

Over-The-Counter Medications

After transplant

Some medicines should not be taken after your transplant. Do not give over-the-counter medications or food supplements without speaking with the transplant team, unless they are on an approved over-the-counter medication list.



For cold, congestion, cough

Medicines you can take	Medicines you cannot take
Dextromethorphan Name Brands: Delsym, Robitussin DM	Pseudoephedrine (-D) Name Brand: Sudafed D
Diphenhydramine Name Brand: Benadryl	Phenylephrine (PE) Name Brand: Sudafed PE
Guaifenesin Name Brands: Robitussin, Mucinex	Ibuprofen Name Brands: Motrin, Advil, Midol
Chlorpheniramine Name Brand: Chlor-Trimeton	Naproxen Name Brand: Aleve
Saline Nasal Spray Name Brand: Ocean Nasal Spray	

For aches and pains

Medicines you can take	Medicines you cannot take
Acetaminophen Name Brands: Tylenol	Ibuprofen Name Brands: Motrin, Advil, Midol
	Naproxen Name Brand: Aleve
	Diclofenac Name Brand: Voltaren

For seasonal and environmental allergies

Medicines you can take
Diphenhydramine Name Brand: Benadryl
Loratidine Name Brand: Claritin
Cetirizine Name Brand: Zyrtec
Saline Nasal Spray Name Brand: Ocean Nasal Spray



Watch out! Some medicines may go by many different brand names.

Always check the ingredients to make sure the item **does not** contain any medicines or foods you cannot take.



Check your knowledge

Are these medications safe to take if you have received a kidney transplant?

Select Yes or No then check your answers at the bottom

A



YES
NO

B



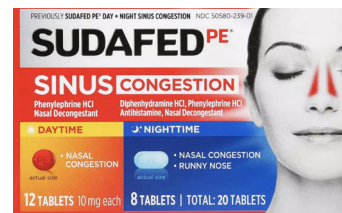
YES
NO

C



YES
NO

D



YES
NO

E



YES
NO

F



YES
NO

G



YES
NO

H



Grapefruit flavor

YES
NO

I



YES
NO

J



*Label includes dextromethorphan, guaifenesin and phenylephrine

YES
NO

Answers: A No B Yes C Yes D No E Yes F Yes G No H No I Yes J No