

# OTC Drugs for Upset Stomachs

## *Motion Sickness (Antihistamines)*

Drug	Common Brands	Possible Side Effects
cyclizine	Marezine	drowsiness; dry mouth; rarely, blurred vision
dimenhydrinate	Dramamine	same
diphenhydramine	Benadryl	same
meclizine	Bonine	same

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## *Heartburn, Indigestion, Sour Stomach (Antacids)*

Drug	Common Brands	Possible Side Effects
sodium salts	Alka-Seltzer Bromo Seltzer	interference with salt-restricted diet; with sodium bicarbonate to be dissolved in water, risk of stomach rupture if product is not fully dissolved
calcium salts	Alka-2, Calcium Rich Rolaids, Titalac, Tums	with extended heavy use, kidney stones, reduced kidney function
aluminum salts	ALternaGEL, Amphogel, Rolaids	constipation; with overuse, weakened bones
magnesium salts	Camalox, Gelusil, Maalox, Mylanta	laxative effect; with prolonged use, kidney stones; with excessive blood magnesium, problems of the heart, central nervous system, and kidneys

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## *Heartburn, Indigestion, Sour Stomach (Acid Reducers)*

Drug	Common Brands	Possible Side Effects (seen at higher prescription dosages)
famotidine	Pepcid AC Acid Controller	headache, dizziness, constipation, diarrhea
nizatidine	Axid AR	headache, dizziness
ranitidine hydrochloride	Zantac 75	headache, constipation, diarrhea; elevated liver enzymes when given intravenously
cimetidine	Tagamet HB	headache, diarrhea, dizziness, sleepiness; Rx and OTC—drug interactions with theophylline, warfarin or phenytoin

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## *Overindulgence*

Drug	Common Brands	Possible Side Effects
bismuth subsalicylate	Pepto-Bismol	temporary, harmless darkening of the tongue or stool; risk of Reye syndrome in children or teenagers who have or are recovering from flu or chickenpox; with overuse, ringing in the ears