

## Over-the-counter (OTC) medicines to avoid in prostate enlargement

Below are some examples of medicines that can be found in OTC products that should be avoided or used with caution in patients with prostate enlargement, also known as benign prostatic hyperplasia (BPH), as they may precipitate urinary retention.

- Antihistamines
  - Chlorphenamine
  - Promethazine
  - Cinnarizine
  - Meclozine
  - Triprolidine
  - Diphenhydramine
  - Buclizine
  - Doxylamine
- Antimuscarinics
  - Hyoscine butylbromide
  - Hyoscine hydrobromide
- Decongestants
  - Phenylephrine
  - Pseudoephedrine
  - Ephedrine
- Phenothiazine
  - Prochlorperazine maleate