

From the article [Over The Counter Drugs](#)

It is possible to be addicted to anxiolytics such as Ativan, Valium or Xanax, or any benzodiazepine, including rohypnol. Barbiturates can be addictive, as can the codeine found in many painkillers, cough mixtures (which can also contain alcohol) and nasal decongestants. Ephedrine (amphetamines), caffeine and other stimulants sold in weight-loss products – often as ‘natural’ supplements – is also potentially addictive.

Use the following table to find out more about the risks carried by medications that you can get without a prescription:

Medication Classification	Mood Altering Ingredient to Avoid	Potential Risk	Safe Medication List
<i>Allergy / Decongestants (Systemic)</i>	Brompheniramine	Dimetane [®] , Dimetap [®]	Travist-1 [®] (Clemastine Fumarate) Claritin [®] (Loratadine) Clarinex [®] (Desloratadine) Allegra [®] (Fexofenadine) Zyrtec [®] (Cetizine)
	Chlorpheniramine	Chlor-Trimeton [®] Efidac [®] , Teldrin [®]	
	Dexchlorpheniramine	Polaramine-RX [®]	
	Diphenhydramine	Benadryl [®] Benylin Cough [®]	
	Tripolidine	Actifed [®]	
	Cyproheptadine	Perictin-RX [®]	
	Phenylephrine	AH-Chew D [®] , Entex LA [®] Nalex-A [®] , Prolex-D [®] Sinutuss DM [®] Tussafed-EX [®]	Potential Risk Allegra D [®] Claritin D [®] Zytrec D [®] (contains pseudoephedrine)
	Promethazine	Phenergan-RX [®]	
	Pseudoephedrine	Sudafed [®] , Novafed, Profen	
<i>Anorexiant, Stimulants, and Weight Control</i>	Amphetamine Salts	Adderall [®] , Dexedrine [®]	
	Benzphetamine HCl	Didrex [®]	RX
	Caffeine	Red Dog [®] , Rip Tide [®] , Others	Xenical [®] (Orlistat)
	Diethylpropion HCl	Tenuate [®] , Tepanilz [®]	
	Ephedrine, Ephedra, Ma Haung	Metabolife [®] , Metobolite [®]	
	Modafinil	Provigil [®]	
	Methylphenidate	Concerta [®] , Metadate [®] Methylin [®] , Methylphenidate	
	Nicotine	Tobacco products Nicorette [®] , Nicoderm [®]	
	Pemoline	Cylert [®]	
	Phendimetrazine Tartate	Bontril PDM [®] , Anorex [®] Melfiat-105 [®] , Prelu-2 [®]	Diet Ayds [®] (candy) Slim-Mint [®] (gum) Slim Fast [®] , Slender [®]
	Phentermine HCl	Fastin [®] , Adipex-P [®] Ionamin [®] , Obephen [®]	

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<i>Analgesics (pain relief)</i>	Hydromorphone HCl	Dilaudid®	OTC	
	Levorphanol Tartate	Levo-Dromoran®	Advil®, Aleve®, Aspirin®	
	Methadone HCl	Dolophine®	Bufferin®, Tylenol®	
	Meperidine HCl	Demerol® Mepergan Fortis®	RX	
	Morphine Sulfate	Avinza®, Duramorph® MS Contin®, MSIR® Roxanol®	Disalcid®, Salflex® Dolobid®, Trilisate®	
	Opium	Paregoric®	Non-steroidal Anti-inflammatory Agents Anaprox®, Ansaïd® Arthrotec®, Bextra® Cataflam®, Celebrex® Clinoril®, Daypro® Feldene®, Indocin® Lodine®, Meclomen® Mobic®, Motrin® Nalfon®, Naprelan® Naprosyn®, Orudis® Oruvail®, Ponstel® Relafen®, Tolectin® Toradon®, Vioxx® Voltaten®	
	Alfentanil HCl	Alfenta®		
	Fentanyl	Sublimaze® Duragesic®		
	Oxymorphone HCl	Numorphan®		
	Propoxyphene	Wygesic®, Darvon® Darvocet®		
	Sufentanil Citrate	Sufenta®		
	Hydrocodone Bitartrate	Anexsia®, Bancap® Hycodan®, Hydrocet® Lorcet®, Lorcet-HD® Lortab®, Maxidone® Norco®, Vicodin® Vicoprofen®, Zydone®		
	Methotrimeprazine	Levoprome®		
	Malbuphine HCl	Nubain®		
	Pentazocine	Talwin NX®, Talacen®		
	Tramadol HCl	Ultram®, Ultracet®		
	Carisoprodol	Soma, Soma Compound with Codeine		Dantrium®, Flexeril® Lioresal®, Robaxin® Skelaxin®
	Levomethadyl	ORLAAM®		
	Buprenorphine HCl	Buprenex®		Imitrex® (migraines) Zomig® (migraines)
	Codeine	Empirin #3, 4® Fiorcet w/ codeine® Fiorinal w/ codeine®		
	Analgesics with Barbiturates	Esgic®, Fioricet® Triad®, Phrenilin® Axocet®, Bucet® Fiorinal®, Axotal		
	Butorphanol Tartrate	Stadol®		
	Caffeine	Vanquish®, Excedrin® Goody's Powder®, Midol®, BC Powder® Cope®		
	Dihydrocodeine Bitrtrate	DHC Plus® Caps Panlor SS® Synalgos-DC® Caps		
	Oxycodone HCl	Oxcontin®, Oxyir® Percodan®, Percocet® Roxicet®, Tylox®		

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<i>Asthma Medication</i>	Ephedrine	Primatene® Tablets	RX
	Epinephrine	Primatene® Mist	Advair®, Alupent® Brethine®, Combivent® Duoneb®, Maxair® Proventil, Pulimart® Qvar®, Vanceril® Volmax®
<i>Cough / Cold (Preparation)</i>	Codeine	Ambenyl®, Brontex® Hovahistine DH® Nucofed®, Phenegran with Codeine Robitussin AC®	OTC (Guaifenesin) Naldecon Senior EX® Organidin NR® Robitussin® Plain Breonesin® Capsule
	Dextromethorphan	Benlyn®, Delsym® Dimetap Cough® Comtrex®, Contac® Duratuss® plain or DM Nyquil® Novihistine DMX® Novafed® Profen® Robitussin DM® Vicks Formula 44D®	
	Hydrocodone Compound	Hycodan® Tabs & syrup Hycomine®	RX (Guaifensin) Organidin NR® Duratuss G® Fenesin Tablets® Humibid LA® (Benzonatate-sofgels) Tessolon Perles®
	Hydrocodone Syrup (Multiple generics and trade names)	Anaplex HD® Bitartrate/Guaifensin syrup, Duratuss HD® Hycotuss® Hycotuss® Expectorant Hydrocodone Protuss/ProtussD Vicodan Tuss® Expectorant, Others	
<i>Diarrhea</i>	Alcohol	Imodium A-D Liquid® Paregoric®, Pepto Diarrhea Control®	Diasorb® Donnagel® Tabs Kaopectate® Kaopetolin®, Kaodene® Lactinex®
	Diphenozylate HCL Atropine Sulfate	Lomotil®, Logen® Lonox®	Imodium® A-D capsules/tablets Pepto- Bismol® Rheaban®
	Tincture of Opium	Donnagel Liquid®	
<i>Mouthwash / Mouthcare Dental Hygiene</i>	Alcohol	Advance Formula N'Ice® Throat Spray, Cepacol® Cheracol Sore Throat Spray®, Listerine® Listermint®, Peridex® Perioguard®, Plax® Scope® Sucretes® Spray	Cepastar® Chloraseptic Gly-Oxide® Halls® Lozenges Mycnette® N'Ice® Lozenges Orajel® Perioseptic Sucrets® Lozenges Vicks® Cough Drops Vicks® Throat Discs

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<i>Sedatives / Antianxiety Agents</i>	Meprobamate	Equanil®, Miltown® Meprospan®	RX Adapine®, Buspar® (Buspirone HCL) Desyrel® (Trazadone) Elavil®, Mellaril®, Paxil® Seroquel®, Sinequan® Thorazine®, Trilafon®
	Benzodiazepines:	Benzodiazepines:	
	Alprazolam	Xanax®	
	Chlordiazepoxide	Librium®, Libritabs® Librax®	
	Clonazepam	Klonopin®	
	Clorazepate	Tranxene®	
	Dipotassium	Gen-Xene®	OTC Warm Milk
	Diazepam	Valium®, Valrelease® Dizax®	
	Etazolam	ProSom®	
	Flurazepam	Dalmane®	
	Halazepam	Paxipam®	
	Lorazepam	Ativan®	
	Oxazepam	Serax®	
	Quazepam	Doral®	
	Temazepam	Restoril®	
	Tiazolam	Halcion®	
	Non-Benzodiazepines:	Non-Benzodiazepines:	
	Chlormezanone	Trancopal®	
	Doxepin HCl	Sinequan®, Adapin®	
	Hydroxyzine HCl	Vistaril/generic	
	Hydroxyzine Pameate	Atarax/generic	
	Chloral Hydrate	Chloral Hydrate	
	Ethchlorvynol	Placidyl®	
	Glutethimide	Doriden®	
	Paraldehyde	Paral®	
	Zaleplon	Sonata	
	Zolpidem Tartrate	Ambien®	
	Barbiturates:	Barbiturates:	
	Amobarbital/Secobarbital Combinations	Tuinal Pulvules®	
	Amobarbital Sodium	Amytal Sodium®	
	Aprobarbital	Alurate®	
	Butobarbital Sodium	Butisol Sodium®	
Mephobarbital	Mebaral®		
Pentobarbital Sodium	Nembutal Sodium®		
Phenobarbital	Solfoton®, Luminal®		
Secobarbital	Seconal Sodium®		
	OTC: Benadryl®, Compoz® Dormin® Extra-Strength Tylenol PM®, Excedrin PM® Legatrin PM®, Nervine® Nighttime Pamprin® Nytol®, Sleep-eze® Sominex®, Twilite® Unisom®	OTC: Doxylamine Succinate	

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Nasal Decongestant Sprays	Ephedrine	Pretz-D®	OTC
	Epinephrine HCL	Adrenaline Chloride Solution	Ayr Saline®, Humist®, Ocean®, NaSal® Salinex®
	L-Desoxyephedrine	Vicks® Inhaler	
	Naphazoline HCl	Privine®	
	Oxymetazdine HCl	Afrin®, Allerest® Dristan®, Duration® 4-Way®, Sinarest®	RX Aerobid®, Astelin® Attovert®, Azmacort®
	Phenylephrine HCl	Neo-Synephrine® Sinex®, Alconefin® Nostril®	Beconase®, Flonase® Nasacort®, Nasalcrom®
	Propylhexedrine	Denzedrex®	Nasalide®, Nasarel®
	Tetrahydrozoline HCl	Tyzine®	Nasonex®, Rhinocort®
	Xylometazolline HCl	Otrivin®	Vancanase®
Nausea (Anti-emetic / Anti-vertigo Agents)	Cyclizine	Marezine®	OTC
	Chlorpromazine Buclizine HCl	Bucladen®	Emetrol®, Emecheck® Pepto-Bismol®, Nausetrol®
	Dimehydrinate	Dramamine®, Triptone® Vertab®	
	Diphenhydramine	Benadryl®	RX
	Diphenidol	Vontrol®	Anzemet®, Compazine®
	Dronabinol	Marinol®	Kytril®, Metoclopramide:
	Meclizine	Antivert®, Bonine® Dramamine®, Vergon®	Reglan®, Maxolon® Octamide®, Norzine®
	Promethazine	Phenegrans® Tablets	Thorazine®, Tigen®
	Scopolamine Transdermal	Transderm-Scop®	(trimethobenzamide HCl) Torecan®, Trilafon® Zofran®

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