

## Over the counter medications in the setting of high blood pressure

### PAIN MEDICATIONS

OK: Tylenol (Acetaminophen).

Will not raise BP or do damage to the kidneys in modest amounts.

Maximum dose is 2000mg from all sources per day.

OK: Topicals like Icy-Hot or Ben-Gay.

#### **NOT OK – NSAIDs:**

Ibuprofen (Advil, Motrin), Naproxen (Aleve), etc.

All raise BP, and long term can damage the kidney.

### ALLERGY MEDICINES

OK: Claritin (Loratidine), Zyrtec (Cetirizine), and Allegra (Fexofenadine)

**NOT OK: Claritin-D, Zyrtec-D, Allegra-D**

OK: Diphenhydramine (Benadryl)

OK: nasal steroids (Flonase, Fluticasone)

### COLD MEDICINES

Easiest to break down by ingredients, since there are multiple combinations out there:

OK:

- Chlorpheniramine (sister drug to Benadryl, combined with Tylenol in Coricidin HBP)
- Guaifenesin (expectorant)
- Dextromethorphan (cough suppressant)

#### **NOT OK - decongestants:**

- Pseudoephedrine (Sudafed)
- Phenylephrine (by mouth or nasal spray, eg Afrin)

#### **Avoid as a rule:**

Diet pills

Energy Supplements