

Opioids:

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| Actiq (fentanyl oral transmucosal) | OxyContin (oxycodone) |
| Buprenex (buprenorphine) | OxyIR (oxycodone) |
| Combunox (oxycodone/ibuprofen) | Percocet (oxycodone/acetaminophen) |
| Darvocet (propoxyphene napsylate/acetaminophen) | Percodan (oxycodone/aspirin) |
| Darvon (propoxyphene hydrochloride) | Roxanol (morphine sulfate) |
| Demerol (meperidine) | Roxicet (oxycodone/acetaminophen) |
| Dilaudid (hydromorphone) | Roxicodone (oxycodone) |
| Dolophine (methadone) | Soma Compound with Codeine (codeine/carisoprodol/aspirin) |
| Duragesic (fentanyl transdermal) | Stadol (butorphanol) |
| Endocet (oxycodone/acetaminophen) | Suboxone (buprenorphine/naloxone) |
| Heroin (down, H, horse, smack) | Subutex (buprenorphine) |
| Kadian (morphine sulfate) | Talacen (pentazocine/acetaminophen) |
| Lorcet (hydrocodone/acetaminophen) | Talwin (pentazocine lactate) |
| Lortab (hydrocodone/acetaminophen) | Tylenol #2, #3 or #4 (codeine/acetaminophen) |
| Methadose (methadone) | Ultram (tramadol) (a non-opioid analgesic) |
| MS Contin (morphine sulfate) | Vicodin (hydrocodone/acetaminophen) |
| Norco (hydrocodone/acetaminophen) | |
| Nubain (nalbuphine HCl) | |

Opioids bind to opiate receptors in the central nervous system causing inhibition of ascending pain pathways and altering the perception of and response to pain. Generalized central nervous system depression is also produced. Tolerance or drug dependence may result from extended use. Buprenorphine binds to mu receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria. Most of the drugs in this class have the potential for drug dependency and abrupt cessation may precipitate withdrawal.

Gastrointestinal (Anti-Diarrheals):

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| Lomotil (atropine/diphenoxylate) | Motofen (atropine/difenoxin) |
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Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use.

Other Central Nervous System Depressants:

GHB (G, gamma-hydroxybutyrate, everclear)

This category depresses the central nervous system possibly leading to confusion, psychosis, paranoia, hallucinations, agitation, depression, seizures, respiratory depression, decreases in level of consciousness, coma and death.

Other Sedative-Hypnotics:

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| Ambien (zolpidem) | Noctec (chloral hydrate) |
| Doriden (glutethimide) | Placidyl (ethchlorvynol) |
| Librax (chlordiazepoxide/clidinium) | Quaalude, Sopor (methaqualone) |
| Lunesta (eszopiclone) | Soma (carisoprodol) |
| Midrin (acetaminophen/dichloralphenazone/ isometheptene) | Soma Compound (carisoprodol/aspirin) |
| Miltown (meprobamate) | Sonata (zaleplon) |

These drugs act on the central nervous system and have the potential for drug dependency and abuse. Withdrawal symptoms can be seen if stopped suddenly.

Stimulants:

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| Adderall (amphetamine/dextroamphetamine) | Meridia (sibutramine) |
| Adipex-P (phentermine) | Metadate (methylphenidate) |
| Cocaine (blow, coke, crack, rock, snow, white) | Methamphetamine (crank, crystal meth, glass, ice, speed) |
| Concerta (methylphenidate) | Methylin (methylphenidate) |
| Cylert (pemoline) | Preludin (phenmetrazine) |
| Dexedrine (dextroamphetamine) | Ritalin (methylphenidate) |
| Fastin (phentermine) | Tenuate (diethylpropion) |
| Focalin (dexmethylphenidate) | |

Stimulants cause physical and psychological addiction, impair memory and learning, hearing and seeing, speed of information processing, and problem-solving ability.

Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

Addiction Treatments:

NOTE: Although the medications listed in this *Addiction Treatments* section are specifically intended to be taken for prevention of relapse to dependence upon one or more drugs, none of them are habit-forming or addictive themselves and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.

Antabuse (disulfiram)
Campral (acamprosate)
Catapres (clonidine)
Chantix (varenicline)

Revia (naltrexone)
Symmetrel (amantadine)
Zyban (bupropion)

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome. Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

Cough and Cold Preparations:

Antihistamines (Sedating)

Atarax (hydroxyzine hydrochloride)
Benadryl (diphenhydramine) OTC
Chlor-Trimeton (chlorpheniramine) OTC
Dimetane (brompheniramine) OTC
Efidac (chlorpheniramine) OTC

Periactin (cyproheptadine)
Polarmine (dexchlorpheniramine)
Tavist (clemastine) OTC
Teldrin (chlorpheniramine) OTC
Vistaril (hydroxyzine pamoate)

Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause fatigue or sedation.

Antitussives/Expectorants

Benylin Cough (dextromethorphan) OTC
Comtrex (dextromethorphan) OTC
Contac (dextromethorphan) OTC
Delsym (dextromethorphan) OTC
Mucinex DM (dextromethorphan/guaifenesin) OTC

Nyquil (dextromethorphan/alcohol) OTC
Phenergan DM (promethazine/dextromethorphan)
Robitussin DM (dextromethorphan/guaifenesin)
Vicks Formula 44D (dextromethorphan) OTC

Any preparation containing dextromethorphan should be used with caution because dextromethorphan acts on opioid receptors in the brain. Respiratory depression and perceptual distortions can also be seen in those people taking large doses.

Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

Decongestants (Many are Combination Products)

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| Actifed (pseudoephedrine/triprolidine) OTC | Mucinex D (pseudoephedrine/guaifenesin) OTC |
| AH-chew D (phenylephrine) OTC | Nalex-A (phenylephrine) OTC |
| Alavert D (loratadine/pseudoephedrine) OTC | Novafed (pseudoephedrine) OTC |
| Allegra D (fexofenadine/pseudoephedrine) | Profen (pseudoephedrine) OTC |
| Benzedrex Nasal Inhaler (propylhexamine) OTC | Prolex-D (phenylephrine) OTC |
| Bromfed (phenylephrine/brompheniramine) | R-Tannate Pediatric (phenylephrine/ chlorpheniramine/pyrilamine) |
| Bromfed DM (pseudoephedrine/ brompheniramine/dextromethorphan) | Rondec (phenylephrine/chlorpheniramine) |
| Cardec DM (pseudoephedrine/ carbinoxamine/dextromethorphan) | Rondec DM (phenylephrine/chlorpheniramine/ dextromethorphan) |
| Clarinox D (desloratadine/pseudoephedrine) | Rynatan-S (phenylephrine/chlorpheniramine/ pyrilamine) |
| Claritin D (loratadine/pseudoephedrine) OTC | Semprex-D (pseudoephedrine/acrivastine) |
| Deconamine SR (pseudoephedrine/ chlorpheniramine) OTC | Sinutuss DM (phenylephrine) OTC |
| Dimetapp (pseudoephedrine/brompheniramine) OTC | Sudafed (pseudoephedrine) OTC |
| Duratuss (pseudoephedrine/guaifenesin) | Tussafed-EX (phenylephrine) OTC |
| Entex LA (phenylephrine/guaifenesin) | Zyrtec D (cetirizine/pseudoephedrine) |
| Entex PSE (pseudoephedrine/guaifenesin) | |
| Humibid DM (pseudoephedrine/ dextromethorphan/ potassium guaiacolsulfonate) | |

Decongestants should be used with caution because they are stimulating and can trigger relapse.

Nasal Sprays

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| Afrin (oxymetazoline) OTC | Neo-synephrine (phenylephrine) OTC |
| Astelin (azelastine) | Nostrilla (oxymetazoline) OTC |
| Dristan (oxymetazoline) OTC | Rhinocort Aqua (budesonide) |
| Flonase (fluticasone) | Vicks Nasal Inhaler (desoxyephedrine) OTC |
| Nasacort AQ or HFA (triamcinolone) | Vicks Sinex (phenylephrine) OTC |
| Nasonex (mometasone) | 4-Way Nasal Spray (phenylephrine) OTC |

All OTC nasal sprays should be used for a short period of time. If used for a long period of time symptoms may worsen. Use for a maximum of 5 days. Intranasal corticosteroids (non-OTC) may cause a reduction in growth velocity in pediatric patients.

Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

Muscle Relaxants:

Flexeril (cyclobenzaprine)

Norflex (orphenadrine)

Parafon Forte (chlorzoxazone)

Robaxin (methocarbamol)

Skelaxin (metaxalone)

Zanaflex (tizanidine)

Muscle relaxants can cause central nervous system depression (sedation, dizziness), which may impair physical or mental abilities.

Neuropathic Pain:

Lyrica (pregabalin)

Lyrica acts in the central nervous system as a depressant and can lead to withdrawal symptoms upon discontinuation. It also produces euphoria in certain individuals.

Sleep Aids:

Excedrin PM (diphenhydramine) OTC

Nytol (diphenhydramine) OTC

Sleep-eze (diphenhydramine) OTC

Sominex (diphenhydramine) OTC

Tylenol PM (diphenhydramine/acetaminophen) OTC

Unisom (diphenhydramine) OTC

Sleep aids act in the central nervous system and can alter judgement and cause sedation.

Others:

Asthma

Primatene Mist (epinephrine) OTC

Primatene Mist can cause nervousness, restlessness, sleeplessness, palpitations, tachycardia, chest pain, muscle tremors, dizziness and flushing.

Steroids

Decadron (dexamethasone)

Deltasone (prednisone)

Medrol (methylprednisolone)

It is important to take steroids exactly as directed. Long term use requires a taper off of the drug. Steroid use can decrease the immune system leading to increased infections. Insomnia, nervousness and a variety of other side effects are also common.

Class B Drugs

With Addiction Medicine Specialist/Doctor Approval Only

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Advair Diskus (fluticasone/salmeterol)

Pulmicort (budesonide)

Azmacort (triamcinolone)

Serevent Diskus (salmeterol)

Flovent (fluticasone)

QVAR (beclomethasone)

Particular care is required when patients are transferred from systemic corticosteroids to inhaled products due to possible adrenal insufficiency or withdrawal from steroids, including an increase in allergic symptoms. Regular use may suppress the immune system. Orally-inhaled corticosteroids may cause a reduction in growth velocity in pediatric patients. Advair and Serevent can cause central nervous system excitement.

Gastrointestinal (Constipation)

Dulcolax (bisacodyl) OTC

Senokot (senna) OTC

Ex-Lax (senna) OTC

Continued use of laxatives can lead to dependency for colon function. Use for only a short period of time.

Gastrointestinal (Nausea/Vomiting)

Compazine (prochlorperazine)

Tigan (trimethobenzamide)

Phenergan (promethazine)

Zofran (ondansetron)

These medications affect the central nervous system and can cause sedation.

Vertigo/Motion Sickness

Antivert (meclizine)

Transderm Scop (scopolamine)

Dramamine (dimenhydrinate) OTC

These medications affect the central nervous system and can cause dizziness, drowsiness or blurred vision.

Alzheimer's:

Aricept (donepezil)
Exelon (rivastigmine)

Namenda (memantine)
Razadyne (galantamine)

Analgesics (Migraine):

Amerge (naratriptan)
Axert (almotriptan)
Frova (frovatriptan)
Imitrex (sumatriptan)

Maxalt (rizatriptan)
Relpax (eletriptan)
Zomig (zolmitriptan)

Analgesics (Other):

Tylenol (acetaminophen) OTC

Anti-Convulsants (Also Mood Stabilizers):

Carbatrol (carbamazepine)
Depakote (divalproex sodium)
Dilantin (phenytoin)
Keppra (levetiracetam)
Lamictal (lamotrigine)

Neurontin (gabapentin)
Tegretol (carbamazepine)
Topamax (topiramate)
Trileptal (oxcarbazepine)
Zonegran (zonisamide)

Antihistamines (Non-sedating):

Alavert (loratadine) OTC
Allegra (fexofenadine)
Clarinet (desloratadine)

Claritin (loratadine) OTC
Zyrtec (cetirizine)

Antibiotics/Antivirals:

Amoxil (amoxicillin)
Augmentin (amoxicillin/clavulanate)
Avelox (moxifloxacin)
Bactrim (sulfamethoxazole/trimethoprim)
Biaxin (clarithromycin)
Ceclor (ceflacor)
Ceftin (cefuroxime)
Cefzil (cefprozil)
Cipro (ciprofloxacin)
Cleocin (clindamycin)
Diflucan (fluconazole)
Doryx (doxycycline)
Duricef (cefadroxil)
E-Mycin (erythromycin)
Flagyl (metronidazole)
Keflex (cephalexin)
Ketek (telithromycin)

Levaquin (levofloxacin)
Lorabid (loracarbef)
Macrobid (nitrofurantoin monohydrate/macrocrystals)
Macrochantin (nitrofurantoin macrocrystals)
Minocin (minocycline)
Omnicef (cefdinir)
Pen-Vee K (penicillin)
Relenza (zanamavir)
Sporanox (itraconazole)
Sumycin (tetracycline)
Tamiflu (oseltamavir)
Tequin (gatifloxacin)
Valtrex (valacyclovir)
Vantin (cefepodoxime)
Vibramycin (doxycycline)
Zithromax (azithromycin)
Zovirax (acyclovir)

Anti-Parkinsonians:

Mirapex (pramipexole)
Requip (ropinirole)

Sinemet (carbidopa/levodopa)

Antitussives/Expectorants:

Humibid LA (guaifenesin/potassium
guaiacolsulfonate)

Mucinex (guaifenesin) OTC
Tessalon Perles (benzonatate)

Asthma/COPD/Pulmonary:

Accolate (zafirlukast)
Atrovent (ipratropium)
Combivent (albuterol/ipratropium)
Proventil/Ventolin (albuterol)

Singulair (montelukast)
Spiriva (tiotropium)
Theo-24 (theophylline)
Xopenex (levalbuterol)

Benign Prostatic Hypertrophy (Also Cardiovascular):

Cardura (doxazosin)
Flomax (tamsulosin)

Hytrin (terazosin)
Proscar (finasteride)

Cardiovascular (Antihypertensives, Anticoagulants, Antiplatelets, Cholesterol Lowering, Diuretics):

Accupril (quinapril)
Aldactone (spironolactone)
Altace (ramipril)
Aspirin
Atacand (candesartan)
Avalide (irbesartan/hydrochlorothiazide)
Avapro (irbesartan)
Benicar (olmesartan)
Betapace (sotalol)
Bumex (bumetadine)
Calan (verapamil)
Cardizem (diltiazem)
Coreg (carvedilol)
Coumadin (warfarin)
Cozaar (losartan)
Crestor (rosuvastatin)
Demadex (torsemide)
Diovan (valsartan)
Dyazide (hydrochlorothiazide/triamterene)
Heparin
Hydrodiuril (hydrochlorothiazide)
Hyzaar (losartan/hydrochlorothiazide)
Imdur (isosorbide mononitrate)
Inderal (propranolol)

Isordil (isosorbide dinitrate)
Lanoxin (digoxin)
Lasix (furosemide)
Lipitor (atorvastatin)
Lopid (gemfibrozil)
Lopressor (metoprolol)
Lotensin (benazepril)
Lotrel (amlodipine/benazepril)
Lovenox (enoxaparin)
Monopril (fosinopril)
Niaspan (Niacin)
Nitro-Bid (nitroglycerin)
Norvasc (amlodipine)
Plavix (clopidogrel)
Pravachol (pravastatin)
Prinivil (lisinopril)
Sular (nisoldipine)
Tenormin (atenolol)
Tricor (fenofibrate)
Vasotec (enalapril)
Vytorin (ezetimibe/simvastatin)
Zestril (lisinopril)
Zetia (ezetimibe)
Zocor (simvastatin)

Diabetes Mellitus:

Actos (pioglitazone)
Amaryl (glimepiride)
Avandia (rosiglitazone)
Diabeta (glyburide)
Glucophage (metformin)
Glucotrol (glipizide)

Humalog (insulin lispro)
Humulin L,N,R,U (insulin)
Lantus (insulin glargine)
Novolin 70/30, N or R (insulin)
Novolog (insulin aspart)

Erectile Dysfunction:

Cialis (tadalafil)
Levitra (vardenafil)

Viagra (sildenafil)

Gastrointestinal (Antacids, Anti-diarrheals, Anti-Spasmodics, Anti-Ulcers, Constipation, Nausea/ Vomiting):

Aciphex (rabeprazole)
Bentyl (dicyclomine)
Colace (docusate sodium) OTC
Emetrol (phosphorylated carbohydrate) OTC
Imodium (loperamide) OTC
Kaopectate (bismuth subsalicylate) OTC
Maalox OTC
Mylanta OTC
Nexium (esomeprazole)

Pepcid (famotidine) OTC
Pepto-Bismol (bismuth subsalicylate) OTC
Prevacid (lansoprazole)
Prilosec (omeprazole) OTC
Protonix (pantoprazole)
Reglan (metoclopramide)
Simethicone OTC
Tums OTC
Zantac (ranitidine) OTC

Genitourinary:

Detrol (tolterodine)

Ditropan (oxybutinin)

Glaucoma:

Alphagan P (brimonidine)
Azopt (brinzolamide)
Cosopt (dorzolamide/timolol)
Lumigan (bimatoprost)

Timoptic (timolol)
Travatan (travoprost)
Trusopt (dorzolamide)
Xalatan (latanoprost)

Gout:

Zyloprim (allopurinol)

Nasal Sprays:

Atrovent (ipratropium)
Ayr (saline) OTC
HuMist (saline) OTC

NaSal (saline) OTC
NasalCrom (cromolyn) OTC
Ocean Spray (saline) OTC

Non-Steroidal Anti-Inflammatory Drugs:

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| Advil (ibuprofen) OTC | Mobic (meloxicam) |
| Aleve (naproxen) OTC | Motrin (ibuprofen) OTC |
| Anaprox (naproxen) | Naprosyn (naproxen) |
| Cataflam (diclofenac potassium) | Orudis (ketoprofen) |
| Daypro (oxaprozin) | Relafen (nabumetone) |
| Indocin (indomethacin) | Toradol (ketorlac) |
| Lodine (etodolac) | Voltaren (diclofenac sodium) |

COX-2 inhibitors:

Celebrex (celecoxib)

Osteoporosis (Calcium Metabolism):

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| Actonel (risedronate) | Evista (raloxifene) |
| Boniva (ibandronate) | Fosamax (alendronate) |

Psychotropics:

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| Abilify (aripiprazole) | Pamelor (nortriptyline) |
| Buspar (buspirone) | Paxil (paroxetine) |
| Celexa (citalopram) | Prozac (fluoxetine) |
| Clozaril (clozapine) | Remeron (mirtazapine) |
| Cymbalta (duloxetine) | Risperdal (risperidone) |
| Depakote (divalproex sodium) | Seroquel (quetiapine) |
| Desyrel (trazodone) | Serzone (nefazodone) |
| Effexor (venlafaxine) | Sinequan (doxepin) |
| Elavil (amitriptyline) | Sinequan (doxepin) |
| Eskalith (lithium) | Strattera (atomoxetine) |
| Geodon (ziprasidone) | Wellbutrin (bupropion) |
| Haldol (haldoperidol) | Zoloft (sertraline) |
| Lexapro (escitalopram) | Zyprexa (olanzapine) |
| Luvox (fluvoxamine) | |

Sleep Aid:

Rozerem (ramelteon)

Thyroid:

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| Armour thyroid (thyroid desiccated) | Levoxyl (levothyroxine) |
| Levothroid (levothyroxine) | Synthroid (levothyroxine) |

Alcohol-Free Products

The following is a selection of alcohol-free products grouped by therapeutic category. The list is not comprehensive. Manufacturers change product ingredients and brand names frequently. Always check product labeling for definitive information on specific ingredients. Manufacturers are listed after each product name. Please note that some of these medications, while alcohol-free, do contain compounds with addiction liability and are thus Class B medications. Such products are preceded by an asterisk (*).

Analgesics:

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| Acetaminophen Infants Drops | Ivax |
| Actamin Maximum Strength Liquid (acetaminophen) | Cypress |
| Addaprin Tablet (ibuprofen) | Dover |
| Advil Children's Suspension (ibuprofen) | Wyeth Consumer |
| Aminofen Tablet (acetaminophen) | Dover |
| Aminofen Max Tablet (acetaminophen) | Dover |
| APAP Elixir (acetaminophen) | Bio-Pharm |
| Aspirin Tablet (aspirin) | Dover |
| Genapap Children Elixir (acetaminophen) | Ivax |
| Genapap Infant's Drops (acetaminophen) | Ivax |
| Motrin Children's Suspension (ibuprofen) | McNeil Consumer |
| Motrin Infants' Suspension (ibuprofen) | McNeil Consumer |
| Silapap Children's Elixir (acetaminophen) | Silarx |
| Silapap Infant's Drops (acetaminophen) | Silarx |
| Tylenol Children's Suspension (acetaminophen) | McNeil Consumer |
| Tylenol Extra Strength Solution (acetaminophen) | McNeil Consumer |
| Tylenol Infant's Drops (acetaminophen) | McNeil Consumer |
| Tylenol Infant's Suspension (acetaminophen) | McNeil Consumer |

Anti-Asthmatic Agents:

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| Dilor-G Liquid (guaifenesin/dyphylline) | Savage |
| Elixophyllin-GG liquid (guaifenesin/theophylline) | Forest |

Anti-Convulsants:

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| Zarontin Syrup (Ethosuximide) | Pfizer |
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Antiviral Agents:

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| Epivir Oral Solution (Lamivudine) | GlaxoSmithKline |
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Cough/Cold/Allergy Preparations:

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| *Accuhist Pediatric Drops (brompheniramine/pseudoephedrine) | Propst |
| *Alka Seltzer Plus Day Cold (acetaminophen, dextromethorphan, phenylephrine) | Bayer |

Alcohol-Free Products

Cough/Cold/Allergy Preparations (cont):

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| *Alka Seltzer Plus Night Cold (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine, doxylamine) | Bayer |
| *Allergy Relief Medicine Children's Elixir (diphenhydramine) | Hi-Tech Pharmacal |
| *Andehist DM Drops (carbinoxamine/ dextromethorphan) | Cypress |
| *Andehist DM Syrup (carbinoxamine/ dextromethorphan) | Cypress |
| *Andehist DM NR Liquid (carbinoxamine/dextromethorphan/pseudoephedrine) | Cypress |
| *Andehist DM NR Syrup (carbinoxamine/dextromethorphan/pseudoephedrine) | Cypress |
| *Andehist NR Syrup (carbinoxamine/pseudoephedrine) | Cypress |
| *Bayer Alka Seltzer Plus Cold & Cough (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine) | Bayer |
| *Benadryl Allergy Solution (diphenhydramine) | Pfizer Consumer |
| *Biodec DM Drops (carbinoxamine/dextromethorphan/pseudoephedrine) | Bio-Pharm |
| *Biodec DM Syrup (carbinoxamine/dextromethorphan/pseudoephedrine) | Bio-Pharm |
| *Broncotron Liquid (pseudoephedrine) | Seyer Pharmatec |
| *Buckleys Mixture, (dextromethorphan) | Novartis |
| Carbatuss Liquid (phenylephrine/guaifenesin) | GM |
| Cepacol Sore Throat Liquid (benzocaine) | J.B. Williams |
| *Children's Benadryl Allergy, (diphenhydramine) | Pfizer |
| *Chlor-Trimeton Allergy Syrup (chlorpheniramine) | Schering Plough |
| *Codal-DM Syrup (dextromethorphan/phenylephrine/pyrilamine) | Cypress |
| *Creomulsion Complete Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan) | Summit Industries |
| *Creomulsion Cough Syrup (dextromethorphan) | Summit Industries |
| *Creomulsion For Children Syrup (dextromethorphan) | Summit Industries |
| *Creomulsion Pediatric Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan) | Summit Industries |
| *Delsym Cough Suppressant (dextromethorphan) | Cell Tech |
| *Despec Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/phenylephrine) | International Ethical |
| *Diabetic Tussin Allergy Relief Liquid (chlorpheniramine) | Healthcare Products |
| *Diabetic Tussin DM Liquid (guaifenesin/dextromethorphan) | Healthcare Products |
| *Diabetic Tussin DM Maximum Strength Liquid (guaifenesin/dextromethorphan) | Healthcare Products |
| *Diabetic Tussin DM Maximum Strength Capsule (guaifenesin/dextromethorphan) | Healthcare Products |
| Diabetic Tussin EX Liquid (guaifenesin) | Healthcare Products |
| *Diabetic Tussin Nighttime Formula Cold/Flu Relief (dextromethorphan, acetaminophen, diphenhydramine) | Healthcare Products |
| *Dimetapp Cold & Fever Children's Suspension (ibuprofen/pseudoephedrine) | Wyeth Consumer |
| *Double-Tussin DM Liquid (guaifenesin/dextromethorphan) | Reese |
| *Dynatuss Syrup (carbinoxamine/pseudoephedrine/dextromethorphan) | Breckenridge |
| *Dynatuss EX Syrup (guaifenesin/dextromethorphan/pseudoephedrine) | Breckenridge |
| *Entex Syrup (phenylephrine/guaifenesin) | Andrx |

Alcohol-Free Products

Cough/Cold/Allergy Preparations (cont):

| | |
|--|---------------------|
| *Father John's Medicine Plus Drops (chlorpheniramine/ phenylephrine/ dextromethorphan/ guaifenesin/ammonium chloride) | Oakhurst |
| *Friallergia DM Liquid (brompheniramine/pseudoephedrine/dextromethorphan) | R.I.D. |
| *Friallergia Liquid (brompheniramine/pseudoephedrine) | R.I.D. |
| *Gani-Tuss-DM NR Liquid (guaifenesin/dextromethorphan) | Cypress |
| *Genahist Elixir (diphenhydramine) | Ivax |
| *Giltuss Pediatric Liquid (guaifenesin/dextromethorphan/pseudoephedrine) | Gil |
| *Giltuss Liquid (guaifenesin/dextromethorphan/pseudoephedrine) | Gil |
| *Guaicon DMS Liquid (guaifenesin/dextromethorphan) | Textilease Medique |
| *Guai-Dex Liquid (guaifenesin/dextromethorphan) | Alphagen |
| *Guaifed Syrup (phenylephrine/pseudoephedrine/guaifenesin) | Muro |
| *Hayfebrol Liquid (chlorpheniramine/pseudoephedrine) | Scot-Tussin |
| *Histex Liquid (chlorpheniramine/pseudoephedrine) | TEAMM |
| Histex PD Drops (carbinoxamine) | TEAMM |
| Histex PD Liquid (carbinoxamine) | TEAMM |
| *Hydramine Elixir(diphenhydramine) | Ivax |
| *Hydro-Tussin DM Elixir (guaifenesin/dextromethorphan) | |
| *Kita La Tos Liquid (guaifenesin/dextromethorphan) | R.I.D. |
| *Lodrane Liquid (brompheniramine/pseudoephedrine) | ECR |
| *Medi-Brom Elixir (brompheniramine/pseudoephedrine/dextromethorphan) | Medicine Shoppe |
| *Motrin Cold Children's Suspension (ibuprofen/pseudoephedrine) | McNeil Consumer |
| *Nalex-A Liquid (chlorpheniramine/phenylephrine) | Blansett Pharmacal |
| *Nalspan Senior DX Liquid (guaifenesin/dextromethorphan) | Morton Grove |
| *Neotuss-D Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin) | A.G. Marin |
| *Norel DM Liquid (chlorpheniramine/phenylephrine/ dextromethorphan) | U.S. Pharmaceutical |
| Orgadin Liquid (guaifenesin) | American Generics |
| Organidin NR Liquid (guaifenesin) | Wallace |
| *Palgic-DS Syrup (carbinoxamine/pseudoephedrine) | Pamlab |
| *Panmist DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine) | Pamlab |
| *Panmist-S Syrup (guaifenesin/pseudoephedrine) | Pamlab |
| *PediaCare Cold + Allergy Children's Liquid (chlorpheniramine/pseudoephedrine) | Pharmacia |
| *PediaCare Cough + Cold Children's Liquid (chlorpheniramine/ pseudoephedrine/ dextromethorphan) | Pharmacia |
| *PediaCare Nightrest Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan) | Pharmacia |
| *Pediahist DM Syrup (brompheniramine/pseudoephedrine/dextromethorphan/guaifenesin) | Boca |
| *Pedia-Relief Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan) | Major |
| Pediatex Liquid (carbinoxamine) | Zyber |
| *Pediatex-D Liquid (carbinoxamine/pseudoephedrine) | Zyber |
| Phanasin Syrup (guaifenesin) | Pharmakon |

Alcohol-Free Products

Cough/Cold/Allergy Preparations (cont):

| | |
|---|------------------------|
| Phanatuss Syrup (guaifenesin) | Pharmakon |
| *Phena-S Liquid (chlorpheniramine/phenylephrine) | GM |
| *Poly-Tussin DM Syrup (chlorpheniramine/phenylephrine/dextromethorphan) | Poly |
| *Primsol Solution(trimethoprim) | Medicis |
| *Prolex DM Liquid (guaifenesin/dextromethorphan) | Blansett Pharmacal |
| *Quintex Syrup (phenylephrine/guaifenesin) | Qualitest |
| *Robitussin Cough & Congestion Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/acetaminophen) | Wyeth Consumer |
| *Robitussin Cough & Cold Nighttime (chlorpheniramine, dextromethorphan, phenylephrine) | Wyeth |
| *Robitussin Cough & Allergy (chlorpheniramine, dextromethorphan, phenylephrine) | Wyeth |
| *Robitussin Cough & Cold CF (dextromethorphan, guaifenesin, phenylephrine) | Wyeth |
| *Robitussin Cold & Flu Nighttime (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine) | Wyeth |
| *Robitussin DM Liquid (guaifenesin/dextromethorphan) | Wyeth Consumer |
| *Robitussin PE Syrup (pseudoephedrine/guaifenesin) | Wyeth Consumer |
| *Robitussin Pediatric Drops (guaifenesin/dextromethorphan/pseudoephedrine) | Wyeth Consumer |
| *Robitussin Pediatric Night Relief Liquid (chlorpheniramine/dextromethorphan/pseudoephedrine) | Wyeth Consumer |
| *Scot-Tussin Allergy Relief Formula Liquid (diphenhydramine) | Scot-Tussin |
| *Scot-Tussin DM Liquid (chlorpheniramine/dextromethorphan/guaifenesin) | Scot-Tussin |
| *Scot-Tussin Expectorant Liquid (guaifenesin) | Scot-Tussin |
| *Scot-Tussin Original Syrup (phenylephrine) | Scot-Tussin |
| *Scot-Tussin Senior Liquid (guaifenesin/dextromethorphan) | Scot-Tussin |
| *Sildec Liquid (brompheniramine/pseudoephedrine/carbinoxamine) | Silarx |
| *Sildec Syrup (brompheniramine/pseudoephedrine/carbinoxamine) | Silarx |
| *Sildec-DM Drops (brompheniramine/pseudoephedrine/carbinoxamine/dextromethorphan) | Silarx |
| *Sildec-DM Syrup (brompheniramine/pseudoephedrine/ carbinoxamine/dextromethorphan) | Silarx |
| Siltussin DAS Liquid (guaifenesin) | Silarx |
| *Siltussin DM Syrup (guaifenesin/dextromethorphan) | Silarx |
| *Siltussin DM DAS Cough Formula Syrup (guaifenesin/dextromethorphan) | Silarx |
| Siltussin SA Syrup (guaifenesin) | Silarx |
| *Simply Cough Liquid (dextromethorphan) | McNeil Consumer |
| *Sudatuss DM Syrup (chlorpheniramine/dextromethorphan/pseudoephedrine) | Pharmaceutical Generic |
| *Tussafed Syrup (chlorpheniramine/carbinoxamine/ pseudoephedrine/dextromethorphan) | Everett |
| *Tussafed-EX Syrup (pseudoephedrine/dextromethorphan/guaifenesin) | Everett |
| *Tuss-DM Liquid (chlorpheniramine/phenylephrine/guaifenesin/dextromethorphan) | Seatrace |
| *Tussi-Organidin DM NR Liquid (guaifenesin/dextromethorphan) | Wallace |
| *Tussi-Pres Liquid (guaifenesin/dextromethorphan/pseudoephedrine) | Kramer-Novis |

Alcohol-Free Products

Cough/Cold/Allergy Preparations (cont):

| | |
|---|------------------|
| *Tylenol Cold Children's Liquid (chlorpheniramine/pseudoephedrine/acetaminophen) | McNeil Consumer |
| *Tylenol Cold Infants' Drops (acetaminophen/pseudoephedrine) | McNeil Consumer |
| *Tylenol Flu Children's Suspension (chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen) | McNeil Consumer |
| *Tylenol Flu Night Time Max Strength Liquid (acetaminophen/ doxylamine/ diphenhydramine/pseudoephedrine/dextromethorphan) | McNeil Consumer |
| *Tylenol Sinus Children's Liquid (acetaminophen/pseudoephedrine) | McNeil Consumer |
| *Vicks Dayquil Multi-symptom cold/flu relief (acetaminophen, dextromethorphan, phenylephrine) | Procter & Gamble |
| *Vicks 44E Pediatric Liquid (guaifenesin/dextromethorphan) | Procter & Gamble |
| *Vicks 44M Pediatric Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan) | Procter & Gamble |
| *Z-Cof DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine) | Zyber |

Ear/Nose/Throat Products:

| | |
|---|-----------------|
| 4-Way Saline Moisturizing Mist Spray | Bristol-Myers |
| Ayr Baby Saline Spray | Ascher, B.F. |
| Bucalcide Solution (benzocaine) | Seyer Pharmatec |
| Bucalcide Spray (benzocaine) | Seyer Pharmatec |
| Bucalsep Solution (benzocaine) | Gil |
| Bucalsep Spray (benzocaine) | Gil |
| Cepacol Sore Throat Liquid (benzocaine) | Combe |
| Gly-oxide Liquid (carbamide peroxide) | GlaxoSmithKline |
| Consumer Orasept Mouthwash/Gargle Liquid (benzocaine) | Pharmakon Labs |
| Zilactin Baby Extra Strength Gel (benzocaine) | Zila Consumer |

Gastrointestinal Agents

| | |
|------------------------------------|----------------|
| Imogen Liquid (loperamide) | Pharmaceutical |
| Kaopectate (bismuth subsalicylate) | Ethex |

Generic

| | |
|---|-----------|
| Kaopectate Suspension (bismuth subsalicylate) | Pharmacia |
|---|-----------|

Consumer

| | |
|---------------------------------|----------|
| Liqui-Doss Liquid (mineral oil) | Ferndale |
|---------------------------------|----------|

Hematinics

| | |
|----------------------|--------|
| Irofol Liquid (iron) | Dayton |
|----------------------|--------|

Alcohol-Free Products

Miscellaneous

Cytra-2 Solution (sodium citrate salts)
Cytra-K Solution (sodium citrate salts)
Emetrol Solution (phosphorated carbohydrate)

Cypress
Cypress
Pharmacia Consumer

Psychotropics

***Thorazine Syrup** (chlorpromazine)

GlaxoSmithKline

Topical Products

Aloe Vesta 2-N-1 Antifungal Ointment (miconazole)
Fleet Pain Relief Pads (pramoxine)
Neutrogena Acne Wash Liquid
Neutrogena Antiseptic Liquid
Neutrogena Clear Pore Gel
Neutrogena T/Derm Liquid
Neutrogena Toner Liquid
Podiclens Spray (benzalkonium chloride)
Sea Breeze Foaming Face Wash Gel

Convatec
Fleet
Neutrogena
Neutrogena
Neutrogena
Neutrogena
Neutrogena
Woodward
Clairol

Vitamins/Minerals/Supplements

Apetigen Elixir (vitamins A & E/multivitamin)
Genesupp-500 Liquid (multivitamin)
Genect Plus Liquid (multivitamin/iron)
Multi-Delyn w/Iron Liquid (multivitamin/iron)
Poly-Vi-Sol Drops (multivitamin)
Poly-Vi-Sol w/Iron Drops (multivitamin/iron)
Strovite Forte Syrup (multivitamin/iron/folic acid)
Supervite Liquid (multivitamin/B complex/folic acid/multivitamin)
Suplevit Liquid (multivitamin/iron)
Tri-Vi-Sol Drops (multivitamin)
Tri-Vi-Sol w/Iron Drops (multivitamin/iron)
Vitafol Syrup (multivitamin/iron/folic acid/vitamin E/calcium salts)

Pharmaceutical Generic
Pharmaceutical Generic
Pharmaceutical Generic
Silarx
Mead Johnson
Mead Johnson
Everett
Seyer Pharmatec
Gil
Mead Johnson
Mead Johnson
Everett

Incidental Exposure Index

New markers for alcohol use, ethylglucuronide (EtG), ethylsulfate (EtS) and others, have added tremendous value to routine drug testing by their capacity to better document abstinence (allowing for more authoritative advocacy) and sensitively to detect early relapse (allowing for earlier assistance). Since these new markers are highly sensitive, it's important that individuals being tested try to avoid exposure to products containing alcohol that might cause positive tests. This issue is identical to that of avoiding poppy seeds to avoid a positive test for morphine. However, there are many more products containing alcohol. ***Please note that this list is not exhaustive, therefore it is recommended that patients check labels or with manufacturers before using.***

Possible Sources of Incidental Exposure

Foods

Foods can contain trace amounts or large quantities of alcohol. Avoid desserts and other foods cooked with or containing alcoholic beverages such as vodka, sherry, wine, etc. Also avoid foods containing significant amounts of vanilla extract (especially if added to drinks), wine vinegar, soy sauces and other condiments with alcohol content on their labels.

Hygiene Products

Many hygiene related products, such as mouthwashes, contain alcohol and should be avoided. For a comprehensive list of hygiene products that contain alcohol, please read the *Alcohol-Containing Products Table* on the following pages.

Over-the-Counter Medications

Over-the-counter medications, such as cough syrup and tinctures, contain alcohol and should be avoided. Please review the *Over-the-Counter Medications Alcohol Content Table* on the following pages for a more detailed breakdown of OTCs that contain alcohol.

Prescription Medications

Many prescription medications, including asthma inhalers, contain alcohol or ethanol. Always ask your health care provider prior to taking any prescription medications.

Other Sources of Alcohol

Alcohol can be found in many common products including communion wine and “alcohol-free” beer and wine. Recovering patients should also avoid products like hand sanitizers, deodorant sprays, cosmetics and insecticides that contain ethanol vapor and can be inhaled or absorbed through skin application.

Incidental Exposure Index

Alcohol-Containing Products Table

Alcohol-Containing Products Table

The following is a list of products and their alcohol contents. Not all of these would actually be likely to be sources of incidental exposure and some would result in very toxic effects if there was much exposure (i.e. Clorox).

| <i>Product</i> | <i>Alcohol %</i> |
|--|------------------|
| ABIN Primer & Sealer | 35 |
| Afta After Shave Skin Conditioner 3 OZ. | 5-15 |
| Afta Pre-Electric Shave Lotions | 50-60 |
| Ajax Antibacterial Dishwashing Liquid 19 OZ. | 5-10 |
| Ajax Dishwashing Liquid Antibacterial Hand Soap 38 OZ. | 1-5 |
| Aqua Mix Laminate Plus | <9 |
| Aqua Mix Tile Plus More Cleaner-10/31/2000 | <9 |
| Ariel Liquid Laundry Detergent | 1-5 |
| Armor All Odor Eliminator | 3-7 |
| Armor All Odor Eliminator-01/01/2001 | 1-10 |
| Arrid Total Gel-All Scents | 7-12 |
| Avon Black Suede After Shave | 60-98 |
| Avon Black Suede Cologne Spray | 60-98 |
| Avon Clearskin Targeted Blemish Remover | 9.995 |
| Avon Dreamlife Eau de Parfum Spray | 60-98 |
| Avon Far Away Sensual Embrace Eau de Parfum Spray | 60-98 |
| Avon Ginger Scents Spray Ginger Fresh Body Mist | 60-98 |
| Avon Haiku Eau de Parfum Spray | 60-98 |
| Avon Imari Eau de Cologne Spray | 60-98 |
| Avon Intrigue Cologne Spray | 60-98 |
| Avon Lil Hugs Gentle Splash | 60-98 |
| Avon Little Black Dress Eau de Parfum Spray | 60-98 |
| Avon Memorable Eau de Parfum Spray | 60-98 |
| Avon Mesmerize for Men Cologne Spray | 60-98 |
| Avon Midnight Frost Fragrance Spray | 60-98 |
| Avon Moisture Effective Eye Makeup Remover Lotion | 60-98 |
| Avon MUSK FOR BOYS | 60-98 |
| Avon NAIL EXPERTS Strong Results | 21.74 |
| Avon NATURALS Body Spray, Almond | 60-98 |
| Avon NATURALS Body Spray, Cucumber Melon | 60-98 |
| Avon NATURALS Body Spray, Gardenia | 60-98 |
| Avon NATURALS Body Spray, Lily | 60-98 |
| Avon NATURALS Body Spray, Peach | 60-98 |
| Avon NATURALS Body Spray, Plumeria | 60-98 |
| Avon NATURALS Body Spray, Raspberry | 60-98 |

Incidental Exposure Index

Alcohol-Containing Products Table

| <i>Product</i> | <i>Alcohol %</i> |
|---|-------------------------|
| Avon NATURALS Body Spray, Sea | 60-98 |
| Avon NATURALS Body Spray, Vanilla | 60-98 |
| Avon Night Evening Magic Cologne Spray | 60-98 |
| Avon Passion Dance for Men | 60-98 |
| Avon Passion Dance for Women | 60-98 |
| Avon Perceive Eau de Parfum Spray for Women | 60-98 |
| Avon Perceive For Men Cologne Spray | 60-98 |
| Avon Pink Suede Eau de Toilette Spray | 60-98 |
| Avon Planet Spa White Tea Energizing Face and Body Mist | 60-98 |
| Avon Prospect Eau de Toilette Spray | 60-98 |
| Avon Radiant Moments Body Spray | 60-98 |
| Avon RARE GOLD Eau de Parfum Spray | 60-98 |
| Avon RARE PEARLS Eau de Parfum Spray | 60-98 |
| Avon Simply Radiant Shimmering Body Spray | 60-98 |
| Avon Vintage Cologne Spray | 60-98 |
| Avon WILD COUNTRY After Shave | 60-98 |
| Avon WILD COUNTRY Cologne Spray | 60-98 |
| Avon Wild Country Outback After Shave Lotion | 60-98 |
| Avon Wild Country Outback Eau De Toilette Spray | 60-98 |
| Bath & Body Instant Anti-Bacterial Hand Gel-Freesia | 60 |
| Bay Rum After Shave Balm | 30 |
| Bold Liquid Laundry Detergent | 1-5 |
| Bravo Platinum Series Metered Air Freshener | 15-25 |
| Bulls Eye Clear Shellac | 55 |
| Cascade Crystal Clear Plus Shine Shield Rinse Agent 8.45 fl oz | 3-7 |
| Cheer Liquid Laundry Detergent | 1-5 |
| Clorox Dual Action Toilet Bowl Cleaner 1 Pt. 9 Fl. Oz. (Chambered Bottle) | 1-5 |
| Clorox Spring Mist Disinfecting Spray-Floral Fresh 18 Oz. (aerosol) | 60-80 |
| Cutter All Family Insect Repellent 2 Aerosol | 35 |
| Cutter All Family Insect Repellent Mosquito Repellent Pump Spray | 39 |
| Cutter Insect Repellent | 17 |
| Cutter Skinsations Insect Repellent 1, Aloe & Vitamin E, Clean Fresh Scent | 50 |
| Cutter Unscented Backwoods Insect Repellent, Water-Resistant Sport Formula, Aerosol | 35 |
| Cutter Unscented Backwoods Mosquito Wipes | 29 |
| Cutter Unscented Insect Repellent | 37 |
| Cutter Unscented Outdoorsman Insect Repellent II Pump Spray | 44 |
| Cutter Unscented Outdoorsman Insect Repellent, Water-Resistant Sport Formula, Aerosol | 20 |

Incidental Exposure Index

Alcohol-Containing Products Table

| <i>Product</i> | <i>Alcohol %</i> |
|--|-------------------------|
| DAP Easy Bond Adhesive | 1.0-5.0 |
| Dawn Manual Pot and Pan Detergent | 5-10 |
| Dawn Manual Pot and Pan Detergent (Professional Line) | 5-10 |
| Deep Woods OFF! | 50-60 |
| Deep Woods Off! Pump Spray | 30-40 |
| Dermassage Dishwashing Hand Liquid - Regular | 1-5 |
| Downy Advanced w/Wrinkle Control Fabric Softener (Clean Breeze, Mountain Spring) | 1-5 |
| Downy Enhancer | 1-5 |
| Downy Enhancer (Invigorating Burst and Calming Mist) | 1-5 |
| Downy Premium Care | 1-5 |
| Dreft Liquid Laundry Detergent | 1-5 |
| Easy Off Heat Activated Microwave Wipes | 5-10 |
| Era Liquid Laundry Detergent | 1-5 |
| Fab Color Plus Ultra Power | 1-5 |
| Farnam Cologne & Deodorant for Pets | 20 |
| Febreze Air Effects 9.7 oz Blossoms and Breeze | 3-7 |
| Febreze Air Effects 9.7 oz Citrus and Light | 3-7 |
| Febreze Air Effects 9.7 oz Spring and Renewal | 3-7 |
| Febreze Concentrated Fabric Refresher | 12-17 |
| Febreze Fabric Refresher | 1-5 |
| Fire Up II Firestarter | <85 |
| Gain Liquid Laundry Detergent | 1-5 |
| Giant Auto Dish Detergent 75 OZ BOX | 1-5 |
| Giant Pure Power Auto Dish Detergent Lemon 45 OZ BOX | 1-5 |
| Glade Fragrant Mist Country Garden | 7-13 |
| Glass Mates | 4.0-6.0 |
| Glass Mates-05/16/2000 | 4.0-6.0 |
| HOUSE SAVER Pet Stain & Odor Remover | 20 |
| Invisible Shield Surface Protectant-04/11/2002 | 78 |
| Ivory Snow Liquid Laundry Detergent | 1-5 |
| KimCare Instant Hand Sanitizer | 60 |
| Lady Speed Stick Clear Antiperspirant Deodorant Gel | 15-20 |
| Listerine Antiseptic Mouthwash | 26.9 |
| Listerine Cool Mint Antiseptic Mouthwash | 23 |
| Listerine Fresh Burst Antiseptic Mouthwash | 23 |
| Listermint Mouthwash | <10 |
| Loctite Crafter's All Purpose Adhesive | 3-5 |

Incidental Exposure Index

Alcohol-Containing Products Table

| <i>Product</i> | <i>Alcohol %</i> |
|---|------------------|
| Loctite Fabric Glue | 3-5 |
| Loctite Outdoor Fixture Adhesive | 1-5 |
| LOreal Pumping Curls for Curly Hair | 41 |
| Lysol Brand Antibacterial Hand Gel | 63 |
| Lysol Brand Disinfectant Spray, Antibacterial, Original Scent | 79.0 |
| Lysol Brand II Disinfectant Plus Fabric Refresher 12 oz | 85 |
| Lysol Brand II Disinfectant Spray-Country Scent (aerosol) | 79 |
| Lysol Brand Sanitizing Wipes-Citrus Scent | 8-10 |
| Lysol Brand Sanitizing Wipes-Spring Waterfall 52 oz | 8-10 |
| Lysol Brand Scrubbing Wipes-Orange Breeze Scent | 8-12 |
| Martin Weber Blue Label Fixatif Spray | 60-70 |
| Martin Weber Cleaning Solution | 31 |
| Mr Muscle Pot & Pan Detergent | 3-7 |
| Nair Hair Remover Kit, Cold Wax Strips Pretreatment Towelette | 5-20 |
| New-Skin Liquid Bandage | 5 |
| Nilodor Air Freshener-Floral | 0.5-3.5 |
| Nilodor Carpet Care Deodorizing Spot/Stain Remover | 2-6 |
| Nilodor Deodorizing Carpet Extractor | 2-6 |
| Nilodor Odor Neutralizer | 0.5-3.5 |
| Nilotex Carpet Care | 2-6 |
| Off Skintastic Insect Repellent for Kids | >90 |
| Off! Deep Woods for Sportsmen Insect Repellent IV, Aerosol | 50-60 |
| Off! Deep Woods Insect Repellent V Spray, Unscented | 50-60 |
| Off! Skintastic IV | 90-95 |
| Old English Furniture Wipes | 4-8 |
| Oust Air Sanitizer, Outdoor Scent | 60-70 |
| Oust Bathroom Citrus Scent Fan .40 oz. | 40-60 |
| Oust Bathroom Outdoor Scent Fan | 40-60 |
| Palmolive Original Hand Dishwashing Liquid | 4.3 |
| Paul Mitchell Freeze & Shine Super Spray | >60 |
| Paul Mitchell Freeze & Shine Super Spray (New) | <60 |
| Paul Mitchell Soft Sculpting Spray Gel | <20 |
| Pine Power Disinfectant Cleaner | <5.0 |
| Purell Instant Hand Sanitizer | 62 |
| Purell Instant Hand Sanitizer Dry Hands Formula | 62 |
| Purell Instant Hand Sanitizer Packets | 62 |
| Purell Instant Hand Sanitizer with Aloe, Moisturizers & Vitamin E | 62 |
| Purell Instant Hand Sanitizer, Original | 62 |

Incidental Exposure Index

Alcohol-Containing Products Table

| <i>Product</i> | <i>Alcohol %</i> |
|--|------------------|
| Purell Kids Own Berry Blast | 62 |
| Radio Shack 951 Low Residue Soldering Paste Flux | 73 |
| Radio Shack Cleaner/Degreaser | 27 |
| Radio Shack Professional Tape Head Cleaner | 15-20 |
| Rain X Marine Windshield Treatment | 70-95 |
| Rain X The Invisible Windshield Wiper | 86 |
| Rain-X Anti-Fog | 70-99 |
| Rain-X Windshield Wax | 70-95 |
| Repel Hunters' Insect Repellent with Earth Scent, 55 Percent DEET | <45 |
| Repel Insect Repellent Family Formula Spray Pump, 23 Percent DEET | 44 |
| Repel Insect Repellent Scented Family Formula Aerosol, 23 Percent DEET | 48.3 |
| Repel Insect Repellent Sportsmen Formula Spray Pump, 25 Percent DEET | 55 |
| Repel Insect Repellent Sportsmen Max Formula, 40 Percent DEET | 43.7 |
| Repel Lemon Eucalyptus Insect Repellent Lotion | <10 |
| Repel Lemon Eucalyptus Insect Repellent Spray Lotion | <10 |
| Soft Soap Hand Sanitizer - Gel | 60-65 |
| Spic and Span 10X Concentrate Disinfecting All Purpose Spray | 12-25 |
| Spic and Span Floor and Multi Surface Cleaner | 0-5 |
| Spray N Wash Laundry Stain Remover | 2-3 |
| Static Guard | 70-72 |
| Survivor Lemon Eucalyptus Insect Repellent Lotion | <10 |
| TEN O SIX Medicated Deep Pore Cleanser | <15 |
| Time Mist Air Freshener W/Odor Counteractant | 15-25 |
| Ultra Downy Liquid Fabric Softener | 1-5 |
| Valspar One & Only Interior/Exterior Multi Purpose Flat Black Finish | 5-10 |
| Valspar One & Only Multi Purpose Gloss Enamel, Almond | 5-10 |
| Valspar One & Only Multi Purpose Gray Metal Primer | 5-10 |
| Viadent Advanced Care Rinse | 5-10 |
| Wet Ones Antibacterial Moist Towelettes, Citrus | 9.6 |
| Wet Ones Antibacterial Moist Towelettes, Travel Pack, Citrus | 9.6 |
| Wet Ones Antibacterial Portable Washcloths, Ultra | 0-9.6 |
| Wet Ones Kids Antibacterial Wipes, Wild Watermelon & Ballistic Berry | 0-9.6 |
| Wet Ones Moist Towelettes with Aloe, Travel Pac | 0-10.5 |
| Wet Ones Moist Towelettes with Vitamin E & Aloe | 0-10.5 |
| Wet Ones Portable Washcloths with Vitamin E & Aloe, Ultra | 0-10.5 |
| Wet Ones Ultra Portable Antibacterial Wash Cloths | 9.6 |
| Wet Ones, Antibacterial Moist Towelettes, Thick Cloths | 9.6 |
| Zep Tile and Terrazzo Cleaner | 5-15 |

Incidental Exposure Index

Over-the-Counter Medications Alcohol Content Table

Over-the-Counter Medications Alcohol Content Table

| <i>Item</i> | <i>Use</i> | <i>Manufacturer</i> | <i>Alcohol %</i> |
|------------------------------|---|---------------------|------------------|
| Ambenyl | cough suppressant | Forest | 5 |
| Ambenyl-D | expectorant, nasal decongestant, cough suppressant | Forest | 9.5 |
| Anesol | oral antiseptic, anesthetic | Whitehall | 70 |
| AsbronG Elixir | anti-asthmatic | Sandoz | 15 |
| Bayer children's Cough Syrup | cough suppressant, nasal decongestant | Glenbrook | 5 |
| Benadryl Decongestant Elixir | antihistamine | Parke-Davis | 5 |
| Benadryl Elixir | antihistamine | Parke-Davis | 14 |
| Benylin Cough Syrup | cough suppressant | Parke-Davis | 5 |
| Benylin DM | cough suppressant | Parke-Davis | 5 |
| Bronkolixir | bronchodilator, decongestant | Winthrop | 19 |
| Cepacol/Cepacol Mint | mouthwash, gargle | Lakeside | 14.5 |
| Ce-Vi-Sol | vitamin C drops (infant) | Mead-Johnson | 5 |
| Cheracol D | cough suppressant, decongestant | Upjohn | 4.75 |
| Cheracol Plus | cough suppressant, decongestant | Upjohn | 8 |
| Chlor-Trimeton Allergy Syrup | antihistamine | Schering | 7 |
| Choedyl Elixir | bronchodilator | Parke-Davis | 20 |
| Colace Syrup | laxative | Mead-Johnson | 1 |
| Colgate Mouthwash | mouthwash/gargle | Colgate-Palmolive | 15.3 |
| CONTAC Nighttime | antihistamine, analgesic, cough suppressant, decongestant | SmithKline | 25 |
| Dilaudid Cough Syrup | cough suppressant, analgesic | Knoll | 5 |
| Dimetane Elixir | antihistamine | A. H. Robins | 3 |
| Dimetane Decongestant Elixir | antihistamine, decongestant | A. H. Robins | 2.3 |
| Dimetapp Elixir | decongestant, antihistamine | A. H. Robins | 2.3 |
| Diural Oral Suspension | diuretic, antihypertensive | Merck Sharp & Dohme | 0.5 |
| Donnatal Elixir | anti-spasmodic | A. H. Robins | 23 |
| Elixophyllin-K1 Elixir | anti-asthmatic | Forest | 10 |
| Feosol Elixir | iron supplement | SmithKline | 5 |
| Fergon Elixir | iron supplement | Winthrop | 7 |
| Geriplex-FS | vitamins (geriatric) | Parke-Davis | 18 |
| Geritol Liquid | vitamins | Beecham | 12 |
| Geritonic Liquid | vitamins | Geriatric | 20 |
| Gevrabon | vitamins | Lederle | 18 |
| Hycotuss | expectorant | DuPont | 10 |
| I.L.XB12 Elixir | iron supplement | Kenwood | 8 |
| Iberet Liquid | vitamins | Abbott | 1 |

Incidental Exposure Index

Over-the-Counter Medications Alcohol Content Table

| <i>Item</i> | <i>Use</i> | <i>Manufacturer</i> | <i>Alcohol %</i> |
|-------------------------------|--|---------------------|------------------|
| Imodium A-D | anti-diarrheal | McNeil | 5.25 |
| Incremin | vitamins | Lederle | 0.75 |
| Indocin Oral Suspension | analgesic | Merck Sharp & Dohme | 1 |
| Kaochlor S-F | potassium supplement | Adria | 5 |
| Kaon-CL 20% | potassium/chloride supplement | Adria | 5 |
| Kaon Elixir | potassium supplement | Adria | 5 |
| Kay Ciel Oral Solution | potassium supplement | Forest | 4 |
| Klorvess 10% Liquid | potassium/chloride supplement | Sandoz | 0.75 |
| Lanoxin Elixir Pediatric | cardiac medication | Burroughfs Wellcome | 10 |
| Lasix Oral Solution | diuretic | Hoechst-roussel | 11.5 |
| Listerine Antiseptic | mouthwash/gargle | Warner-Lambert | 26.9 |
| Lomotil Liquid | anti-diarrheal | G. D. Searle & Co. | 15 |
| Lufyllin Elixir | bronchodilator | Wallace | 20 |
| Marax-DF Syrup | bronchodilator | Roerig | 5 |
| May-Vita Elixir | vitamins | Mayrand, Inc. | 13 |
| Mediatric Liquid | estrogen replacement | Wyeth-Ayerst | 15 |
| Mellaril Oral Solution | antipsychotic | Sandoz | 3-4.2 |
| Mestinon Syrup | treatment of myasthenia ravis | Roche | 5 |
| Naldecon DX Pediatric Drops | decongestant | Bristol | 0.6 |
| Nicotinex | niacin supplement | Fleming & Co. | 14 |
| Niferex Elixir | iron supplement | Center Labs | 10 |
| Novahistine Elixir | antihistamine, decongestant | Lakeside | 5 |
| Novahistine Expectorant | cough suppressant, decongestant, expectorant | Lakeside | 7.5 |
| Nucofed Expectorant | cough suppressant, decongestant, expectorant | Beecham | 12.5 |
| Nucofed Pediatric Expectorant | cough suppressant, expectorant, decongestant | Beecham | 6 |
| Nu-Iron Elixir | iron supplements | Mayrand, Inc. | 10 |
| Nystex Oral Suspension | antifungal antibiotic | Savage | 1 |
| Organidin Elixir | expectorant | Wallace | 21.75 |
| PBZ Elixir | antihistamine | Geigy | 12 |
| Pamelor Oral Solution | anti-depressant | Sandoz | 3-5 |
| Peri Colace Syrup | laxative | Mead-Johnson | 10 |
| Permitil Oral Concentrate | anti-psychotic | Schering | 1 |
| Phenergan Syrup Plain | antihistamine | Wyeth-Ayerst | 7 |
| Phenergan Syrup Fortis | antihistamine | Wyeth-Ayerst | 1.5 |
| Phenobarbital Elixir | sedative | Rosane | 13.5 |
| Polaramine Syrup | antihistamine | Schering | 6 |

Incidental Exposure Index

Over-the-Counter Medications Alcohol Content Table

| <i>Item</i> | <i>Use</i> | <i>Manufacturer</i> | <i>Alcohol %</i> |
|------------------------------------|---|----------------------|------------------|
| Poly-Histine Elixir | cough suppressant | Bock | 4 |
| Prolixin Elixir | anti-psychotic | Princeton | 14 |
| Quelidrine Syrup | cough suppressant | Abbott | 2 |
| Robitussin | expectorant | A. H. Robins | 3.5 |
| Robitussin A-C | cough suppressant, expectorant | A. H. Robins | 3.5 |
| Robitussin CF | cough suppressant, decongestant, expectorant | A.H. Robins | 3.5 |
| Robitussin DAC | expectorant, decongestant, cough suppressant | A. H. Robins | 1.9 |
| Robitussin Night Relief | analgesic, cough suppressant, decongestant | A. H. Robbins | 25 |
| Robitussin PE | decongestant, expectorant | A. H. Robbins | 1.4 |
| Sandimmune | immunosuppressant | Sandoz | 12.5 |
| Scot-Tussin Sugar-Free Expectorant | expectorant | Scott-Tussin | 3.5 |
| Sominex Liquid | sleep aid | Beecham | 10 |
| Sudafed Cough Syrup | decongestant | Burroughs Wellcome | 2.4 |
| Tacaryl Syrup | antihistamine | Westwood | 7.37 |
| Tagamet Liquid | ulcer medication | Smith Kline & French | 2.8 |
| Tavist Syrup | antihistamine | Sandoz | 5.5 |
| Theo-Organidin Elixir | bronchodilator, expectorant | Wallace | 15 |
| Triaminic Expectorant | expectorant, decongestant | Sandoz | 5.5 |
| Tussar-2 | cough suppressant | Rorer | 5 |
| Tussar SF | cough suppressant | Rorer | 12 |
| Tussend | cough suppressant | Lakeside | 5 |
| Tussend Expectorant | cough suppressant, decongestant, expectorant | Lakeside | 12.5 |
| Tylenol Adult Liquid Pain Reliever | analgesic | McNeil | 7 |
| Tylenol Cold Medication Liquid | analgesic, decongestant, cough suppressant, antihistamine | McNeil | 7 |
| Tylenol with Codeine Elixir | analgesic | McNeil | 7 |
| Vicks Daycare Liquid | decongestant, analgesic, expectorant, cough suppressant | Richardson-Vicks | 10 |
| Vicks Formula 44 | cough suppressant, antihistamine | Richardson-Vicks | 10 |
| Vicks Formula 44D | cough suppressant, decongestant | Richardson-Vicks | 10 |
| Vicks Formula 44M | cough suppressant, decongestant, analgesic | Richardson-Vicks | 20 |
| Vicks Nyquil | decongestant, cough suppressant, antihistamine, analgesic | Richardson-Vicks | 25 |

Products Containing Alcohol

Please note: Some prescription nasal sprays used for allergic rhinitis and some other forms of nasal/sinus congestion contain alcohol. Alcohol-containing nasal sprays that should be avoided by recovering persons, especially those taking Antabuse, include Flonase and Nasonex nasal sprays. The majority of mouthwashes contain alcohol also. These should all be avoided.

5% Alcohol (10-Proof)

Diphenhydramine Elixir

Benylin Cough Syrup

Cheracol-D Cough Syrup (guaifenesin/dextromethorphan)

Dihstine DH Elixir
(chlorpheniramine/pseudoephedrine/codeine)

Dilaudid Cough Syrup (hydromorphone)

Dramamine Liquid (dimenhydrinate)

Feosol (iron) Elixir

Imodium A-D (loperamide)

Kaon Liquid (potassium)

Kay Ciel Liquid (potassium)

Guiatuss AC Syrup (guaifenesin/codeine)

Phenergan VC Syrup (promethazine/phenylephrine)

Tussend Syrup
(guaifenesin/chlorpheniramine/pseudoephedrine/hydrocodone)

Tylenol Extra Strength Liquid

Tylenol with Codeine Elixir

Vicks 44 D (dextromethorphan/pseudoephedrine)

Vicks 44 E (guaifenesin/dextromethorphan)

10% Alcohol (20-Proof)

Excedrin PM Liquid
(acetaminophen/diphenhydramine)

Geritol Tonic Liquid (multivitamin)

Hycotuss Expectorant Syrup
(hydrocodone/guaifenesin)

Niferex Elixir (iron)

Nucofed Expectorant Syrup
(guaifenesin/pseudoephedrine/codeine)

Nu-Iron Elixir (iron)

Vicks Nyquil
(doxylamine/pseudoephedrine/dextromethorphan/acetaminophen)

Vicks Formula 44M
(chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen)

15% Alcohol (30-Proof)

Cepacol Mouthwash

Gerivite Elixir (multivitamin)

Lomotil Liquid (diphenoxylate/atropine)

20% Alcohol (40-Proof)

Gevrabon Liquid (vitamins)

Listerine Mouthwash (flavored)

Lufyllin Elixir (theophylline)

Theophylline Elixir

25% Alcohol (50-Proof)

Listerine Mouthwash (regular)

N'ice Throat Spray

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