



# Colorado Kidney Care

## OTC Products for CKD and Transplant Patients

### Cold Medications

#### Safe to take:

- Tylenol (not to exceed more than 3 Grams/day)
- Guaifenesin
- Flonase nasal spray daily
- Dextromethorphan
- Benadryl (not to exceed more than 300 mg/day)
- Allegra 60 mg daily (avoid "D" formulation)
- Mucinex (not to exceed 2.4 Grams/day. Avoid "D" formulation)
- Theraflu (do not take the combo products with NSAIDS or "D" formulation)
- Claritin 5 mg daily or 10 mg every other day (Avoid "D" formulation)
- Sinus rinses- Neilmed sinus rinse
- Chlorpheniramine (Chlor-Trimeton, Comtrex, Coricidin)
- Robitussin (Avoid "D" formulation)
- Emergen-C
- Delsym

- FiberCon 1 Gram with 8 oz water up to 4 times a day
- Mineral oil 15-45 mL/day (avoid combination products that contain magnesium)

### Diarrhea Medications

#### Safe to take:

- Imodium

#### Not Safe:

- NSAIDS (Ibuprofen, Motrin, Advil, Aleve, Naproxen)
- Sudafed
- Alka Selzer Cold and Sinus
- Dayquil and Nyquil (high sodium content)
- Excedrin

### Constipation Medications

#### Safe to Take:

- Colace 100 mg daily or twice a day
- MiraLax 17 Grams in 8 oz of water once a day until BM
- Ducolax (Bisacodyl) pill or suppository

**Not Safe:**

- Magnesium Citrate
- Ex-Lax
- Maalox
- Mylanta
- Fleet enema
- Milk of Magnesia