



Texas Children's Hospital[®]

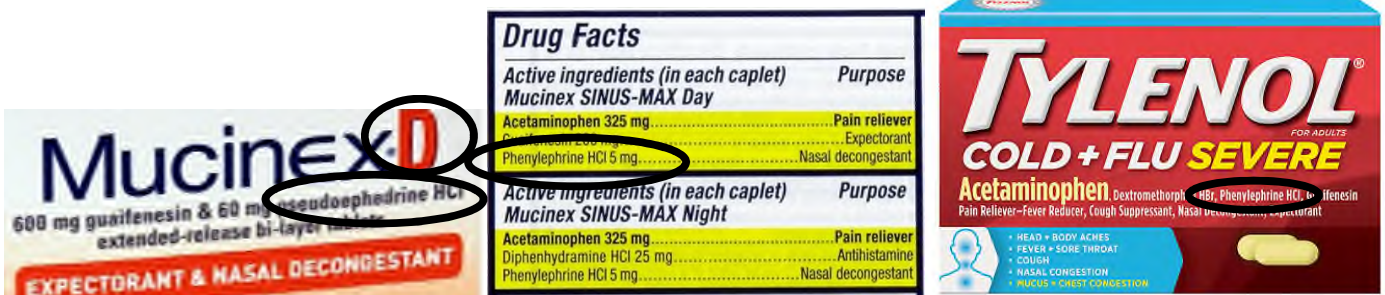
Pulmonary Hypertension Clinic

Over-the-Counter Medications and Supplements to Avoid

While over-the-counter (OTC) medications may appear to be harmless, some ingredients may be added that can interact or counteract the pulmonary hypertension medications that are prescribed. Therefore, it is *vitaly important* to always look at the medication label and ask your pulmonary hypertension team for assistance before giving a new medication to your child. Below are some tips to use when looking for an OTC medication or supplement:

Cough and Cold

- **Avoid** all medications that contain the ingredients:
 - Decongestants such as *Pseudoephedrine HCl* and *Phenylephrine*. If the brand name of the medication has a PE or D at the end of it (such as Mucinex-D or Robitussin-D), the product likely contains one of these products



- Many of the cold and flu medications contain ingredients that should not be taken in patients with pulmonary hypertension
- Ask your pulmonary hypertension team if you have any questions
- **Safe to give:**
 - Children's Tylenol Fever and Sore Throat (acetaminophen)
 - Children's Robitussin (dextromethorphan)
 - Children's Mucinex for chest congestion (guaifenesin)

Herbal Supplements

- Herbal supplements, teas, and homeopathic medications can interact with some pulmonary hypertension medications. Before trying any of these supplements, please contact your pulmonary hypertension team. (Don't assume they are safe because they are "natural").

Before starting any new medications prescribed by a physician or starting an over-the-counter product, please contact your pulmonary hypertension team.