



OVER THE COUNTER MEDICATION INFORMATION FOR  
HEART FAILURE PATIENTS

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## **APPROVED COLD / SINUS MEDICATIONS**

BENADRYL  
CLARITIN, ALLEGRA, ZYRTEC (NOT "D")  
CORICIDIN HBP  
ROBITUSSIN (PLAIN)  
MUCINEX  
TYLENOL (ACETAMINOPHEN)

### **AVOID**

SINUS/COLD MEDICATIONS THAT HAVE A "D", DECONGESTANT OR  
PSEUDOEPHEDRINE.

## **APPROVED SLEEP AIDS**

TYLENOL PM  
MELATONIN  
MAGNESIUM OXIDE (FOR CRAMPS)  
BENADRYL

## **APPROVED FOR CONSTIPATION**

MIRA LAX  
DUCOSATE (COLACE)  
MAG CITRATE  
DULCOLAX

IF YOU HAVE QUESTIONS PRIOR TO TAKING ANY MEDICATIONS, PLEASE CONTACT OUR OFFICE AT 251-  
607-9797.