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20 Oral Drugs in Optometry -- A Practitioner's Reference

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Disciplines
Optometry

Comments
This poster can be printed on 8.5" x 11" use 'scale to fit'.

Any comment and suggestion is welcomed by authors.

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Augmentin
Amoxicillin/Clavulanate potassium 250, 500 mg tabs
Class: Antibacterial, penicillin
Use: Bacterial infections, incl. urinary, periorbital cellulitis, dactylitis, osteomyelitis, pneumo-
pharyngitis
Dosage: 500 mg q8h x 5-7d
CI: Cholestatic jaundice, mononucleosis, hypersensitivity to drug
Notes: Do not take with milk
Mechanism: Bacteriostatic action on bacterial cell wall synthesis, clavulanic acid is a beta-lactamase inhibitor

Azithromycin
Clarithromycin 250, 500 mg tabs
Class: Antibiotic, macrolide
Use: Inclusion conjunctivitis, hand-foot-mouth disease
Dosage: (oral): 1000 mg single dose; (rectal): 200mg bid x 1d, then q4d
CI: Known hypersensitivity to erythromycin, any macrolide or ketoconazole
SE: N/V, diarrhea, abdominal pain
Notes: Caution in patients with impaired hepatic function; azithromycin may exacerbate myasthenia gravis. Patients should not take AI or Mg-containing antacids concurrently with azithromycin. May enhance effects of oral anti-
cogulants; use caution in patients on digoxin, ergotamine or dihydroergotamine, trimecaine, cyclophosphine, hexobarbitol and phenytoin. As possible drug interactions have been observed but are not well-documented.

Diacecloxacin
250, 500 mg tabs
Class: Antibiotic, penicillin
Use: Preexiptival cellulitis, acute phase dactylitis and cellulitis, internal hemorrhoidal prolapse
Dosage: 250 mg q3h x 7-10d, or 500 mg bid x 7-10d
CI: Hyperbilirubinemia
SE: GI upset
Notes: Disodium acelcloxacil is a penicillinase-resistant penicillin with a good safety profile. It is very inexpensive, and a very low dose costing less than $10.

Pregnancy Category: B

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Prednisolone
Dexamethasone 1.25, 2.5, 5, 10, 20, 50 mg tabs
Class: Anti-inflammatory, Steroid
Use: Contact dermatitis, temporal artemi-
tis, Bell’s palsy
Dosage: 60 mg q12h x 1-3d
CI: Active peptic ulcer, precaution in PUD, TB, active infection, pneumonia, and psychosis
SE: Increased IOP, cataract, Cushing’s, hyperglycemia, hyperkalemia, hyperprotei-
nemia, peptic ulcer, pseudotumor cerebri, osteoporosis, decreased wound healing, fluid retention

Acetaminol
Diamox 125, 250, 500 mg
Class: Anti-glaucoma agent, carbonic anhy-
dride inhibitor
Use: Acute angle closure, reduction of IOP when other methods are ineffective
Dosage: (Acute angle clausre): 500 mg PO; (chronic glaucoma): 250 mg q4h
CI: Hypokalemia, hypocalcemia, acidosis, cir-
rhosis, caution in diabetes, gout, and sulfonma-
amide allergy
SE: Fatigue, change in taste, N/V, diarrhea, transient myopia, photosensitivity
Notes: Reduce IOP by 30-40%
Mechanism: Inhibits carbonic anhydrase and production of aqueous.

Guainax-D
1200 mg guaifenesin/240 mg pseudoephedrine tabs
Class: Expectorant, decongestant
Use: Relief of congestion due to viral URI and conjunctivitis
Dosage: 1 tab 1 bid x 1d
CI: Severe hypertension, coronary artery dis-
sease, MAOIs use within 14 d; caution in pa-
ients with hyperthyroidism (mild is not antago-
nized), diabetes, cardiovascular disease, nar-
rrow angle glaucoma, elderly, prostatic hyper-
trophy, and hypertension.
SE: Nervousness, insomnia, headache, GI up-
set, urinary retention
Notes: Taken at breakfast and dinner time.
Mechanism: Poorly understood

Tylenol
Acetaminophen 325 mg tabs
Class: Non-narcotic analgesic
Use: Mild-moderate ocular pain not well man-
gaged by topical drugs; corneal abrasion, PKR,
TB, trauma, post-surgical procedures, herpes zoster neuralgia
Dosage: 500-1000mg q4h as needed. Take with meals.
CI: Chronic alcohol abuse, hepatic impairment, G6PD deficiency
SE: Liver toxicity and hematologic effects at high dosages, nephrosis, rash
Mechanism: Poorly understood

Ibuprofen
200, 400, 600, 800 mg tabs; 200 mg chewable tabs, 200 mg caps
Class: Non-narcotic analgesic, NSAID
Use: Prevent/management of pain and IRS
Dosage: 400 mg bid x 10d
CI: Gastrointestinal ulceration, antiplatelet drugs, hemorrhagic diathesis
SE: Renal impairment
Notes: Do not take with milk

Mechanism: Decreases lipase pro-
duction of the tetracyclines

Lortab
Hydrocodone bitartrate/Acetaminophen 2.5/50 mg, 5/50, 7.5/50, 10/50 mg tabs
Class: Narcotic/non-narcotic combination anal-
gesic
Use: Moderate-severe pain
Dosage: 1/2 tab q4h pm
CI: Respiratory depression, hepatic toxicity, dependency, analgesic toxicity, thrombo-
cytopenia, IHD, rash, urticaria
SE: Gastrointestinal or hepatic impairment, hypnotic, G6PD deficiency, concurrent use of gray

Mechanism: Decreases lipase pro-
duction of the tetracyclines

Notes: Use caution in patients with recent al-
cohol consumption.

Vicodin
Acetaminophen/Codeine 300/30 mg tabs
Class: Narcotic/non-narcotic combination anal-
gesic
Use: Moderate-to-severe pain
Dosage: 1/2 tab q4h pm
CI: Respiratory depression; caution in G6PD deficiency, seizures, hyperalgesia, al-
cohol abuse, hepatic and renal impairment
SE: Respiratory depression, CNS depres-
sion
Notes: Take with meals.

Allegro
Fexofenadine 30, 60, 180 mg tabs
Class: Anti-allergy, 2nd-generation antihista-
mine
Use: Seasonal allergic rhinitis
Dosage: 180 mg qd or 60 mg bid
SE: HA, dizziness, weakness, headache, dizziness
Notes: Do not take with milk

Mechanism: Inhibits histamine H1 receptors.

Zyrtec
Cetirizine 10 mg tabs
Class: Anti-allergy, antihistamine
Use: Seasonal allergic rhinitis
Dosage: 1 tab q4h-pm
SE: sneezing, runny nose, headache, dizziness
Notes: Do not take with milk

Mechanism: Inhibits histamine H1 receptors.

AREDS
OTC tabs, capsules
Class: Vitamin Supplement
Use: Prevention of advanced or exudative forms of AMD
Dosage: 500 mg qd of vitamin C; 400 IU vitamin E, 15 mg beta-carotene, 50 mg zinc, 2 mg copper
SE: GI upset, luminescence, discomfort, cataracts
Notes: Use caution in chronic disease and in pa-
ients taking multiple medications; avoid beta-
carotene in smokers or former smokers.

Mechanism: Interferes with viral replication.

L-lsine
OTC 250, 500, 1000 mg tabs or capsules
Class: Amino Acid Supplement
Use: Increases serotonin
Dosage: 5000 mg qd
SE: Gastrointestinal upset
Notes: Do not take with milk

Mechanism: Decreases inflammation, en-
hances tear production, thins meibomian se-
critions

Omega-3 Fatty Acids
OTC tabs, capsules in various doses
Class: Fatty Acid Supplement
Use: Omega-3
Dosage: 2000 mg qd
SE: Gastrointestinal upset
Notes: If derived from fish oil, use caution in diabetes (may alter control of blood sugar) and patients on anticoagulants (may enhance effect)

References
1. www.rxlist.com
2. www.rdxlist.com