

Over-the-Counter (OTC) Medication

Over-the-counter medicines also known as OTC medicines are medications that you can purchase without a prescription from a healthcare professional. These medications are often sold in pharmacies and other retail settings. All OTC medications have a DRUG FACTS label to guide the user and if you don't use the medication in accordance with the label there can be serious risks.

Before Taking OTC Medication.

- Read the manufacturer's insert regarding the OTC and the Drug Facts label particularly the "caution" or "warning" section.
- Follow dosing instructions related to age, pregnancy or other indication listed in the section labeled, "Warning."
- Use the cup, syringe, or other dosage device that comes with a medicine.
- Follow the instructions on the OTC labels to take the correct dosage. Do not exceed the recommended dosage.

- **STOP** If the label warns against drowsiness, alertness, coordination, reaction, or operation of a motor vehicle,
- **BEFORE** performing service,
- A Metro-North OHS physician **MUST** be consulted when these warnings or any personal safety concerns are present.

Some OTC Medicines That Can Cause Drowsiness or Impaired Driving.

ANTIHISTAMINES: These are medicines that are used to treat things like runny nose, sneezing, itching of the nose or throat, and itchy or watery eyes. Some antihistamines, such as diphenhydramine, the active ingredient in Benadryl, can make you feel drowsy, unfocused and slow to react.

ANTI-DIARRHEALS: Some anti-diarrheal, medicines that treat or control symptoms of diarrhea, can cause drowsiness and affect your driving. One of these is loperamide, the active ingredient in Imodium.

ANTI-EMETICS: Medicines that treat nausea, vomiting and dizziness associated with motion sickness, can cause drowsiness and impair driving as well.

COLD, FLU OR SINUS MEDICATIONS: Popular brands include Bromfed, Chlortrimeton, Comtrex, Contac, Dristan, Drixoral, Novafed, Ornade, Phenergan, Rondec, Sinubid, Tavist-D. These medications can cause sedation, sleepiness, dizziness, disturbed coordination and epigastric distress.

Prescription Medication

A drug requiring a prescription from a healthcare professional is dispensed with packaging that contains prescription drug labeling. Read the labeling carefully before taking the first dose.

Let your health care professional know if you perform safety sensitive service whenever medication is being prescribed for you. Ask about any potential side effects that might affect your ability to work safely and whether there are alternative medications that are less likely to cause impairment.

Never take medication that was prescribed for someone else.

Employees **MUST** have authorization from OHS prior to performing service while taking **ANY** medication with adverse effects.

Below is a sample listing of some of the more common prescription drugs in certain therapeutic classes that FRA-covered employees (**Hours-of-Service**) and FMCSA-covered employees (**Metro-North Commercial Drivers**) may **NOT** take prior to and when working.

Narcotic Analgesics: Used for Pain and Arthritis

Alone or in combination with acetaminophen or ibuprofen or aspirin: codeine, hydrocodone (*Lorcet, Vicodin*), oxycodone (*Oxycontin, Percocet*), hydromorphone (*Dilaudid*), meperidine (*Demerol*), morphine (*MS Contin*), methadone (*Dolophine*), oxymorphone (*Opana*), fentanyl (*Duragesic*), Suboxone

MUSCLE RELAXANTS: Diazepam, Flexeril, Soma

BARBITURATES: phenobarbital, pentobarbital, butalbital

ANTI-MOTION SICKNESS: Antivert, Dramamine, Mareline, Phenergan, Transderm-Scop

Psychotherapeutic Agents

- Benzodiazepines used for anxiety or sleep, including diazepam (*Valium*), lorazepam (*Ativan*), alprazolam (*Xanax*), clonazepam (*Klonopin*)
- Sleep agents including Ambien, Sonata, Xanax, Lunesta.
- Attention Deficit Hyperactivity Disorder (ADHD) agents, such as Concerta, Ritalin (*methylphenidate*) Adderall (*may be taken with clearance from Metro-North OHS*), Focalin, Metadate, Daytrana
- Narcolepsy treatments, such as Provigil.
- Antidepressants such as amitriptyline, mirtazapine (*Remeron*), bupropion (*Wellbutrin*)
- Antipsychotic agents such as Seroquel, thiorazine, stelazine, Haldol, Prolixin, Risperidol, Zyprexa
- Mood stabilizing agents such as lithium, Depakote

CENTRAL NERVOUS SYSTEM: Aricept, Namenda
DIABETES: Insulin is unacceptable for FMCSA covered employees (**Metro-North Commercial Drivers**)

WEIGHT LOSS: phentermine, Meridia

SMOKING CESSATION: Chantix

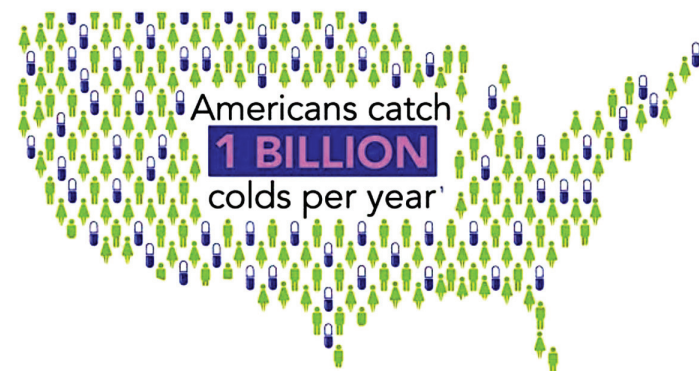
ANTIPARKINSONS: levodopa, amantadine, Cogentin, Mirapex, Requip

OTHER PRESCRIPTION DRUGS: Vivitrol, medical marijuana, Marinol, Dronabinol, Antabuse, Campral,

PLEASE NOTE: This is only a representative list and is not all-inclusive **ALWAYS** check with an OHS physician

Foreign Medication and Dietary Supplements

CAUTION: OTC medication and dietary supplements from other countries may contain drugs such as benzodiazepines or toxic levels of substances such as lead or arsenic.



Over-the-Counter Medication Label

Drug Facts

Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg **Purpose** Antihistamine

Uses

temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, ■ watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma ■ trouble urinating due to an enlarged prostate gland
- a breathing problem such as emphysema or chronic bronchitis

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy ■ avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use
Keep out of reach of children, in case of overdose, get help or contact a Poison Control Center right away

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours not more than 12 tablets in 24 hours
children 6 years to under 12 years	take one tablet every 4 to 6 hours
children under 6 years	not more than 6 tablets in 24 hours ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow #10, lactose, Magnesium stearate, microcrystalline cellulose, pregelatinized starch

Prescription Medication Label

THIS DRUG MAY MAKE YOU DROWSY	Local Pharmacy 12 Maple Street, Anytown, USA 10001 Store phone: (555) 123-5555
DO NOT DRIVE A CAR OR OPERATE MACHINERY UNTIL YOU KNOW HOW THIS DRUG AFFECTS YOU	Dr. S. Jones Rx # 4321678 JANE SMITH 35 Main Street, Anytown, USA 10001
Orig. 3/10/2011 Date filed: 3/10/2011	TAKE 1 TO 2 TABLETS BY MOUTH EVERY 4 TO 6 HOURS AS NEEDED FOR PAIN
Discard after: 3/10/2012	Hydrocodone 5 MG/APAP MG Tablet
This is a WHITE, CAPSULE shaped, TABLET imprinted with # # # on the front.	Qty: 30 Refill: Dr. Authorization Required

Safety Sensitive Employees

Metro-North employees, particularly those performing safety sensitive duties, are prohibited from taking or being under the influence of any medication, whether prescription or over-the-counter, that could adversely affect their ability to perform their duties safely.

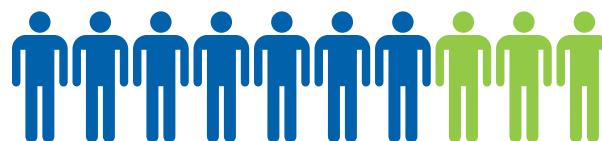
Metro-North employees, especially FRA covered Hours-of-Service employees, and those holding CDL licenses should read all sections of the Drug Facts labels and Prescription labels before performing service:

- Read the entire label
- Look for warnings such as drowsiness, alertness, coordination, or impaired driving;
- Some side effects can last several hours;

Employees should also be familiar with Metro-North's policy on Alcohol and Substance Abuse (*Number: 21-012*), Metro-North Operating Rules (*Rule G*) and Metro-North's General Safety Instruction (*200.8*).

FRA and FMCSA covered service employees MUST have authorization from OHS prior to performing service while taking ANY medication.

This brochure contains general guidelines; specific questions should be directed to an OHS physician for the final determination as to what medication can be used given the safety sensitive nature of the work to be performed.



7 in 10 Americans use over-the-counter medicines to treat cold and flu symptoms each year



Metro-North Railroad

Prescription & Over-the-Counter Medication for Safety Sensitive Employees



Metro-North Occupational Health Services
212-499-4720

