

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

October 2024



Over the Counter Medications: Can You Take Too Much?

Over the Counter (OTC) Medications can cause harm if taken incorrectly. Adverse drug events with OTC medications cause 178,000 hospitalizations each year. The table below outlines overdose symptoms of common OTC medications. If you believe an overdose has occurred call Poison Control 1-800-222-1222 or seek immediate medical assistance.

Drug Name & Amount to Cause Overdose	Symptoms of Overdose
Acetaminophen (Tylenol): 7-10 grams per dose or 4-10 grams taken over a long period of time	Right upper quadrant pain, jaundice, thinning of the blood, encephalopathy, metabolic acidosis & renal failure
Aspirin: ~10.5-35 grams per dose or 7 grams per day for more than 2 days	Nausea, vomiting, drowsiness, delirium, ringing in the ear, rapid breathing, seizures, coma, swelling in the brain, high body temperature, low blood sugar, dehydration, excess fluid in the lungs, irregular heart beat, increased heart rate & decreased blood pressure
Ibuprofen (Motrin/Advil): ~14-28 grams per day	Nausea, vomiting, irregular heart beat, seizures, trouble breathing, coma, kidney failure & stomach bleeding & thinned out blood (long term use)
Diphenhydramine (Benadryl): ≥300mg per dose	Confusion, sedation, dilated pupils, fast heart rate, high blood pressure, fever, flushed skin, dry mouth, urinary retention & seizures
Pseudoephedrine (Sudafed)	Headache, agitation, seizures, fast heart rate, high blood pressure, & irregular heartbeat
Dextromethorphan (found in cough and cold medicines): >350-525mg	Nausea, vomiting, uncoordinated walking, sedation, hallucinations, euphoria, dilated pupils, high blood pressure, fast heart rate, agitation & rarely coma, seizures, and death
Laxatives (bisacodyl, magnesium citrate, docusate, castor oil & senna)	Diarrhea causing fluid and electrolyte loss, weakness, nausea, vomiting, thirst, drowsiness, coma, trouble breathing & low blood pressure
Antacids (aluminum hydroxide, calcium carbonate & magnesium hydroxide)	Headache, vertigo, nausea, vomiting, excessive urination, excessive thirst, elevated calcium or magnesium levels, tremors & psychosis
Iron: doses > 1.4-2.1 grams	Vomiting, diarrhea, fast heart rate, drowsiness, low blood pressure, decreased ability to form blood clots, liver damage & scarring of GI tract



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Booze, Lisa. "Over the Counter and Into Trouble: OTC Drug Overdoses". *FreeCE*, 28 July 2024, <https://myportal.freece.com/course/details/dd6c42b9-5a2d-467d-89cf-74b2bf57adf2?parentUserSkuld=d7a08b15-fffd-471e-a3c6-5fa10b0875b0>

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