



## What Over-the-Counter (OTC) medications can I take and still be safe to fly?

First, ask yourself “Do I have a condition that makes me unsafe to fly?” Title 14 CFR 61.53 is the regulation, which prohibits flight with a known medical deficiency [unless cleared by the FAA] and requires that you determine that you are fit to fly prior to each flight.

- Am I sick?
  - Am I having trouble clearing my ears at ground level?
  - Do I feel bad enough that I keep thinking about how I feel?
  - Are others asking me if I am ok?
  - Do I feel good enough to fly ONLY if I take medication?
  - Am I getting worse?

Next, consider these issues before operating an aircraft:

- In the last five days, have you taken or do you plan to take any medications before flying?
- If currently taking a medication only for symptom relief, would you be safe to fly without it?
- Do you have any other underlying health conditions?
  - o Discuss these conditions with your AME or family physician to determine if you are safe to fly.
  - o Specifically ask about your ability “to operate machinery” (including any aircraft).
  - o Discuss if the medication, OTC or otherwise, will pose a problem with the underlying condition or
  - o Other health conditions and/or other medications that you are taking.

**\*\*If you answered to any of the above questions: YES---STOP. You might not be fit to fly!\*\***

### When choosing an OTC medication:

**#1. IDENTIFY the active ingredient(s).**  
 Verify you have taken this medication in the past with no side effects.  
 Note: Single ingredient products are preferred over combination products (because it is easier to spot disqualifying ingredients).

**#2. READ the label.**  
 If there is a warning that it “**May cause drowsiness**” or if it advises the user to “**be careful when driving a motor vehicle or operating machinery,**” then this medication is NOT safe for flying.

**#3. READ carefully.**  
 If this is the first time you are taking a new medication, wait at least (5) dosage intervals and ensure that you suffer no adverse effects from it before flying while on the medication. (See the table below for the recommended observation period).

Drug Facts	
<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>
Chlorpheniramine maleate 2 mg . . . . .	Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:	
<ul style="list-style-type: none"> <li>■ sneezing    ■ runny nose    ■ itchy, watery eyes</li> <li>■ itchy throat</li> </ul>	
<b>Warnings</b>	
Ask a doctor before use if you have	
<ul style="list-style-type: none"> <li>■ glaucoma</li> <li>■ a breathing problem such as emphysema or chronic bronchitis</li> <li>■ trouble urinating due to an enlarged prostate gland</li> </ul>	
Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
<b>When using this product</b>	
<ul style="list-style-type: none"> <li>■ You may get drowsy</li> <li>■ Alcohol, sedatives, and tranquilizers may increase drowsiness</li> <li>■ Be careful when driving a motor vehicle or operating machinery</li> <li>■ Excitability may occur, especially in children</li> </ul>	<ul style="list-style-type: none"> <li>■ Avoid alcoholic drinks</li> </ul>
<p>If pregnant or breastfeeding, ask a health professional before use.</p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.</p>	
<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 2 tablets every 4 to 6 hours, not more than 24 tablets in 24 hours
Children under 6 years	Ask a doctor
<b>Other information</b> Store at 20-25 C° (68-77° F)	
<ul style="list-style-type: none"> <li>■ Protect from excessive moisture</li> </ul>	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

If you take any of the “NO GO” medications (listed below in the table) or if you have had side effects from the medication before, wait at least five (5) dosage intervals after the last dose before flying see the examples below for the recommended grounding period after discontinuation of the medication).

Package Instructions	5 Times Dosage Interval	No Fly Time	Recommendation
Every 4-6 hours^ (Up to 6 times daily)	X5	30 hours	Wait at least 30 hours before flying if taking a medication directed to take every 4-6 hours.
Every 8 hours (OR three times daily)	X5	40 hours	Wait at least 40 hours before flying if taking a medication directed to take every 8 hours.
Every 12 hours (OR twice daily)	X5	60 hours	Wait at least 60 hours before flying if taking a medication directed to take every 12 hours.

^If there is a range, use the higher number

## BOTTOM LINE

**Review 14 CFR 61.53 if it is not familiar to you and always follow it. Not only is it a requirement, but it is for your safety and that of your passengers. When in doubt, safety first - do not fly.**

- Do one more check of your condition before considering flying.
- Get well before considering return to flight status ... do not push it.
- OTC medications help reduce the symptoms of an illness, but do not cure it.
- Even though a medication has been determined to be safe for use by the Food and Drug Administration (FDA), this does not mean that the medication is compatible with flying or even driving.

**Some medications are not recommended (see column “NO GO” on the table below):**

- If you choose to fly on medication, be certain that it will not impair safety. Do not simply hope for the best.

**NOTE: This list is not all-inclusive or intended to take the place of consultation(s) with your primary care physician and/or AME (aviation medical examiner). Remember, if you have significant underlying health conditions, it is recommended that the use of any medication be discussed with your physician PRIOR to taking the medication.**

Type of medication	Commonly found in	Medication or active ingredient generally safe to fly GO	Avoid these medications or ingredients* NO GO	Rationale
<b>Antihistamines</b>	Allergy products Cough/cold products Pain products	Non-sedating products: fexofenadine (Allegra) loratadine (Claritin)	Sedating products: brompheniramine (Dimetapp) cetirizine (Zyrtec) chlorpheniramine (Chlor-Trimeton) <b>diphenhydramine (Benadryl)</b> levocetirizine (Xyzal)	Histamines affect not only your allergies, but your sleep wake cycle. Sedating antihistamines can cause drowsiness, impaired thinking and judgement.
	Sleep aid products	Melatonin (not an antihistamine)	<b>diphenhydramine (such as Zzzquil)</b> . Same ingredient in Benadryl) Doxylamine (such as Unisom)	“Hang-over effect” morning after safety concern. NOTE: taking melatonin at the wrong time can actually worsen “jet-lag” and cause daytime drowsiness.
<b>Nasal steroid</b>	Allergy products	fluticasone (Flonase), triamcinolone (Nasacort)	None	
<b>Nasal decongestants</b>	Nasal congestion Sinus pressure Cough/cold products	oxymetazoline (Afrin),  phenylephrine (Sudafed PE), pseudoephedrine (Sudafed)  Less convenient, but safer, are the nasal salt water lavages such as saline nasal sprays Neti-pots	(Considered safe in recommended dosages)	<b>Caution:</b> Sudafed-like medications can speed up your heart rate; therefore, use caution if you have an underlying heart condition. Be very cautious of an extra cup of coffee or two when feeling sub-par. This has caused more than one pilot to end up in the emergency room for a racing heart rate.
<b>Cough</b>	Cough/cold products	Coricidin (allowed if no chlorpheniramine)  guaifenesin (found in Mucinex and Robitussin) Mucinex fast-max severe congestion and cough (liquid)  Identify combo vs isolated	dextromethorphan (Delsym)  Dayquil (contains dextromethorphan)  Most “night-time” or “PM” medications contain a sedating antihistamine: - Coricidin HBP cough & cold (contains chlorpheniramine) - Nyquil (contains doxylamine)	Most cough medications are safe for flight, but caution for combination products with sedating antihistamines. <b>If the label states PM (for nighttime use) or DM (containing dextromethorphan), you should not fly for at least 5 half-lives after the last dose (see above).</b>

### Frequently Used OTC Medications

\*These effectively can cause incapacitation (examples are not all-inclusive)

Type of medication	Commonly found in	Medication or active ingredient generally safe to fly GO	Avoid these medications or ingredients* NO GO	Rationale
<b>Urinary Tract Infections</b>	Pain reliever	phenazopyridine (AZO standard)	None	Generally allowed after adequate ground trial to monitor for side effects. Symptoms should be resolved other than slight residual irritation.
<b>Aches and Pains</b>	NSAIDs (non-steroidal anti-inflammatory drugs) and analgesics	acetaminophen (Tylenol) aspirin (Bayer's) ibuprofen (Advil/Motrin) naproxen (Naprosyn)	Advil PM, Tylenol PM <b>(Most "PM" medications contain diphenhydramine)</b>	Most OTC pain meds are safe to fly as long as the underlying condition is acceptable.
	Other options for headaches	caffeine (commonly found in Excedrin)	Read the label.	Caution. Some OTC meds are combined with a sedating antihistamine, which can cause drowsiness (see above for examples).
	Topical pain relief	lidocaine patch (Lidoderm) muscle rub	(Considered safe in recommended dosages)	Lidocaine-Caution with application, avoid getting on hands or open wound as this can drop blood pressure or absorb faster.
<b>Skin Rash</b>	Emollients and mild corticosteroid creams	almost all are allowed	Stay within the dosage to not exceed an acceptable risk	Ensure the underlying condition is not an issue with safe flight.
<b>Gastrointestinal Illness: nausea, vomiting, diarrhea</b>	Anti-emetics anti-motility drugs	bismuth subsalicylate (Kaopectate, Pepto-Bismol)	loperamide (Imodium)	Loperamide can cause sedation & dizziness. Be careful not to mask the underlying symptoms. GI illness can cause dehydration, cramps & pain with increase in altitude.
<b>Gastrointestinal Illness: indigestion</b>	Proton Pump Inhibitors (PPI)	eomeprazole (Nexium) lansoprazole Prevacid) omeprazole (Prilosec) pantoprazole (Protonix) rabeprazole (Aciphex)	None	Be careful not to mask the underlying symptoms.
	H2 blockers	cimetidine (Tagamet) famotidine (Pepcid) nizatidine (Axid) rantidine (Zantac)	None	
	Antacids	aluminum hydroxide (Maalox) calcium carbonate (Tums) magnesium hydroxide (Milk of Magnesium)	None	

### Frequently Used OTC Medications

\*These effectively can cause incapacitation (examples are not all-inclusive)

# Additional Resources

## AAM-400 Medication Brochure

[Medication Brochure Link](#)

---

## Erectile Dysfunction Medication

sildenafil (Viagra)

tadalafil (Cialis)

[Erectile Dysfunction Medication Link](#)

---

## Hypertension (HTN) Medication

[Hypertension Medication Link](#)

---

## SSRI (antidepressant) Program

[SSRI PROGRAMS LINK](#)

citalopram (Celexa)

escitalopram (Lexapro)

fluoxetine (Prozac)

sertraline (Zoloft)

---

## Additional medication information found in the AME Guide:

[Additional Medical Information in AME Guide](#)

---

## Do Not Issue (DNI) Do Not Fly (DNF)

[Do Not Issue Do Not Fly Link](#)

DNI—airmen should NOT take any of these medications or classes of medication and fly

DNF—airmen should NOT fly until these medications are stopped and a period of time has elapsed

---

## Oral Diabetes Medications

[Oral Diabetic Medications Link](#)

See Item V. Acceptable Combinations of Diabetic Medications