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Diabetes Care System

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**BREEZE**  
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Diabetes Care System

# NONPRESCRIPTION DRUGS

ASCENSIA™ CARE HEALTH FACTS



There are all kinds of nonprescription drugs available. Even though you do not need a prescription to buy them, you should still be careful about which ones you choose. Because you have diabetes, you already take care to read labels—nonprescription drugs are no different. Ask your healthcare team about your choices. They'll help you find nonprescription drugs that work for you. Just remember—the power to manage your diabetes is in your hands.

For more information about Ascensia™ Diabetes Care Solutions from Bayer, or help with Reimbursement for your testing supplies, call our toll-free Customer Service Help Line at 1-800-348-8100 (24 hours, 7 days a week).

You can also visit our web sites at:  
[www.ascensia.com](http://www.ascensia.com)  
[www.bayercarediabetes.com](http://www.bayercarediabetes.com)  
[www.ascensiadreamfund.com](http://www.ascensiadreamfund.com)

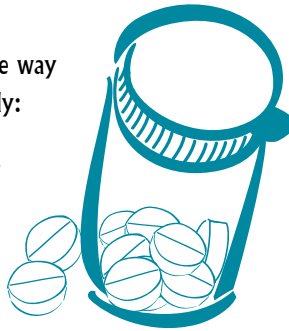


## Nonprescription Drugs

Nonprescription drugs are those you can buy over the counter, without a prescription from your healthcare provider. If you have diabetes, it is a good idea to check with your healthcare team about choices that are best for you. Check with your pharmacist before you buy any over-the-counter product. The more you know about drugs and how they affect you, the better you can manage your blood sugar.

A lot of things can affect the way medicine works in your body:

- Allergies to specific drugs
- Two or more drugs taken at the same time (this is called drug interaction)
- Other diseases or conditions
- Smoking or alcohol use



### How do nonprescription drugs affect me or my blood sugar?

**Alcohol** - alcohol affects people differently, but the effects of alcohol tend to be stronger in people who use insulin or pills for diabetes.

**Aspirin** - an aspirin a day, taken under a doctor's care, can have life-saving benefits. Aspirin is not appropriate for everyone so be sure to talk to your doctor before you begin an aspirin regimen.

**Caffeine** - large amounts can raise your blood sugar—moderation is always a good idea.

**Cold medicines** - some of these may raise your blood sugar.

**Tobacco** - may raise blood sugar and will increase your risk for complications.

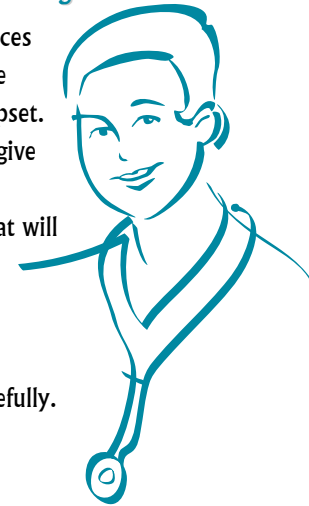
Many over-the-counter products are made with sugar. The sugar can raise your blood sugar, so **sugar-free** is better. Sometimes you have to ask the pharmacist for the sugar-free products.

When you take nonprescription drugs, it is a good idea to check your blood sugar to see if there is a change in your blood sugar level (see Blood Sugar Testing brochure). Remember that just being sick can cause a rise in blood sugar, so testing more often when you're sick is a good idea. Drink plenty of water and follow your sick-day plan.

### How do I choose a nonprescription drug?

There are many choices for cough, cold, sore throat or stomach upset. The pharmacist can give you good advice on choosing the one that will be safe and work best for you. Here are some tips:

- Read the label carefully.
- Check what is in the medicine.



- Read the warnings. If it says, “Individuals with high blood pressure, heart disease or diabetes should use only as directed by physician”, talk to your doctor before taking it.
- It is best to use products that contain very little sugar (less than 5 gm per dose).
- Pick products that have little or no alcohol in them.
- Use a pill, tablet or capsule instead of a liquid. These choices usually do not have sugar or alcohol in them.

### What about herbals, supplements or self-treatment items?

When you have diabetes, it is important to read the label on any product you use. Discuss the product with your healthcare team. Some creams, lotions, herbals, supplements or self-treatment products can be helpful. If the product has a warning label that reads “Not to be used by people with diabetes”, follow the warning.

Remember, all your medicines, prescription or over-the-counter products should be taken or used the right way. Here are some tips:

- Follow your doctor’s instructions.
- Read the label and package insert.
- Be sure your healthcare team knows what drugs you are taking, and which products you are using.
- Use one pharmacy since they have your records and are aware of all medications you are taking.

- Know the names of all your medicines, their doses and when you should be taking them.
- Learn about possible side effects.
- Check your blood sugar often.
- Discuss any concerns with your healthcare team.

### Which nonprescription drugs contain little or no alcohol and/or sugar?

The following adult and pediatric products are unlikely to affect your blood sugar control because they contain little or no alcohol or sugar. It’s still a good idea to discuss these and other nonprescription products with your healthcare team before taking them. Also, you should read the label on these products, as formulations may change.

#### Pain/Fever Relievers

- BAYER® ASPIRIN (Regular Strength 325mg, Extra Strength, PM, Aspirin Regimen, Children’s 81mg Chewable, 81mg Low Strength Regimen)
- ADVIL®
- ALEVE®
- MOTRIN IB®
- ST. JOSEPHS® Aspirin-free Drops, Elixir, Liquid
- TYLENOL® Extra Strength, Caplets, Gels, Tablets
- TYLENOL® Regular Strength, Caplets, Tablets
- TYLENOL® Children’s Fruit, Children’s Grape, Infant’s, Infant’s Suspension Drops, Junior Strength Fruit, Junior Strength Grape

#### Cough Medicines

Products called “expectorants” loosen a cough. Products called “suppressants” quiet a cough. Avoid cough drops since most contain sugar. It’s best to choose a cough medicine that contains less than 15% alcohol, such as:

- NALDECON® Senior EX
- NALDECON® Senior DX
- DIABETIC TUSSIN® EX

- SCOTT-TUSSIN<sup>®</sup> Expectorant
- SCOTT-TUSSIN<sup>®</sup> Senior SF Maximum Strength
- SAFE-TUSSIN<sup>®</sup> 30
- ROBITUSSIN<sup>®</sup> Pediatric Cough Suppressant

### Cough and Cold Medicines

- ALKA-SELTZER<sup>®</sup> Plus Cold
- ALKA-SELTZER<sup>®</sup> Plus Cold Liqui-gels
- DIMETAPP<sup>®</sup> DM Elixir
- NALDECON<sup>®</sup> DX Children's Syrup
- NALDECON<sup>®</sup> DX Pediatric Drops
- NALDECON<sup>®</sup> DX Adult
- ROBITUSSIN<sup>®</sup> Pediatric Cough and Cold
- ROBITUSSIN<sup>®</sup> Pediatric Drops
- ROBITUSSIN<sup>®</sup> CF

### Cold/Allergy Medications

- ALKA-SELTZER<sup>®</sup> Cold Liqui-gels
- DIMETAPP<sup>®</sup> Elixir
- CHLOR-TRIMETON<sup>®</sup> 4-hour Allergy Tablets
- CHLOR-TRIMETON<sup>®</sup> 4-hour Allergy/Decongestant Tablets
- NEO-SYNEPHRINE<sup>®</sup> Nasal Spray Regular and Extra Strength

### Sore Throat Products

Choose lozenges instead of liquids when you can. These are less likely to affect blood sugar levels.

- CEPASTAT<sup>®</sup> Sore Throat Lozenges Cherry and Extra Strength
- NICE<sup>®</sup>
- CHLORASEPTIC<sup>®</sup> Mouthwash and Gargle, Throat Spray
- CHILDREN'S CHLORASEPTIC<sup>®</sup>
- SUCRETS THROAT SPRAY<sup>®</sup>

### Vitamins

- ONE-A-DAY<sup>®</sup> Women's, Men's, 50 Plus, Maximum, Essential and Calcium Plus
- FLINTSTONES<sup>®</sup> Complete, Plus Extra C, Plus Iron, Original and Plus Calcium
- BUGS BUNNY<sup>®</sup> Chewable, Children's with Extra C, Vitamins and Minerals, Plus Iron Chewable
- GERITOL<sup>®</sup> Complete
- CALTRATE<sup>®</sup> 600, 600+D, 600+Iron
- POSTURE<sup>®</sup> and POSTURE<sup>®</sup> D

- POLY-VI-SOL<sup>®</sup> Vitamin Drops, Vitamin Drops with Iron
- TRI-VI-SOL<sup>®</sup> A, D+C Drops; A, D+C Drops with Iron
- VI-DAYLIN<sup>®</sup> Drops

### Antacids

- ALKA-SELTZER<sup>®</sup> Original, Extra Strength, Aspirin-Free, Chewable
- DI-GEL<sup>®</sup> Liquid, Tablets
- MAALOX<sup>®</sup> Suspension, Tablets
- MYLANTA<sup>®</sup> Liquid, Tablets
- RIOPAN<sup>®</sup> SUSPENSION

### Anti-diarrheals

- DIASORB<sup>®</sup> Liquid, Tablets
- PEPTO-BISMOL<sup>®</sup> Original Liquid, Cherry Tablets, Caplets

### Laxatives

- PHILLIPS<sup>®</sup> Milk of Magnesia
- COLACE<sup>®</sup> Capsules
- METAMUCIL<sup>®</sup> Sugar-Free Powder Lemon and Lime, Sugar-Free Powder Orange, Effervescent Powder Lemon and Lime, Effervescent Powder Orange
- FIBERALL<sup>®</sup> Powder Natural, Powder Orange
- CITRUCEL<sup>®</sup> Sugar-Free Powder
- KONDREMUL<sup>®</sup> Plain Emulsion
- AGORAL<sup>®</sup> Emulsion
- HALEY'S<sup>®</sup> MO Liquid

### Motion Sickness

- DRAMAMINE<sup>®</sup> Tablets, Chewable Tablets
- BONINE<sup>®</sup> Chewable Tablets

### Appetite Suppressants

Since diet pills often contain compounds very similar to decongestants, they can raise blood sugar levels. Ask your healthcare team before taking any appetite suppressant.

Adapted from Evenson-St. Amand LM, Campbell Rk. Diabetes care products. In: Feldmann EG, ed. *Handbook of Nonprescription Drugs*. 9th ed. Washington DC: American Pharmaceutical Association; 1990:430-434. The trade name items shown do not necessarily represent all of the items that may be available in any or all of the therapeutic classes. All trade names are the property of their respective manufacturers and are included for identification only. No endorsement is implied. Formulations may change; always check product labels or consult the pharmacist or other healthcare professional for more information.