

## **Over-the-Counter Remedies for Adults and Teenagers**

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### **For Congested Sinuses/Runny Nose:**

#### **Treatments that Most Likely Will Help:**

1. **Sudafed** or **Pseudoephedrine** (don't use if you have high blood pressure; the long-acting pill works best)
2. **Afrin** and other nose sprays containing **Oxymetazoline** (don't use if you have high blood pressure; only use it for 3 days, no more)
3. **Zycam** and other products containing **Zinc** (shortens duration of symptoms, not severity)
4. **Advil**, **Ibuprofen**, **Motrin**, or **Aleve** (these help more with the pain from sinus pressure)

#### **Treatments that May or May not Help:**

1. **Nyquil**, **Coricidin**, **Norel AD** and others containing both antihistamine and decongestant/cough suppressants
2. **Nasal Steroids**, like the over-the-counter product **Nasacort**
3. **Nasal Saline Rinses** with products like **Netipot** or **NellMed**
4. **Mucinex** (works best for chest congestion, not so much sinus congestion)
5. **Benadryl** and other **Antihistamines** in its class (these work best when combined with decongestants)
6. **Vicks Vapor Rub**
7. **Heated Humidified Air**

#### **Treatments that Won't Help** (if they do, it is from the placebo effect, i.e. they only help because you think they will):

1. **Phenylephrine** by itself (this is marketed in different brands as a generic cold relief medicine)
2. **Claritin** and its generic **Loratidine**
3. **Zyrtec** and its generic **Cetirizine**
4. **Vitamin C**
5. **Echinacea** (a common ingredient in cough drops)
6. Vitamin combination products, like **Airborne**

### **For a Sore Throat:**

#### **Treatments that Most Likely Will Help:**

1. **Ibuprofen**, **Motrin**, **Aleve**, or **Advil**
2. **Throat Sprays and Lozenges with numbing medicines** (e.g. **Cepacol**, **Sucrets**)

#### **Treatments that May or May Not Help:**

1. **Gargling Listerine** (works best if done when the sore throat is just starting)
2. **Gargling Salt Water** (works best if done when the sore throat is just starting)
3. **Chloraseptic and other throat sprays like it containing Phenol**
4. **Throat Lozenges with menthol** (e.g. **Halls**)
5. **Warm Soothing Liquids containing Honey and Lemon Juice**. Here's a recipe often handed out in our clinic:

In a small saucepan, over medium heat, combine:

- 1 cup lemon juice
- ½ cup extra-virgin olive oil
- 1 ½ cup honey

Wisk together until steaming, but not boiling

Transfer to a clean mason jar or similar.

Drink 1 tablespoon every hour as needed for sore throat. May re-heat if desired

### **For a Cough:**

#### **Treatments that Most Likely Will Help:**

1. **Dextromethorphan cough syrups**, like **Dayquil**, **Nyquil**, **Delsym**, and **Robitussin**
2. **Mucinex** (works more for chest congestion than for cough)
3. **Robitussin DM** (has Dextromethorphan and Mucinex in it)

#### **Treatments that May or May not help:**

1. **Antihistamines** like **Benadryl**
2. **Menthol** containing cough drops, like **Halls**
3. **Herbal cough drops** like **Ricola**