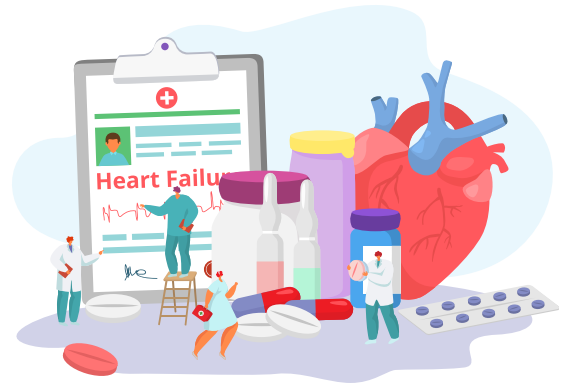


OVER-THE-COUNTER MEDICATIONS AND HERBAL SUPPLEMENTS TO AVOID IF YOU HAVE HEART FAILURE

What are over-the-counter medications?

Over-the-counter (OTC) medications are those you buy without a prescription. Examples include medicine to help relieve:

- Headaches/pain
- Heartburn
- Cough/cold
- Allergies



What are herbal supplements?

Herbal supplements are products that come from plants and/or their oils, roots, seeds, berries or flowers. They come in different forms, such as:

- Capsules/tablets
- Liquid extracts
- Teas
- Ointments

Although herbal supplements can be used as medicine, the rules for making and distributing them are not as strict as the rules for OTC medicines, and their benefits are less clear.

Some OTC medications and herbal supplements can:

- Make heart failure worse
- Cause problems when mixed with heart medications
- Increase your risk of a hospital stay

Keep reading to find out which products are safe and which ones are not

OTC Medications




Many OTC medications contain more than one product.

Always read the label to check for all medications listed in this chart.




Avoid those that are not safe. Your healthcare provider or pharmacist can help you choose a safe alternative.





Headache and Pain Relief

Safe	Not Safe
<ul style="list-style-type: none"> ■ Acetaminophen (Tylenol)  ■ Topical gels and patches (Voltaren gel, lidocaine gel and patches) 	<p>NSAIDs - <u>Ibuprofen</u> (Motrin, Advil) <u>Naproxen</u> (Aleve) </p> <ul style="list-style-type: none"> ■ Can cause high blood pressure and fluid build-up in your body 

Cough, Cold & Allergy Relief

Safe	Not Safe
<ul style="list-style-type: none"> ■ Coricidin HBP  ■ Oral antihistamines: loratadine (Claritin), cetirizine (Zyrtec), fexofenadine (Allegra) ■ Saline nasal spray ■ Neti-Pot to rinse your sinuses ■ Humidifier at night 	<p>Any product that contains: </p> <p><u>Phenylephrine</u> (Sudafed-PE)</p> <p><u>Pseudoephedrine</u> (Sudafed, Claritin-D, Allegra-D, Mucinex-D)</p> <p><u>Oxymetazoline</u> (Afrin, Anefrin)</p> <ul style="list-style-type: none"> ■ These types of medication can cause high blood pressure ■ Long-term use can cause a heart attack, stroke and problems with heart rhythm <p>Nyquil, Dayquil, Alka Seltzer Plus</p> <ul style="list-style-type: none"> ■ These products have a lot of sodium that can cause fluid build-up in your body

Heartburn and Acid Reflux Relief

Safe	Not Safe
<p>Antacids that contain calcium carbonate (Tums) or aluminum and magnesium (Mylanta) </p>	<p>Antacids that contain sodium bicarbonate (Gaviscon, Alka Seltzer) </p> <ul style="list-style-type: none"> ■ These products have a lot of sodium that can cause fluid build-up in your body

Herbal Supplements to Avoid



Aconite

- Can cause a slow heart rate and rhythm problems



Ginseng

- Can cause low or high blood pressure
- Can make your water pill (diuretic) stop working



Gossypol

- Can make your water pill (diuretic) work too much



Gynura

- Can cause low blood pressure



Licorice

- Can cause high blood pressure
- Can cause fluid build-up in your body



Lily of the Valley

- Can cause a slow heart rate



Tetrandine

- Can cause low blood pressure



Yohimbine

- Can cause high blood pressure

Avoid Due to Significant Interactions with Heart Failure Medications

If you take	Do not take
ACE-i/ARB (example: lisinopril)	Black cohosh, grapefruit (including juice), St. John's Wort
Amiodarone	Black cohosh, grapefruit (including juice), St. John's Wort
Beta-blocker (example: metoprolol)	Black cohosh, grapefruit (including juice), St. John's Wort
Calcium channel blocker (example: amlodipine)	Grapefruit (including juice), St. John's Wort
Digoxin	Hawthorn, St. John's Wort
Warfarin	Danshen, ginseng, grapefruit (including juice) green tea, St. John's Wort

Reference

Pagell RL, O'Bryant CL, Cheng D, et al. Drugs That May Cause or Exacerbate Heart Failure: A Scientific Statement From the American Heart Association. *Circulation* 2016; Vol. 134, No. 6.
<https://doi.org/10.1161/CIR.0000000000000426>

*This information is not intended to replace
the medical advice of your healthcare provider.
Please consult your healthcare provider for advice
about a specific medical condition.*



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