

### OVER THE COUNTER MEDICATION INSTRUCTIONS

**One or more of the following medication are recommended for you to try. Use them as directed. Please note how these medications affect you so that we can chart any adverse effects or allergic reactions.**

Guaifenesin (i.e., Mucinex): 1 tablet twice a day as needed, with at least 8 ounces of water. Helps to thin mucous and secretions.

Loratadine (Claritin), Cetirizine (Zyrtec) or Fexofenadine (Allegra): for allergy symptoms of runny nose, sneezing, eye itching.

Neosynephrine nasal spray: 1-2 sprays each nostril each nostril 3-4 times a day for three days, then discontinue. Helps to open a stuffy nose or prevent nosebleeds. Stop after three days to prevent rebound nasal stuffiness.

Oxymetazalone nasal spray (i.e., Afrin spray): 1-2 sprays each nostril twice a day for three days, then discontinue. Helps to open a stuffy nose or prevent nosebleeds. Stop after three days to prevent rebound nasal stuffiness. Or can use this prior to an air-flight or driving through higher altitudes to keep ears clear.

Low dose Oxymetazalone (i.e., Afrin) spray: can be used daily at bedtime to help with nasal stuffiness. One spray each nostril at bedtime, but not more often. Used for patients on nasal CPAP or who have nasal stuffiness when sleeping or lying down.

Nasal saline (ie, different brands are Ocean, Ayr, Neil Med bottle, Neti pot): Saline solution is a natural product that is similar to what your nose normally produces. Use 1-2 sprays each nostril 3 or more times a day to rinse and moisturize the nasal passages. This can be purchased over the counter.

Nasal gel (i.e., Ocean, Ayr): apply pea-size amount twice a day to nose on both sides with clean finger or q-tip. This can be purchased over the counter.

Ponaris nasal emolient: 2-3 drops each side of nose three times a day as needed for nasal dryness, thick nasal mucous.

Medications for reflux (acid coming up from stomach), heartburn, stomach upset: Prilosec OTC, Pepcid or Zantac.