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## ***Decongestants (Many are Combination Products)***

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

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

## ***Psychotropics***

### **Seroquel (quetiapine)**

Many addiction medicine practitioners have noticed that some addicted individuals tend to over-use or even abuse Seroquel (quetiapine). Others seem to take the medication without problems. Therefore, we have placed this medication on in Class B.

## ***Nasal Sprays***

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

# Class B Drugs

*With Addiction Medicine Specialist/Doctor Approval Only*

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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 and therefore should be used with caution.

## **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. In general addiction medicine physicians prefer known prescription agents that help with sleep and do not increase the probability of relapse.

## **Others:**

### *Asthma*

**Primatene Mist (epinephrine) OTC**

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

### *Catabolic Steroids*

**Decadron (dexamethasone)**

**Deltasone (prednisone)**

**Medrol (methylprednisolone)**

It is important to take steroids exactly as directed. If catabolic steroids are used for a long time, you may need to taper

# Class C Drugs

## High Risk of Triggering Relapse

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### Alcohol:

|  |               |
|--|---------------|
| Ale                                    | Malt Beverage |
| Beer (including “non-alcoholic” forms) | Whiskey       |
| Brandy                                 | Wine          |
| Liqueur                                | 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)   | Hydromet (hydrocodone/homatropine)                   |
| Duratuss HD (hydrocodone/dextromethorphan)                                       | Mytussin (codeine/pseudoephedrine/guaifenesin)       |
| Guiatuss (codeine/pseudoephedrine/guaifenesin)                                   | Nucofed (codeine/pseudoephedrine/guaifenesin)        |
| Hycodan Tablets (hydrocodone/homatropine)  | Phenergan with Codeine (codeine/promethazine)        |
| Hycodan Syrup (hydrocodone/homatropine)  | Robitussin AC (codeine/guaifenesin)                  |
| Hycomine (hydrocodone/chlorpheniramine/<br>phenylephrine/acetaminophen/caffeine) | Tussionex PennKinetic (hydrocodone/chlorpheniramine) |
| Hycotuss (hydrocodone/guaifenesin)   | 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)  | Esgic (acetaminophen/butalbital/caffeine)    |
| Barbita (phenobarbital)                                       | Fioricet (butalbital/acetaminophen/caffeine) |
| Butisol (butabarbital)  | Fiorinal (butalbital/aspirin/ caffeine)      |
| Donnatal (phenobarbital/atropine/hyoscyamine/<br>scopolamine) | 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.

# Class C Drugs

## High Risk of Triggering Relapse

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### **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)**  
**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.

### **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.

# Class C Drugs

## High Risk of Triggering Relapse

---

### Opioids:

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

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.



# Class C Drugs

## High Risk of Triggering Relapse

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### 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.

# Section Two

## *Liquid medications that contain no alcohol*

### **Guide to Section Two**

When you need to take medications in a liquid form or are choosing medications to keep in your home for others, it is safest to select medications that do not contain alcohol. Many experts in the field have heard stories about patients in recovery who “took their child’s liquid decongestant late at night” when they could not sleep due to cold symptoms. Prepare ahead for such events by purchasing medications for the household that do not contain alcohol.

It is surprising how many over-the-counter remedies and even “natural remedies” that contain alcohol. Clinical experience has shown that individuals recovering from addiction are at times subtly triggered by even small amounts of alcohol.

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 (\*).

Choose from this list whenever possible. If you are not sure, read the label!

# Alcohol-Free Products

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## Analgesics:

Acetaminophen Infants Drops  
Actamin Maximum Strength Liquid (acetaminophen)  
Addaprin Tablet (ibuprofen)  
Advil Children's Suspension (ibuprofen)  
Aminofen Tablet (acetaminophen)  
Aminofen Max Tablet (acetaminophen)  
APAP Elixir (acetaminophen)  
Aspirtab Tablet (aspirin)  
Genapap Children Elixir (acetaminophen)  
Genapap Infant's Drops (acetaminophen)  
Motrin Children's Suspension (ibuprofen)  
Motrin Infants' Suspension (ibuprofen)  
Silapap Children's Elixir (acetaminophen)  
Silapap Infant's Drops (acetaminophen)  
Tylenol Children's Suspension (acetaminophen)  
Tylenol Extra Strength Solution (acetaminophen)  
Tylenol Infant's Drops (acetaminophen)  
Tylenol Infant's Suspension (acetaminophen)

Ivax  
Cypress  
Dover  
Wyeth Consumer  
Dover  
Dover  
Bio-Pharm  
Dover  
Ivax  
Ivax  
McNeil Consumer  
McNeil Consumer  
Silarx  
Silarx  
McNeil Consumer  
McNeil Consumer  
McNeil Consumer  
McNeil Consumer

## Anti-Asthmatic Agents:

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

Savage  
Forest

## Anti-Convulsants:

Zarontin Syrup (Ethosuximide)

Pfizer

## Antiviral Agents:

Epivir Oral Solution (Lamivudine)

GlaxoSmithKline

## Cough/Cold/Allergy Preparations:

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

Propst  
Bayer

# Alcohol-Free Products

## 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, dextromethorphan, 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 (dextromethorphan, 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                 |

# Alcohol-Free Products

## 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           |

# Alcohol-Free Products

## 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 Nighttime (chlorpheniramine, dextromethorphan, phenylephrine)                              | Wyeth                  |
| *Robitussin Cough & Allergy (chlorpheniramine, dextromethorphan, phenylephrine)                                     | Wyeth                  |
| *Robitussin Cough & Cold CF (dextromethorphan, guaifenesin, phenylephrine)  | Wyeth                  |
| *Robitussin Cold & Flu Nighttime (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/dextromethorphan)  | Silarx                 |
| Siltussin SA Syrup (guaifenesin)  | Silarx                 |
| *Simply Cough Liquid (dextromethorphan)   | 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           |

# Alcohol-Free Products

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## 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 subsalicylate) | Ethex          |

## Generic

|   |           |
|---|-----------|
| Kaopectate Suspension (bismuth subsalicylate) | Pharmacia |
|---|-----------|

## Consumer

|                                 |          |
|---------------------------------|----------|
| Liqui-Doss Liquid (mineral oil) | Ferndale |
|---------------------------------|----------|

## Hematinics

|                      |        |
|----------------------|--------|
| Irofol Liquid (iron) | Dayton |
|----------------------|--------|

# Alcohol-Free Products

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## Miscellaneous

**Cytra-2 Solution** (sodium citrate salts)  
**Cytra-K Solution** (sodium citrate salts)  
**Emetrol Solution** (phosphorated carbohydrate)

Cypress  
Cypress  
Pharmacia Consumer

## Psychotropics

\***Thorazine Syrup** (chlorpromazine)

GlaxoSmithKline

## Topical Products

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

Convatec  
Fleet  
Neutrogena  
Neutrogena  
Neutrogena  
Neutrogena  
Neutrogena  
Woodward  
Clairol

## Vitamins/Minerals/Supplements

**Apetigen Elixir** (vitamins A & E/multivitamin)  
**Genesupp-500 Liquid** (multivitamin)  
**Genect Plus Liquid** (multivitamin/iron)  
**Multi-Delyn w/Iron Liquid** (multivitamin/iron)  
**Poly-Vi-Sol Drops** (multivitamin)  
**Poly-Vi-Sol w/Iron Drops** (multivitamin/iron)  
**Strovite Forte Syrup** (multivitamin/iron/folic acid)  
**Supervite Liquid** (multivitamin/B complex/folic acid/multivitamin)  
**Suplevit Liquid** (multivitamin/iron)  
**Tri-Vi-Sol Drops** (multivitamin)  
**Tri-Vi-Sol w/Iron Drops** (multivitamin/iron)  
**Vitafol Syrup** (multivitamin/iron/folic acid/vitamin E/calcium salts)

Pharmaceutical Generic  
Pharmaceutical Generic  
Pharmaceutical Generic  
Silarx  
Mead Johnson  
Mead Johnson  
Everett  
Seyer Pharmatec  
Gil  
Mead Johnson  
Mead Johnson  
Everett



# Section Three

## *Avoiding Incidental Exposure to Alcohol*

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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 (OTC) Medications***

Over-the-counter medications, such as cough syrup and tinctures, contain alcohol and should be avoided. Please review the *Alcohol Content of Over-the-Counter Medications* 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.

# Incidental Alcohol Exposure

## Alcohol-Containing Products

### 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).

| <i>Product</i>   | <i>Alcohol %</i> |
|--|------------------|
| 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 Alcohol Exposure

## Alcohol-Containing Products

| <i><b>Product</b></i>   | <i><b>Alcohol %</b></i> |
|---|-------------------------|
| 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 Alcohol Exposure

## Alcohol-Containing Products

| <b><i>Product</i></b>  | <b><i>Alcohol %</i></b> |
|--|-------------------------|
| 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 Alcohol Exposure

## Alcohol-Containing Products

| <i><b>Product</b></i>   | <i><b>Alcohol %</b></i> |
|---|-------------------------|
| 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                      |

# Incidental Alcohol Exposure

## Alcohol-Containing Products

| <i><b>Product</b></i>  | <i><b>Alcohol %</b></i> |
|--|-------------------------|
| 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                    |

# Incidental Alcohol Exposure

## Alcohol Content of Over-the-Counter Medications

**Over-the-Counter Medications Alcohol Content Table**

| <i>Item</i>                  | <i>Use</i>  | <i>Manufacturer</i> | <i>Alcohol %</i> |
|------------------------------|---|---------------------|------------------|
| 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-K1 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                |

# Incidental Alcohol Exposure

## Alcohol Content of Over-the-Counter Medications

| <i>Item</i>                   | <i>Use</i>                                   | <i>Manufacturer</i> | <i>Alcohol %</i> |
|-------------------------------|--|---------------------|------------------|
| 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                           | Burroughs 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 Pediatric 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                |



# Incidental Alcohol Exposure

## Alcohol Content of Over-the-Counter Medications

| <i>Item</i>                        | <i>Use</i>  | <i>Manufacturer</i>  | <i>Alcohol %</i> |
|------------------------------------|---|----------------------|------------------|
| 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               |

# Incidental Alcohol Exposure

## Alcohol Content of Over-the-Counter Medications

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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**

# **The Medication Guide**

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