

Medicine Cabinet 101

Do you wonder what health care supplies you should keep in your home?

Keep your LOCKED medicine cabinet stocked with these OTC medications to help treat the following common conditions¹:

Health Condition	OTC Medications	What They Do
Allergy	Antihistamine	Alleviates sneezing, runny or itchy nose
Nasal/sinus congestion	Decongestant	Makes breathing easier, relieves nasal congestion
	(oral and spray)	Sinus formulas reduce sinus congestion
Constipation	Stimulant Laxative	Stimulates the intestines to promote bowel movement
	Bulk-forming Laxative	Increases stool volume to promote bowel movement
Cough	Cough Suppressant	Eases dry, hacking coughs
	Expectorant	Thins and helps clear mucus
Diaper rash	Protectant	Protects skin from coming into contact with urine and stool.
Diarrhea	Adsorbents	Attract and retain bacteria and toxins in the intestine
	Antispasmodics	Relieves intestinal cramping
Heartburn	Antacid	Neutralizes acid in the stomach
	Acid Reducer	Reduces production of stomach acid
Itching skin	Hydrocortisone Cream	Soothes itching from bug bites, rashes due to shaving
	Calamine	Dries the oozing and weeping of poison ivy, poison oak, and poison sumac
Mouth sores	Benzocaine	Numbs pain
Pain, fever	NSAIDs such as aspirin, ibuprofen, Naproxen, Sodium or ketoprofen	Relieves symptoms
	Acetaminophen	
Poisoning	Syrup of Ipecac	Induces vomiting
		(If you suspect poisoning, call a doctor or emergency room before taking it.)
Scrapes & Skin Infections	Antibiotic Ointment	Helps wounds resist infection

Important Additional Information:

- Always store medications in a cool, dry place.
- Throw away any medications that have expired.
- Keep all medications in their original containers to prevent taking the wrong medicine.

Sources:

¹Wyeth, Inc., "The Self Care Road: Which Way is the Right Way," OTC Self-Care Connection

Note: This information is intended to provide readers with health information. The information provided is not a substitute for consultation with a healthcare provider. Brand names included on this web page are provided for examples only. Their inclusion does not mean that they are endorsed by Blue Cross and Blue Shield of North Carolina.