

## Revised section

Chapter	Page	Heading / subheading	Update information
2 Diagnostic home test kits	12	Cholesterol and lipid profile test card	Biosafe Cholesterol Test, discontinued New product: Check Up America Cholesterol Panel (available through the American Diabetes Association)
	13	At-home test	Landmark Full Lipid Panel Cholesterol Test, discontinued
	17	Fecal occult blood in the stool / Antibody occult blood test / Products	ColonCare, discontinued New product: Colon Cancer Screening
	18	Fertility test kits / Ovulation tests / Basal temperature devices / Mode of action	Erratum: (0.9–1.8°C) should read (0.3–0.6°C)
	26	Thermometers / Oral, rectal and underarm electronic thermometers	Erratum: (1.8°C) should read (0.6°C)
	27		Erratum: (0.9–1.8°C) should read (0.3–0.6°C)
	27	Tympanic membrane thermometers	Erratum: (0.9–1.8°C) should read (0.3–0.6°C)
	27	Temporal artery forehead thermometers	Erratum: (1.8°C) should read 0.6°C)
3	38	Acid indigestion,	New product: Lansoprazole and omeprazole with sodium bicarbonate

Gastrointestinal system		heartburn, GERD / Proton pump inhibitors / Rx-OTC switched drugs	
	39	Mode of action	Lansoprazole and omeprazole are both PPIs and do not achieve their maximum effect of preventing acid secretion for 1 to 4 days. Sodium bicarbonate, an antacid, has an almost immediate onset of action; when combined with omeprazole it provides a quicker onset of relief for pain caused by heartburn. <sup>1</sup> 1. Zegerid OTC Drug Facts. <a href="http://www.zegeridOTC.com">http://www.zegeridOTC.com</a> (accessed May 11, 2010).
	39	Warnings and precautions	Omeprazole with sodium bicarbonate and lansoprazole should not be used for more 14 consecutive days for treating frequent heartburn (heartburn that occurs two or more times a week). This 14 day treatment may be repeated once after 4 months. If symptoms persist or worsen, a physician should be consulted. These drugs should not be used by those under 18 years of age. Omeprazole with sodium bicarbonate should not be used by individuals who are on a sodium-restricted diet. PPIs may cause diarrhea, headache, abdominal pain, or a rash. Individuals who have heartburn accompanied by light-headedness, sweating, dizziness, chest or shoulder pain accompanied by shortness of breath should consult their physician before using these drugs. Omeprazole inhibits the P-450 isozymes CYP2C19 and CYP3A4. Individuals should consult their physician or pharmacist before taking omeprazole or omeprazole with sodium bicarbonate if they are taking warfarin, prescription antifungal drugs, diazepam, digoxin, tacrolimus, or atazanavir (for HIV infection). <sup>1</sup> Individuals who require anticoagulant therapy may be confused by recent warnings from the FDA regarding the drug interaction between omeprazole and clopidogrel (Plavix). Although warfarin and clopidogrel are both metabolized by CYP2C19, the results on blood coagulation are opposing. Concomitant use of any omeprazole product with warfarin decreases warfarin's metabolism and may

			<p>result in prolonged bleeding. Concomitant use of any omeprazole product with clopidogrel also results in a decrease in the metabolism of clopidogrel. However, clopidogrel is a pro-drug requiring metabolism by CYP2C19 to its active form for it to have an anticoagulant effect. Therefore, if omeprazole and clopidogrel are taken together, the anticoagulant effect of clopidogrel is reduced, especially in a subset of individuals who normally are poor metabolizers of clopidogrel. Individuals who are taking clopidogrel should consult their physician before using OTC omeprazole even though no warning about this drug interaction is required on labeling for OTC omeprazole products at this time.<sup>2</sup></p> <p>Lansoprazole also inhibits CYP3A4 and CYP2C19 but to a different degree to omeprazole. Package labeling for lansoprazole warns of possible drug interactions with warfarin, prescription antifungals, digoxin, theophylline, tacrolimus and atazanivir.<sup>3</sup></p> <p>1. Zegerid OTC Drug Facts. <a href="http://www.zegeridOTC.com">http://www.zegeridOTC.com</a> (accessed May 11, 2010).</p> <p>2. Safety: Plavix (clopidogre bisulfate) tablets. <a href="http://www.fda.gov/Safety/MedWatch/SafetyInformation/ucm208557.htm">http://www.fda.gov/Safety/MedWatch/SafetyInformation/ucm208557.htm</a> (accessed May 11, 2010).</p> <p>3. Prevacid 24HR Drug Facts. <a href="http://www.prevacid24hr.com/now-available.JSP">www.prevacid24hr.com/now-available.JSP</a> (accessed May 26, 2010).</p>
39	Recommended dose		<p>A single dose of omeprazole (20&lt;thinspace&gt;mg) with sodium bicarbonate (1100&lt;thinspace&gt;mg) should be taken with water daily for 14 days 1 hour before the morning meal.<sup>1</sup> A single dose of 15&lt;thinspace&gt;mg lansoprazole should be taken with a glass of water before the morning meal.<sup>2</sup> The PPIs begin to produce their effects when parietal cells start to secrete hydrogen ions under stimulation by food; therefore, they are most effective when taken before eating. This dosage regimen may be repeated once after 4 months if needed. If symptoms are not relieved after a second trial of 14 days of treatment, a physician should be consulted.</p> <p>1. Zegerid OTC Drug Facts. <a href="http://www.zegeridOTC.com">http://www.zegeridOTC.com</a> (accessed May 11, 2010).</p>

			2. Prevacid 24HR Drug Facts. <a href="http://www.prevacid24hr.com/now-available.JSP">www.prevacid24hr.com/now-available.JSP</a> (accessed May 26, 2010).
	39	Product	Omeprazole with sodium bicarbonate (Zegerid OTC); lansoprazole (Prevacid 24HR). Note: On May 25, 2010, the FDA issued a warning regarding the increased risk of bone fractures associated with long-term use of PPIs, including OTC omeprazole, omeprazole with sodium bicarbonate, and lansoprazole. If individuals use these drugs according to the OTC label directions, this risk should be minimal. If individuals have questions about this issue, they should discuss it with their physician or pharmacist. <sup>1</sup> 1. Possible increased risk of bone fractures with certain antacid drugs. <a href="http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm213240.htm">www.fda.gov/ForConsumers/ConsumerUpdates/ucm213240.htm</a> (accessed May 26, 2010).
3 Gastrointestinal system	59	Laxatives / Bowel preparation kits / Product	Mixed phosphates (Fleet Phospho-Soda EZ Prep Bowel Cleansing), discontinued. Note: Fleet Laboratories no longer produces any oral phosphate products for sale in the USA. Fleet's enema preparations are still available as OTC drugs.
	66	Case studies	Case 8 is no longer relevant as the product is not available.
4 Respiratory system	72	Allergies / Antihistamines / Rx-OTC switched drugs (second generation, peripherally selective or non-sedating antihistamines) / Products	Dimetapp Non-Drowsy, Tavist ND, and Triaminic Allerchews, discontinued
	76	Combination allergy drug therapy/Antihista	Drixoral Cold and Allergy, product not currently available. Merck, the manufacturer, announced a change in the manufacturing facility for this product, and it is not expected to be available through 2010.

		mine and decongestant products	
	79	Common cold / Central acting antitussives / Products	New product: Dextromethorphan (Pedia Care Long Acting Cough)
	83	Alternative therapy for colds and flu /Zinc products	Zicam Nasal Gel Swabs, discontinued
6 Genitourinary system	115	Products for men / Dietary supplement diuretics/Product	Diurex Water Pills for Men: name changed to Diurex WP Natural Water Pills
	123	Products for women / Premenstrual and menstrual symptoms/Table 6.2	Diurex PMS Formula, Tylenol Women's Menstrual Relief no longer available
7 Topical ophthalmic, otic and oral cavity conditions	135	Topical ophthalmic products / Ophthalmic antihistamines / Products	New products: Ketotifen (Alaway, Claritin Eye Allergy Relief, Zyrtec Itchy Eye)
8 Topical dermatological products	188	Acne / Products	Oxy Face Wash: name changed to Oxy Deep Cleaning Face Wash Maximum
9	197	Weight loss	On May 26, 2010, the FDA issued a warning regarding the use of orlistat (Alli)

Miscellaneous products		products / Orlistat / Warnings and precautions	<p>and the rare occurrence of liver failure. Individuals who develop itching, yellowing of the eyes or skin, dark urine, loss of appetite, or light-colored stools should contact their healthcare professional immediately because these symptoms may be associated with liver failure.<sup>1</sup></p> <p>1. Weight-loss drugs and risk of liver failure.  <a href="http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm21401.htm">www.fda.gov/ForConsumers/ConsumerUpdates/ucm21401.htm</a> (accessed: May 26, 2010).</p>
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