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Andy Beshear
Governor

Medication Guide

Use of all over-the-counter (OTC) medications must be reported to your Case Manager.

This is only to be used as a quick reference. This is not intended to be totally inclusive of all OTC medications, or other products, and does not substitute for the advice from your treating practitioner.

It is your responsibility to be knowledgeable about the products you are utilizing and to be aware of what you are ingesting in your body. You must read labels to be informed about the ingredients (both active and inactive) and to use the product wisely and responsibly. If you are uncertain if utilizing the product could pose a risk to you after you read the label, consult with your treating practitioner for advice.

This is a partial list of OTC medication to avoid:

- All diet pills
- All “energy” drinks and/or “energy” pills
- All herbal remedies
- Antihistamines with D in the name (such as “Claritin D”)
- Any preparation containing alcohol including liquid and syrups (such as “Dayquil” and “Nyquil”) unless the packaging materials include the words alcohol free
- Any preparation containing dextromethorphan
- Any preparation containing pseudoephedrine
- Any preparation to help you restore mental alertness or wakefulness (such as No-doz or Vivarin)
- “DM” formulations of cold medicine (such as “Robitussin DM”)
- Sedating antihistamines (such as Benadryl)

- Avoid all cannabidiol (CBD) products
- Avoid all forms of alcohol – this includes all “non-alcohol” (NA or “alcohol free”) forms of beer and other beverages; topical products, soft-gels, capsules and liquid products that contain ethyl alcohol
- Avoid all hand sanitizer, lotions, cosmetics, etc., unless the packaging materials include the words alcohol free
- Avoid all inhalants
- Avoid all street drugs
- Avoid all synthetic/designer drugs
- Avoid buying any medication from infomercials, the dark net, YouTube, etc.
- Avoid ingesting any product that contains poppy seeds (including bread, muffins, salad dressing, etc.)
- Avoid ingesting food that is cooked with or contains alcohol including vanilla extract
- Avoid using hygiene related products, including mouthwash, that contain alcohol

It is imperative that you inform all of your treating practitioners, including dentists and other specialists, of your history and recovery status so that medications can be prescribed safely and appropriately when they are deemed necessary. When your treating practitioner recommends

you take an OTC medication, you must have them complete the Prescription Medication Report Form. Do not alter, discontinue, or make changes in the dose of medication that you have been prescribed for any substance.

Any and all confirmed drug screens indicating the use of alcohol or any unprescribed mood-altering substance, regardless of substance, will be addressed and may result in negative consequences.

I have read and I understand that I will remain free of all non-prescribed mood-altering substances including those mentioned above.

Participant Name

License Number

Participant Signature

Date

4/11/2017; 4/25/2018
jmc
3/17/2022
bks