

General Information on Common Over-the-Counter (OTC) Medicines

Disclaimer: This document provides general, non-medical information about common over-the-counter (OTC) medications and categories. It is NOT medical advice. For diagnosis, prescription decisions, or treatment guidance, always consult a licensed healthcare professional.

Common Cold & Nasal Congestion

- Decongestants (e.g., pseudoephedrine, phenylephrine)
- Antihistamines (e.g., loratadine, cetirizine)
- Cough suppressants (e.g., dextromethorphan)
- Expectorants (e.g., guaifenesin)
- Saline nasal sprays

Fever & Pain Relief

- Acetaminophen (Paracetamol)
- Ibuprofen
- Aspirin (not recommended for children)

Allergies

- Antihistamines (e.g., cetirizine, loratadine, fexofenadine)
- Nasal corticosteroid sprays (OTC variants)

Digestive Issues

- Antacids (e.g., calcium carbonate, magnesium hydroxide)
- Anti-gas agents (e.g., simethicone)
- Anti-diarrheal medicines (e.g., loperamide)
- Oral rehydration solutions
- Fiber supplements for mild constipation

Minor Skin Irritations

- Hydrocortisone 1% cream

- Calamine lotion
- Antiseptic creams
- Moisturizers for dry skin

Minor Wounds & First Aid

- Antiseptic wipes
- Hydrogen peroxide (for cleaning only)
- Bandages and gauze
- Topical antibiotic ointments (OTC variants)