



Munson Army Health Center Over-The-Counter (OTC) Medication List

Maximum of 2 items per person per week



Patient Name: _____

Please Note: Self-care medications are intended for short-term use and are NOT intended to treat chronic conditions

Date of Birth: _____

Symptoms / Indications	Treatment Option(s) <i>(Place a checkmark next each item you would like)</i>	
Allergies / Hay Fever / Sinus Congestion / Runny Nose / Sneezing	Chlorpheniramine 4mg Tabs (Chlor-Trimeton) (≥ 6 years)	Cetirizine 10 mg Tabs (Zyrtec®) (≥ 6 years)
	Diphenhydramine 25mg Tabs (Benadryl®) (> 6 years / < 65 years)	Diphenhydramine 12.5mg/5ml Liquid (Benadryl®) (> 6 years)
	Loratadine 10mg Tabs (Claritin®) (> 6 years)	Cetirizine 5mg/5ml Soln (Zyrtec®) (≥ 2 years)
	Loratadine 5mg/5ml Soln (Claritin®) (> 2 years)	
Cough / Chest Congestion	Guaifenesin / Dextromethorphan 100mg/10mg/5ml Liquid (Robitussin-DM®) (≥12 years)	
	Guaifenesin / Dextromethorphan 600mg/30mg Tabs (Mucinex-DM®) (≥12 years)	
	Guaifenesin 600mg Extended Release Tabs (Mucinex®) (>12 years)	
Nasal / Sinus Congestion	Oxymetazoline 0.05% Nasal Spray (Afrin®) (≥ 6 years)	
	Sinus Rinse Starter Kit (NeilMed®) (Any age)	Sinus Rinse Refill Kit (NeilMed®) (Any age)
	Sodium Chloride 0.65% Nasal Spray (Deep Sea Nasal) (Any age)	
Sore Throat	Benzocaine 6mg / Menthol 10mg Lozenges (Cepacol®) (> 6 years)	
Topical: Insect Bites / Rash / Poison Ivy / Oak/ Sumac	Hydrocortisone 1% Topical Cream (≥ 2 years)	
	Calamine 8% / Zinc Oxide 8% Lotion (Calamine) (> 2 years)	
Athlete's Foot / Jock Itch / Ringworm	Clotrimazole 1% Topical Cream (≥ 2 years)	Terbinafine 1% Cream ≥ 2 years
Blisters / Cuts / Scrapes / Minor Wounds	Bacitracin Antibiotic Ointment (any age)	
Diarrhea / Nausea	Bismuth Subsalicylate 262mg Tabs (Petpo Bismol®) (≥12 years)	
	Loperamide 2mg Caplets (Immodium® A-D) (≥ 6 years)	
Constipation	Docusate Sodium 100mg Caps (Colace®) (≥ 2 years)	
Fever / Headache / Pain	Acetaminophen 160mg/5ml Soln. (Tylenol) (≥ 2 years)	Acetaminophen 325mg Tabs (Tylenol) (≥ 6 years)
	Ibuprofen 200mg Tabs (Motrin) (> 12 years)	Ibuprofen 100mg/5ml Suspension (Motrin) (≥ 2 years)
Yeast Infection	Clotrimazole 1% Vaginal Cream (Gyne-Lotrimin®) (≥ 12 years)	
	Miconazole 2% Cream/Kit (3-day) (> 12 years)	
Indigestion	Calcium Carbonate 500mg Chew Tabs (Tums®) (≥ 12 years)	
	Bismuth Subsalicylate 262mg Tabs (Petpo Bismol®) (> 12 years)	
Lice	Lice Shampoo (Piperonyl butoxide/pyrethrins) 1% (> 8 weeks old)	
Acne	Benzoyl Peroxide 5% Wash (> 12 years old)	Benzoyl Peroxide 10 % Wash (> 12 years old)
Dry Skin	Urea 20% Cream > 7 years	Ammonium Lactate 12% Lotion >7 years
Moisturizer	Vanicream All ages	
Topical Soothing Relief with Hemorrhoids	Witch Hazel 50% Topical Pads (Tucks) (≥ 12 years)	
Emergency Contraceptive	Levonorgestrel 1.5mg (Plan B) *Must have ID card of patient taking this medication*	
All OTC medications will be dispensed in the original manufacturer's packing, entered under the appropriate patient's electronic health record, and patients must meet the age requirements listed on the manufacturer's packaging.		
Self-Care medications are intended for short-term use. Patients should seek medical care for worsening symptoms or for symptoms lasting longer than 72-hours.		
Military personnel on special status (i.e. Flight Status, SCI, etc.) should consult with their unit healthcare provider before taking medications that could restrict their duty status (e.g., medications that may cause drowsiness may ground a member of an aircraft)		