

Complete Guide to Prescription & Nonprescription Drugs

2018 2019



INCLUDES:

- Revised Information on New FDA Changes
- Easy-to-Use Chart Format for Quick Access to Data
- Information on Potential Interactions and Side Effects
- Warnings and Vital Data for Safe Use
- Features an A-to-Z List of Conditions and the Drugs Most Commonly Used
- More Than 6,000 Brand Names and 1,000 Generic Names

H. WINTER GRIFFITH, M.D.™

Revised and Updated by Stephen W. Moore, M.D.

**COMPLETE GUIDE TO
PRESCRIPTION &
NONPRESCRIPTION**

DRUGS

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Over 6000 Brand Names
Over 1000 Generic Names

A TarcherPerigee Book



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An imprint of Penguin Random House LLC
375 Hudson Street
New York, New York 10014

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ISBN: 978-0-525-50376-7

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Contents

[Drugs and You](#)
[Guide to Drug Charts](#)
[Checklist for Safer Drug Use](#)
[Compliance with Doctors' Instructions](#)
[Cough and Cold Medicines](#)
[Pregnancy](#)
[Buying Prescription Drugs Online](#)
[Guidelines for Disposing of Drugs](#)
[Getting Help From Your Pharmacist](#)
[Cutting Medicine Costs](#)
[Aging and Taking Medicines](#)
[Information about Substances of Abuse](#)
[Medical Conditions and Their Commonly Used Drugs](#)
[Drug Charts](#)
 [\(Alphabetized by drug generic name or drug class name\)](#)
[Generic and Brand Name Directory](#)
[Additional Drug Interactions](#)
[Glossary](#)
[Index](#)
 [\(Generic names, brand names and class names\)](#)
[Emergency Guide for Overdose Victims](#)
[Emergency Guide for Anaphylaxis Victims](#)

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Drugs and You

What is in This Book

The purpose of this book is to give you information about the most widely used drugs (prescription and nonprescription). The information is derived from many authoritative sources and represents the consensus of many experts. Every effort has been made to ensure accuracy and completeness. However, because drug information is constantly changing, you should always talk to your doctor or pharmacist if you have any questions or concerns.

The information applies to generic drugs in both the United States and Canada. Generic names do not vary in these countries, but brand names do. Each year, new drug charts are added and existing charts are updated when appropriate. For the most part, drugs that are injected by a medical professional, used mainly in a hospital (or medical clinic) or have rare usage are not included.

A drug cannot “cure.” It aids the body’s natural defenses to promote recovery. Likewise, a manufacturer or doctor cannot guarantee a drug will help every person. The complexity of the human body, individual responses in different people and in the same person under different circumstances, past and present health, age and gender impact how well a drug works.

All effective drugs produce desirable changes in the body, but can also cause undesirable adverse reactions or side effects. Before you decide whether to take a drug, you or your doctor must decide, “Will the benefits outweigh the risks?”

In the United States, it is the responsibility of the Food and Drug Administration (FDA) to ensure that drugs are safe and effective. For more information, you may contact the FDA at 1-

888-INFO-FDA or visit the website: www.fda.gov.

Your Role

Learn the generic names and brand names of all your medicines. For example, acetaminophen is the generic name for the brand Tylenol. Write them down to help you remember. If a drug is a combination, learn the names of its generic ingredients.

Filling a Prescription

Once a prescription is written you may purchase the medication from various sources. Pharmacies are usually located in a drug or grocery store. You may need to consider your options: Does your health insurance limit where prescriptions can be filled? Is the location convenient? Does the pharmacy maintain patient records and are the employees helpful and willing to answer drug related questions?

Insurance companies or an HMO (Health Maintenance Organization) may specify certain pharmacies. Some insurance companies have chosen a mail-order pharmacy. Normally a prescription is sent to the mail-order pharmacy or phoned in by the physician. Mail order is best used for maintenance (long-term medications). Short-term medications such as antibiotics should be purchased at a local pharmacy.

Once a pharmacy has been chosen it is best to stay with that one so an accurate drug history can be maintained. The pharmacist can more easily check for drug interactions that may be potentially harmful to the patient or decrease the efficacy of one or more of the medications.

You can phone the pharmacy for a refill. Provide the prescription number, name of medication, and name of the patient.

Taking a Drug

Read the instructions provided with the drug and follow all

directions for taking or using it.

Never take medicine in the dark! Recheck the label before each use. You could be taking the wrong drug!

Tell your doctor about any unexpected new symptoms you have while taking or using a drug. You may need to change drugs or have a dose adjustment.

Storage

Keep all medicines out of children's reach and in childproof containers. Store drugs in a cool, dry place, such as a kitchen cabinet or bedroom. Avoid medicine cabinets in bathrooms. They get too moist and warm at times.

Keep medicine in its original container, tightly closed. Don't remove the label! If directions call for refrigeration, keep the medicine cool, but don't freeze it.

Discarding

Don't save leftover medicine to use later. Discard it on or before the expiration date shown on the container. Dispose safely to protect children and pets. See [page xx](#).

Alertness

Many of the medicines used to treat disorders may alter your alertness. If you drive, work around machinery, or must avoid sedation, discuss the problem with your doctor; usually there are ways (e.g., the time of day you take the medicine) to manage the problem.

Alcohol & Medications

Alcohol and drugs of abuse defeat the purpose of many medications. For example, alcohol causes depression; if you drink and are depressed, antidepressants will not relieve the depression. If you have a problem with drinking or drugs, discuss it with your doctor. There are ways to help.

Learn About Drugs

Study the information in this book's charts regarding your medications. Read each chart completely. Because of space limitations, most information that fits more than one category appears only once. Any time you are prescribed a new medication, read the information on the chart for that drug, then take the time to review the charts on other medications you already take. Read any instruction sheets or printed warnings provided by your doctor or pharmacist.

Drug Advertising

Ads can cause confusion. Be sure and get sufficient information about any drug you think may help you. Ask your doctor or pharmacist.

Be Safe! Tell Your Doctor

Some suggestions for wise drug use apply to all drugs. Always give your doctor, dentist, or healthcare provider complete information about the drugs and supplements you take, including your medical history, your medical plans and your progress while under medication.

Medical History

Tell the important facts of your medical history including illness and previous experience with drugs. Include allergic or adverse reactions you have had to any medicine or other substance in the past. Describe the allergic symptoms you have, such as hay fever, asthma, eye watering and itching, throat irritation and reactions to food. People who have allergies to common substances are more likely to develop drug allergies.

List all drugs you take. Don't forget vitamin and mineral supplements; skin, rectal or vaginal medicines; eyedrops and eardrops; antacids; antihistamines; cold and cough remedies;

inhalants and nasal sprays; aspirin, aspirin combinations or other pain relievers; motion sickness remedies; weight-loss aids; salt and sugar substitutes; caffeine; oral contraceptives; sleeping pills; laxatives; “tonics” or herbal preparations.

Future Medical Plans

Discuss plans for elective surgery (including dental surgery), pregnancy and breastfeeding. These conditions may require discontinuing or modifying the dosages of medicines you may be taking.

Questions

Don't hesitate to ask questions about a drug. Your doctor or pharmacist will be able to provide helpful information if they are familiar with you and your medical history.