

# Cough and Cold & Coumadin®

Being on Coumadin® (Warfarin) can make picking the correct Over-the-Counter (OTC) medication difficult. This is especially true when talking about cough and cold medications. To make this easier, this handout talks about what medications are safe to use and what medications to avoid.

## What if I have?

### ➤ **Cough:**

- **Safe: Guaifenesin** is used for productive coughs or coughs that are wet.

An example of a product with this is **Robitussin® or Mucinex®**.

- **Avoid: Dextromethrophan** is used for dry coughs.

An example of a product with this is **Robitussin DM®**.

### ➤ **Stuffy Nose/Runny Nose:**

- **Safe: Pseudoephedrine** (a decongestant) is commonly used for a stuffy nose.

An example of a product with this is **Sudafed®**.

- For those annoying runny noses an **antihistamine** is the ingredient of choice.

Examples include chlorpheniramine, diphenhydramine (**Benadryl®**), and loratadine (**Claritin®**).

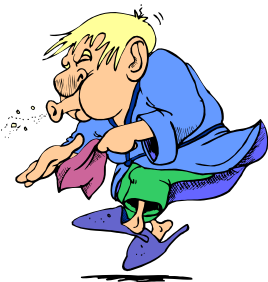
### ➤ **Pain:**

- **Avoid: Ibuprofen** should not be used and examples are **Advil® and Motrin®**.

- **Safe: Acetaminophen** (Tylenol®) is safe to use.

### ➤ **Here are some more examples of products that are okay to take:**

- For cough and stuffy nose: **Robitussin Severe Congestion Liquidgels® or Sudafed Non-Drying Sinus®**
- For stuffy nose, pain, and cough: **Robitussin Cold, Sinus, and Congestion Caplets®**
- For stuffy and runny nose: **Benadryl Allergy/Congestion® or Sudafed Cold & Allergy®**
- For pain, stuffy, and runny nose: **Alka-Seltzer Plus Cold Liqui-Gels®, or Tylenol Maximum Strength Sinus NightTime®**
- For stuffy nose and pain: **Tylenol Maximum Strength Sinus Non-Drowsy Geltabs and Gelcaps®**
- For runny nose and pain: **Coricidin HBP Cold and Flu®**



*Remember, it is always best to check with a Pharmacist for products that are safe for you to take.*