COUMADIN® (WARFARIN) & OVER-THE-COUNTER COLD MEDICATIONS

*If you are taking Coumadin® (warfarin), always check with your pharmacist before starting any prescription, over-the-counter or herbal medication!

<table>
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<th>Symptoms You are Experiencing</th>
<th>Medications Safe to Use While on Coumadin® (warfarin)</th>
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| Sinus Congestion Nasal Congestion | • Pseudoephedrine*  
• Phenylephrine*  
• Oxymetazoline Nose Sprays (Afrin®) --- Limit use to no more than 3-5 days  
• Saline Nasal Wash (such as Neti Pot®)  
• Saline Nasal Drops or Sprays (Ayr®, Ocean®)  

*check with your pharmacist before using pseudoephedrine or phenylephrine if you are taking medications for or have been told by your doctor that you have blood pressure, heart disease, glaucoma, depression, or diabetes |
| Cough | • Guaifenesin --- Used for wet, productive cough  
• Dextromethorphan --- Used for dry, hacking cough# |
| Runny Nose Sneezing Itchy/Watery Eyes (Allergy like Symptoms) | • Loratadine (Claritin®, Alavert®)  
• Cetirizine (Zyrtec®)  
• Cromolyn Sodium nasal spray (NasalCrom®)  
• Diphenhydramine (Benadryl®) --- May make you drowsy# |

C.Mihalopoulos, PharmD Candidate, 2012
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<th>Symptoms You Are Experiencing</th>
<th>Types of Medication</th>
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| Fever, Headache, Body Aches, Sore Throat | **SAFE:** Acetaminophen (Tylenol®) --- Do not use more than 4000mg (4 grams) of acetaminophen per day  
**AVOID:** Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as:  
• Ibuprofen (Advil®, Nuprin®, Motrin®)  
• Naproxen Sodium (Aleve®)  
• Aspirin products (Bayer®, Exedrin®, Ecotrin®) |

- Always read the ingredients when choosing an over the counter product. Some products with the same brand name may contain different ingredients.

- Many cough and cold products have more than one ingredient, and often include a medication for pain relief or fever reduction. Be sure to read the label carefully for medications to avoid such as aspirin and ibuprofen.

- Coumadin® (warfarin) can interact with many OTC (over-the-counter, non-prescription), and herbal medications which could increase your risk for either bleeding or clotting.

- **Remember to always contact Clinical Partners before starting, changing, or stopping any drug.** The pharmacist may want to monitor your blood tests more closely as you start a new medication and may adjust your Coumadin® (warfarin) dose.