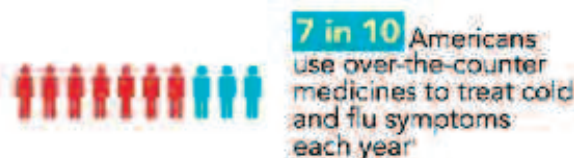


## Over-the-Counter Medication Label

<b>Drug Facts</b>	
<b>Active ingredient (in each tablet)</b> Chlorpheniramine maleate 2 mg	<b>Purpose</b> Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing   ■ runny nose   ■ itchy, watery eyes   ■ itchy throat	
<b>Warnings</b> <b>Ask a doctor before use if you have</b> ■ glaucoma   ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland <b>Ask a doctor or pharmacist before use if you are</b> taking tranquilizers or sedatives	
<b>When using this product</b> ■ 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 <b>If pregnant or breast-feeding</b> , ask a health professional before use. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b>	
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 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
<b>Other information</b> store at 20-25° C (68-77° F)   ■ protect from excessive moisture	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	



## Prescription Medication Label

THIS DRUG MAY MAKE YOU DROWSY.	<b>Local Pharmacy</b> 12 Maple Street, Anytown, USA 10001 <b>Store Phone:</b> (555) 123-5555
DO NOT DRIVE A CAR OR OPERATE MACHINERY UNTIL YOU KNOW HOW THIS DRUG AFFECTS YOU.	Dr. S. Jones Rx # 4321678  <b>JANE SMITH</b> 35 Main Street, Anytown, USA 10001
Orig: 3/10/2011 Date filled: 03/10/2011 Discard after: 03/10/2012	TAKE 1 TO 2 TABLETS BY MOUTH EVERY 4 TO 6 HOURS AS NEEDED FOR PAIN
This is a WHITE, CAPSULE shaped, TABLET imprinted with ### on the front.	<b>Hydrocodone 5 MG / APAP 325 MG Tablet</b>  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.

MNR 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 with adverse effects.

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.



## Prescription and Over-the-Counter Medication for Safety Sensitive Employees

Metro-North Occupational Health Services

212-499-4720



## 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 then a Metro-North OHS physician **MUST** be consulted when these warnings or any personal safety concerns are present **BEFORE** performing service.

### 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.
- **ANTIDIARRHEAL** Some antidiarrheal, 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 (MNR Commercial Drivers) may NOT take prior to and when working.

### NARCOTIC ANALGESICS: used for pain and arthritis

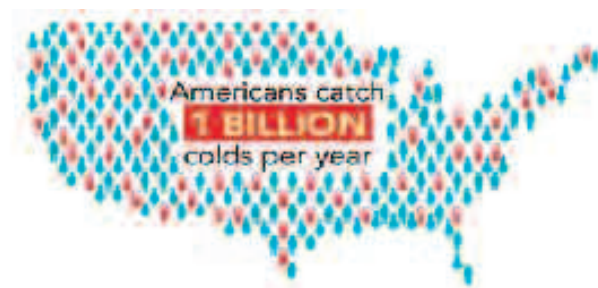
- Alone or in combination with acetaminophen or ibuprofen or aspirin :codeine, hydrocodone (Lorcet, Vicodin,) oxycodone (Oxycontin, Percocet), hydromorphone (Dilaudid), meperidine (Demerol) , morphine (MS Contin), methadone (Dolophine), oxymorphone (Opana), fentanyl (Duragesic) , Suboxone

### MUSCLE RELAXANTS: Diazepam, Flexeril, Soma

### BARBITURATES: phenobarbital, pentobarbital, butalbital

### ANTI-MOTION SICKNESS: Antivert, Dramamine, Marezine, Phenergan, Transderm-Scop

*continued on next page*



## PSYCHOTHERAPUETIC 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 MNR 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 (MNR 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..



**Metro-North Railroad**