

Commonly Misused Over-the-Counter Medications

Drug/Common Trade Names	Medical Use	Side Effects
Dextromethorphan		
<ul style="list-style-type: none"> • Robitussin • Pediacare • Vicks 44 Cough Relief • Delsym • Coricidin (Be aware of coformulations)	<ul style="list-style-type: none"> • Cough suppressant 	<i>Acute:</i> <ul style="list-style-type: none"> • Autonomic instability • GI distress • Neurologic dysfunction • Psychosis <i>Chronic:</i> <ul style="list-style-type: none"> • Cognitive impairment • Chronic psychosis • Peripheral neuropathy
Antihistamines		
Chlorpheniramine <ul style="list-style-type: none"> • Aller-Chlor • Chlorphen 	<ul style="list-style-type: none"> • Rhinitis • Cold relief 	<ul style="list-style-type: none"> • Anticholinergic effects • Delirium • Physiologic dependence
Cyclizine <ul style="list-style-type: none"> • Bonine (discontinued) • Emoquil 	<ul style="list-style-type: none"> • Motion sickness 	
Dimenhydrinate <ul style="list-style-type: none"> • Dramamine 	<ul style="list-style-type: none"> • Motion sickness 	
Diphenhydramine <ul style="list-style-type: none"> • Benadryl 	<ul style="list-style-type: none"> • Allergy • Insomnia • Pruritis 	
Doxylamine <ul style="list-style-type: none"> • Unisom 	<ul style="list-style-type: none"> • Allergy • Cold relief • Insomnia 	
Decongestants		
Propylhexedrine <ul style="list-style-type: none"> • Benzedrex 	<ul style="list-style-type: none"> • Nasal congestion 	<ul style="list-style-type: none"> • Hallucinations • Physiologic dependence
Pseudoephedrine <ul style="list-style-type: none"> • Sudafed • Dimetapp • Coricidin 	<ul style="list-style-type: none"> • Nasal congestion 	<ul style="list-style-type: none"> • Racing thoughts • Anorexia • Insomnia • Psychosis

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