

A Guide to Finding Lactose Free Medications

Prepared by:

William F. Bell, Jr. Rph

My inspiration to create this guide came after the 2001 PGC Conference in Atlanta, Ga. After speaking to many people, I felt it was necessary to put my time to good use. Enclosed in the next several pages is some information that hopefully will make medications choices easier to “swallow.”

I have included only medications I felt are routinely seen in practice today. To put together a list that included every medication would not only be impossible, but impractical. I say this because like food products, drug manufacturers change their ingredients all of the time.

This guide is intended to be just that, a guide. Please consult with your pharmacist and/or physician if unclear. They are valuable sources of information and are willing to help.

I look forward to hearing feedback from you. Please tell me of any changes or improvements you think would make this guide more valuable or precise. I felt it was necessary to include only those medications that are commonly seen and prescribed today.

This guide is dedicated to my wife, Maureen, and to all the people in the world who are affected in some way by galactosemia. If this publication helps just one person, then all the time that was put into this was well worth it. I hope you find this useful and informative.

Bill

Manufacturer	Phone Number	Web Site
Abbott Laboratories	18006339110	Abbott.com
Alza Corporation	16505645000	Alza.com
AmeriSource/Bergen	18882676034	Amerisource.com
Amgen, Inc.	18002826436	Amgen.com
Amide Pharmaceuticals	12018901440	N/A
Apothecon, Inc.	18003211335	BMS.com
AstraZeneca	18004563669	AstraZeneca-us.com
Aventis Pharmaceuticals	18006331610	Aventispharma-usa.com
Barr Laboratories	18002220190	Barrlabs.com
Baxter Healthcare	18004229837	Baxter.com
Berlex Laboratories, Inc.	18882375394	Berlex.com
Bertek Pharmaceuticals	18002313052	Bertek.com
Blaine Pharmaceuticals	18006339353	Blainepharma.com
Cephalon, Inc.	18007823656	Cephalon.com
Copley Pharmaceutical	18003256111	N/A
Danbury (Watson)	18005534044	Watsonpharma.com
Dermik Labs	18005236674	Dermik.com
Dupont Pharmaceuticals	18004742762	Dupontpharma.com
Duramed Pharmaceuticals	18005438338	Duramed.com
Elan Pharmaceuticals	18008598586	Elan.com
Eli Lilly and Co.	18005455979	Lilly.com
Endo Labs	18004623636	Endo.com
Eon Labs	18005260225	Eonlabs.com
ESI Lederle	16106884400	Wyeth.com
Ethex Corp	18003211705	Ethex.com
Forest Laboratories	18009475227	Frx.com
Forest Pharmaceuticals	18006781605	Forestpharma.com
Gate Pharmaceuticals	18002924283	Gatepharma.com
Geneva Pharmaceuticals	16096278500	Genevarx.com
Glades Pharmaceuticals	18884452337	Glades.com
GlaxoSmithKline	18003668900	Gsk.com
Halsey Drug	18003362750	Halseydrug.com
Inwood Laboratories	18008765227	Forestpharma.com
Ivax Pharmaceuticals	18003274114	Ivaxpharmaceuticals.com
Janssen Pharmaceuticals	18005267736	Usjanssen.com
Johnson&Johnson	18005263967	Jnj.com
Kenwood Laboratories	18009299300	Bradpharma.com
Lactaid, Inc.	18005228243	Lactaid.com
Merck and Co.	18006726372	Merck.com
Mission Pharmacal Group	18005313333	Missionpharmacal.com

Morton Grove Pharmaceuticals	18003466854	Mgp-online.com
Mylan Laboratories	18008269526	Mylan.com
Nature's Bounty, Inc.	18006455412	Naturesbounty.com
Novartis Consumer Health	18005420051	Novartis.com
Noven Pharmaceuticals	18882535099	Noven.com
Novo/Nordisk Pharm	18007276500	Novonordisk-us.com
Novopharm Usa, Inc.	18004260769	Novopharmusa.com
Orphan Pharmaceuticals	16153990700	Orphanusa.com
Ortho-Mcneil Pharm	18006315273	Ortho-mcneil.com
Paddock Laboratories	18004249300	Paddocklabs.com
Par Pharmaceuticals	18008289393	Parpharm.com
Pediatric Pharmaceuticals	17326037708	Pediatricpharm.com
Pfizer Consumer Health	18003321240	Pfizer.com
Purdue Frederick Co.	18008775666	Purduepharma.com
Purepac Pharmaceuticals	18004328534	Faulding.com
Rexall Sundown, Inc.	15612419400	Rexallsundown.com
Ricola Usa, Inc.	19739846811	Ricolausa.com
Roche Laboratories	18005266367	Rocheusa.com
Ross Products Division	18009868510	Rosslabs.com
Roxane Laboratories	18008480120	Roxane.com
R.P. Scherer-N.A.	18135724000	Rpscherer.com
Schein Pharmaceuticals	18005486236	Schein-rx.com
Schering-Plough Corp.	18005264099	Sch-Plough.com
Sidmak Laboratories	18009220547	Sidmaklab.com
SmithKline Bee Cons Hlth	19738892100	Sb.com
Solvay Pharmaceuticals	18002411643	Solvay.com
Star Pharmaceuticals	18008457827	Starpharm.com
TAP Pharmaceuticals	18006222011	Tapholdings.com
Taro Pharmaceuticals	18005441449	Taropharma.com
Teva Pharmaceuticals	18005458800	Tevapharmusa.com
URL	18005233684	Urlmutual.com
Upsher-Smith Labs	18003283344	Upsher-smith.com
Warner Lambert Cons Hlth	18005242624	Warner-lambert.com
Warrick Pharmaceuticals	18005473869	See Schering Plough
Watson Laboratories	18002725525	Watsonpharm.com
Whitehall-Robins Hlthre	18003223129	Whitehallrobins.com
Wyeth Laboratories	18009345556	Wyeth.com
Zila Pharmaceuticals	18009227884	Zila.com
Ranbaxy Pharmaceuticals	18887262299	Ranbaxy.com
Copyright/Reference	Aug.2002 Facts and Comparisons, Drug Facts and Comparisons	

DRUG	LACTOSE FREE?	COMMENT
Actonel Tabs	No	
Adderall Tabs	No	Generic by Barr/unknown
Adderall XR Caps	Yes	Kosher Gelatin used
Augmentin XR/ES	Yes	Tabs and Suspension
Allegra	No	
Amoxil Caps	Yes	SKB Brand/250 & 500
Ceftin Tabs/Oral Susp.	Yes	250 & 500
Cefuroxime Axetil Tabs	Yes	Generic Ceftin made by Ranbaxy Pharm.
Cipro /Xr	Yes	All forms Regular Cipro and Xr. Generic 500mg by Barr is
Demulen Oral Con.	No	Change from lactose free to having lactose
Dexedrine Tabs	No	
Dexedrine Caps	Yes	Distinguish between 2 forms
Duricef	Yes	All forms ok, Caps, tabs, and oral sus.
EES Liquid	Yes	White strawberry banana, art.flvrs
Effexor Xr	No	
Fosamax	No	
Methylin Tabs	No	
Methylin ER	Yes	10 and 20mg Tabs
Prilosec Caps	No	
Prevacid Caps	No	
Premarin/Premphase/Prempro	No	
Prometrium	Yes	Beware Peanut Allergy
Ortho Tri Cyclen	No	
Levaquin	Yes	
Strattera	Yes	ADHD
Suprax Tabs/Liquid	Yes	Strawberry Flavored
Singulair Tabs	No	

Sprectracef Tabs	No	Contains Sodium Caseinate (milk protein)
Sarafem	Yes	
Trimox Caps	Yes	Apothecon 250/500mg
Viagra	No	
Zyrtec/D/Allegra/D/Clarinet	No	Zyrtec Liquid ok
Penicillin 500mg Tabs	Yes	Geneva Pharm.
Penicillin 250 mg Tabs/Oral Suspension	No	Apothecon/
Zovia	No	
Zithromax Tabs	No	
Zithromax Liquid	Yes/No	Flavored with CRÈME de Vanilla and banana
Benedryl Caps OTC	Yes	Substitute with liquid
Zocor/Lipitor	No	
Chewable Multivitamins	Yes	Teva all strengths
Epi-Pens Jr/Sr	Yes	
Imipramine Tabs	Yes 10 mg only	Geneva 25/50mg contain lactose
Biaxin Liquid	Yes	Fruit Punch flavor
Amoxil Oral Susp.	Yes	Ranbaxy Labs/Strawberry Guarana Flavor

Other healthcare points:

Always ask if unsure.

Check to see the medication's patient package insert for ingredient list.

National Poison Control Centers 1-800-222-1222

If all else fails, please e-mail me at WBELLJr@Comcast.net

I research and answer any questions you may have!

LACTOSE- AND GALACTOSE-FREE PRODUCTS

The following is a selection of lactose- and galactose-free over-the-counter products. The list is drawn from the 2000 edition of *Drug Topics® Red Book®*. It is not

comprehensive. Generic and alternate brands may exist. Always check product labeling for definitive information on specific ingredients.

TRADE NAME (OTC)	FORM	TRADE NAME (OTC)	FORM	TRADE NAME (OTC)	FORM
Advil	Tablets	Iberet	Liquid, Tablets	Nu-Taste	Liquid
Ailmentum	Liquid	Imodium A-D	Liquid, Tablets	One-A-Day	Tablets
Alka-Mints	Tablets	Impact	Liquid	One-A-Day Antioxidant Plus	Tablets
Alka-Seltzer	Effervescent Tablets	Impact with Fiber	Liquid	One-A-Day Garlic Softgels	Capsule
Alka-Seltzer Plus	Effervescent Tablets	Isosource	Liquid	One-A-Day Maximum	Tablets
Alka-Seltzer Plus Liqui-Gels	Capsules	Isosource HN	Liquid	One-A-Day Men's	Tablets
Anti-Tuss	Syrup	Isotein HN	Powder	One-A-Day Women's	Tablets
Anti-Tuss DM	Syrup	Jevity	Liquid	Orudis KT	Tablets
Ascriptin	Tablets	Kaopectate Children's	Liquid	Osmolite	Liquid
Aspirin Free Excedrin	Tablets	Kao-Spen	Suspension	Osmolite HN	Liquid
Axid AR	Tablets	K-C	Suspension	Pediasure	Liquid
Benadryl	Liquid, Tablets	Konsyl	Powder, Tablets	Pepto-Bismol	Liquid, Tablets
Benylin DM Pediatric	Liquid	Kudrox	Suspension	Pepto-Bismol Max. Strength	Liquid, Tablets
Benylin Expectorant	Liquid	Lactaid	Liquid, Tablets	Percy Medicine	Liquid
Bufferin	Tablets	Lactofree	Powder	Pen-Colace	Capsules, Syrup
Calcium 600	Tablet	Lactofree Iron Fortified	Concentrate, Liquid, Powder	Polycose	Liquid, Powder
Casec	Powder	Lipisorb	Liquid, Powder	Poly-Vi-Sol	Drops
Cenafed	Syrup	Liquid Nutrition	Liquid	Poly-Vi-Sol with Iron	Drops
Citrotein	Powder	Liquid Nutrition Plus	Liquid	Portagen	Powder
Colace	Capsules, Syrup	MCT Oil	Oil	Promote	Liquid
Comtrex Multi-Symptom	Capsules, Tablets	Medi-Lyte	Tablet	Pulmocare	Liquid
Di-gel	Liquid	Metamucil	Powder, Wafers	Purge Evacuant	Liquid
Doxidan Liqui-Gels	Capsules	Moducal	Powder	RCF	Liquid
Dramamine	Tablets	Motrin IB	Tablets	Resource Plus	Liquid
Ensure	Liquid	Mylanta Gas Relief	Tablets	Riopan	Suspension
Ensure High Calcium	Liquid	Mylanta Gelcaps	Tablets	Riopan Plus	Suspension
Ensure HN	Liquid, Powder	Mylicon Infant's	Liquid	Similac with Iron	Concentrate, Powder
Ensure Plus	Liquid	Naldecon DX	Liquid	Sinutab	Tablets
Excedrin Extra-Strength	Tablets	Naldecon DX Children's	Syrup	Sinutab Allergy	Tablets
Ex-lax Maximum	Tablets	Naldecon DX Pediatric	Drops	Sucrets Maximum Strength	Lozenges
Fibersource	Liquid	Naldecon EX Children's	Syrup	Sudafed	Tablets
Fibersource HN	Liquid	Naldecon Senior DX	Liquid	Sudafed Children's	Liquid
Forta Drink	Powder	Naldecon Senior EX	Syrup		
Gas-X	Liquid, Tablets	Nepro	Liquid		
Gaviscon	Liquid, Tablets	NoDoz Maximum	Tablets		
Hytrin	Capsule, Injection	Nuprin	Tablets		

TRADE NAME (OTC)	FORM	TRADE NAME (RX)	FORM	TRADE NAME (RX)	FORM
Sudafed Plus	Syrup, Tablets	Deconsal	Tablets	Norpramin	Tablets
Sudafed Severe Cold	Tablets	Depakene	Capsules	Norvasc	Tablets
Sudafed Sinus	Tablets	Depakote	Tablets	Pamelor	Capsules
Sunkist Chewable Plus	Tablets	Desoxyn	Tablets	Pancrease	Capsules
Sunkist Complete	Tablets	DiaBeta	Tablets	Pancrease MT	Capsules
Sunkist Vitamin C	Tablets	Diabinese	Tablets	Paxil	Capsules, Tablets
Surfak	Capsules	Diovan	Capsules	Pepcid	Suspension, Tablets
Sustacal	Liquid	Dolobid	Tablets	Percocet	Tablets
Tempra	Drops, Liquid, Tablets	Donnatal Extentabs	Tablets	Percodan	Tablets
		Donnazyme	Tablets	PhosLo	Tablets
Titralac	Tablets	Duricef	Capsules, Tablets, Suspension	Placidyl	Capsules
Titralac Plus	Tablets	E. E. S.	Suspension, Tablets	Precoese	Tablets
Triaminic Expectorant	Liquid	Entex LA	Tablets	Prevacid	Capsules
Triaminic	Tablets	Epivir	Tablets, Solution	Procardia	Capsules
Tri-Vi-Sol	Drops	EryPed	Suspension, Tablets	Procardia XL	Tablets
Tri-Vi-Sol with Iron	Drops			Prozac	Capsules
Tums	Tablets	Ery-Tab	Tablets	Quadrnal	Tablets
Tylenol	Drops, Liquid, Tablets	Esgic-Plus	Capsules, Tablets	Questran	Powder
		Fero-Folic/Iberet Folic	Tablets	Quinaglute	Tablets
Vi-Daylin ADC Vitamins	Drops	Fero-Grad-Filmtab	Tablets	Rezulin	Tablets
Vi-Daylin ADC Vitamins Plus Iron	Drops	Floricet	Tablets	Rifadin	Capsules
Vi-Daylin Multi-Vitamin	Drops	Flumadine	Syrup, Tablets	Robaxin	Tablets
Vi-Daylin Multi-Vitamin	Liquid	Glucotrol XL	Tablets	Sectral	Capsules
Vi-Daylin Multi-Vitamin Plus Iron	Drops	GoLYTELY	Powder	Serzone	Tablets
Vi Daylin Plus Iron	Liquid	Grifulvin V	Suspension, Tablets	Sinemet	Tablets
Zantac 75	Tablets	Guaifed	Capsules	Sinemet CR	Tablets
		Haldol	Tablets	Slo-bid	Capsules
TRADE NAME (RX)	FORM	Humibid	Tablets	Suprax	Tablets
Accutane	Capsules	Hytrin	Tablets	Symmetrel	Capsules
Actigall	Capsules	Inderal LA	Capsules	Tegretol/Tegretol-XR	Tablets
Adalat	Capsules	Isoptin SR	Tablets	Tenoretic	Tablets
Aldactazide	Tablets	K-Dur	Tablets	Tenormin	Tablets
Aldactone	Tablets	K-Lor	Tablets	Tessalon	Capsules
Aldomet	Tablets	Konsyl	Powder	Tiazac	Capsules
Antivert	Tablets	K-Phos Neutral	Tablets	Ticlid	Tablets
Aquasol A	Capsules	K-Phos Original Formula	Tablets	Tofranil-PM	Capsules
Artane	Tablets	K-Tab	Tablets	Toprol-XL	Tablets
Atrohist Pediatric	Capsules	Lanoxicaps	Capsules	Trental	Tablets
Axid	Capsules	Lescol	Capsules	Trilisate	Liquid, Tablets
Bactrim	Tablets	Levaquin	Tablets	Ultrase	Capsules
Baycol	Tablets	Levothroid	Tablets	Uniphyl	Tablets
Berocca	Tablets	Librium	Capsules	Vallium	Tablets
Berocca Plus	Tablets	LoCholest	Powder	Vibramycin Hyclate	Capsules
Biaxin	Tablets	LoCholest Light	Powder	Vicodin	Tablets
<i>Calan SR</i>	Tablets	Lomotil	Tablets	Vicodin ES	Tablets
Carafate	Tablets	Luvox	Tablets	<i>Vicodin HP</i>	Tablets
Cardene	Capsules	Materna	Tablets	Vicoprofen	Tablets
Cardizem CD	Capsules	Micro-K	Capsules	Vistaryl	Capsules
Cardizem SR	Capsules	Micronase	Tablets	Volmax	Tablets
Ceclor	Capsules	Minipress	Capsules	Wellbutrin	Tablets
Ceclor CD	Tablets	Minocin	Capsules	Wellbutrin SR	Tablets
Ceftin	Suspension, Tablets	Motrin	Tablets	Yocon	Tablets
Cefzil	Suspension, Tablets	Mycostatin	Pastilles	Yohimex	Tablets
Cipro	Tablets	Natalins Rx	Tablets	Zantac	Capsules, Syrup Tablets
Claritin-D	Tablets	Niferex	Tablets	Zarontin	Capsules
Clinoril	Tablets	Niferex-Forte	Capsules	Zebeta	Tablets
Combivir	Tablets	Niferex-PN	Tablets	Zestril	Tablets
Covera-HS	Capsules	Nolvadex	Tablets	Ziac	Tablets
Creon	Capsules			Zoloft	Tablets
Cytotec	Tablets			Zyban	Tablets
Dapsone	Tablets			Zyflo	Tablets
Darvon-N/Darvocet-N	Tablets			Zymase	Capsules
Davono	Tablets				