

## Over-the-counter (OTC) Drug Abuse

The table below lists some over-the-counter medicines that may be prone to misuse

OTC medicine category	Active ingredient	Example of some brand names containing these active ingredients
Opioid analgesics	Dihydrocodeine, codeine	Solpadeine Max, Nurofen Plus, Syndol, Paramol
Laxatives	Senna, bisacodyl	Dulcolax tablets/suppositories, Senokot,
Stimulants	Caffeine	Pro-Plus, Panadol Extra
Antihistamines	Chlorphenamine, diphenhydramine, promethazine	Piriton, Nytol, Sominex
Cough / cold preparations	Dextromethorphan, pholcodine, pseudoephedrine, ephedrine	Sudafed Decongestant, Day Nurse, Benylin Dry Coughs (Original), Do-Do Chesteze

Possible warning signs and symptoms of OTC abuse:

- Requesting large quantities
- Excessively frequent requests
- Theft from the pharmacy to prevent suspicion
- Appears uncomfortable / hostile when answering questions
- Becoming impatient / angry very quickly
- Displaying possible signs and symptoms of OTC drug abuse e.g. patient is underweight and requests laxatives