

<p>Safe To Take</p> <p>Paracetamol or ibuprofen for aches and pains.</p> <p>Decongestants: Pseudoephedrine or Phenylephrine, Also sold as: <i>Sudafed®</i>, own brand decongestants</p> <p>Steam inhalations for catarrh and chesty cough</p> <p>Menthol, <i>Karvol®</i>, <i>Olbas Oil®</i>, <i>Vicks Vapour Rub®</i></p> <p>Simple Linctus, blackcurrant/honey and glycerine syrup or pastilles for dry cough.</p>
<p>You should avoid</p> <p>Dextromethorphan, Pholcodine.</p> <p>Also sold as:</p> <p><i>Actifed®</i>, <i>Benlylin®</i>, <i>Covonia®</i>, <i>Day/Night Nurse®</i>, <i>Gees Linctus®</i>, <i>Meltus®</i>, <i>Pulmo Bailly®</i>, <i>Tixylit®</i>, <i>Vicks®</i> cough syrups and lozenges, & own brands.</p>
<p>Advice</p> <p>Many medicines for colds, coughs and flu contain antihistamines that may cause drowsiness (see allergy section) and/or codeine that will test positive for opiates in a urine or saliva sample.</p>
<p>Colds, Coughs, Flu</p>


<p>Safe To Take</p> <p>Acrivastine, Cetirizine, Loratidine.</p> <p>Also sold as:</p> <p><i>Benadryl®</i>, <i>Clarityn®</i>, <i>Piriteze®</i>, <i>Pollenshield®</i>, <i>Zitek®</i>, & own brand one-a-day tablets.</p>
<p>You should avoid</p> <p>Chlorphenamine, Clemastine, Diphenhydramine, Promethazine, Triprolidine.</p> <p>Also sold as:</p> <p><i>Actifed®</i>, <i>Allercalm®</i>, <i>Allerief®</i>, <i>Hayleve®</i>, <i>Haymine®</i>, <i>Histergan®</i>, <i>Phenergan®</i>, <i>Pirton®</i>, <i>Pollenase®</i>, <i>Tavegil®</i>, & own brand allergy relief.</p>
<p>Advice</p> <p>Allergies, hayfever and insect bites can be treated with antihistamine tablets. Some of these may cause drowsiness and should not be taken with methadone, buprenorphine, benzodiazepines, alcohol, sleeping tablets or some antidepressants.</p>
<p>Allergy, Hayfever, Insect bites</p>

Many medicines will be available, free of charge, to patients eligible for the Community Pharmacy Minor Ailment Service.

You may need to wait a few minutes to see the pharmacist and you need to be suffering from the ailment at the time.

If you would like a copy of this leaflet in a different community language or alternative formats such as Braille, easy read or CD, please contact the equality & diversity lead by telephone on: 01383 565142 or by email at: fife-uhb.equalityanddiversity@nhs.net

Addiction Services



Over - The - Counter Medicine Guide

for patients taking opiate substitute medication

This guide suggests some of the “over-the-counter” medicines you may take and some that you should avoid.

It does not mention every medicine that is available. Many pharmacies have their own-brand medicines marketed under different names.

If in doubt, ask the pharmacist

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Pain

Advice

Many popular brands of pain killers contain codeine or codeine like ingredients that will test positive for opiates in a urine or saliva sample.

Single ingredient pain killers are safe to take

You should avoid

Paracetamol and Codeine, Paracetamol and Dihydrocodeine, Aspirin and Codeine, Ibuprofen and Codeine.

Also sold as:

Codis 500®, Feminax®, Migralève®, Nurofen Plus®, Paracodol®, Paramol®, Propain®, Solpadeine®, Syndol®, Veganin®, & own brands.

Safe To Take

Paracetamol, Ibuprofen, (Aspirin).

Also sold as:

Disprin®, Hedex®, Nurofen®, Panadol®.

Diarrhoea

Advice

Many medicines for diarrhoea contain morphine or morphine like ingredients that will test positive for opiates in a urine or saliva sample.

Drink plenty of clear fluids

You should avoid

Diarrhoea mixtures and tablets, Kaolin and Morphine mixture.

Also sold as:

Collis Browne's Mixture®, Diocalm®, Dymotil®.

Safe To Take

Rehydration sachets.

Also sold as:

Dioralyte®, Electrolade®, Rapolyte®, own brands.

Loperamide

Also sold as:

Imodium®, Diah-limit®, Entrocalm®, Normaloe®, & own brands.

Travel Sickness

Morning sickness

Advice

Travel sickness tablets may cause drowsiness and should not be taken with methadone, buprenorphine, benzodiazepines, alcohol, prescription sleeping tablets or some antidepressants.

You should avoid

Cinnarizine, Meclozine, Promethazine, Hyoscine.

Also sold as:

Avomine®, Phenergan®, Sea-legs®, Stugeron®, Traveleeze®, Joy-Rides®, Kwells®, & own brands.

Safe To Use

Wrist bands that act on the pressure point "Sea-Band®" or "Travel Band®"

(Not available on minor ailment service)

These can help relieve morning sickness as well

Insomnia

Advice

Over-the-counter sleeping tablets cause drowsiness and should not be taken with methadone, buprenorphine, benzodiazepines, alcohol, prescription sleeping tablets, or some antidepressants.

Ways to improve your sleep include:

- **Cut out caffeine: Tea, coffee and cola drinks all contain caffeine. "Energy drinks" contain lots of caffeine. Don't drink these after midday.**
- **Don't drink alcohol- especially in the evening.**
- **Exercise for at least 30 minutes every day.**
- **Don't sleep during the day.**

You should avoid

Dreemon®, NightAid®, Nytol®, Paxidom®, Sominex®, Ziz®.

Safe To Take

No sleeping tablets are recommended