

Updated: 4/15/2021



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



\*\*Maximum of 4 items per family every 2 weeks\*\*

Patient Name: \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_

If you have questions call the Pharmacy at 913-684-6059

Symptoms / Indications	Treatment Option(s) <i>(Place a checkmark next each item you would like)</i>	
Allergies / Hay Fever / Sinus Congestion / Runny Nose / Sneezing	<input type="checkbox"/> Chlorpheniramine 4mg Tabs (Chlor-Trimeton) (≥ 6 years)	<input type="checkbox"/> Cetirizine 10 mg Tabs (Zyrtec®) (≥ 6 years)
	<input type="checkbox"/> Diphenhydramine 25mg Tabs (Benadryl®) (≥ 6 years / < 65 years)	<input type="checkbox"/> Diphenhydramine 12.5mg/5ml Liquid (Benadryl®) (≥ 6 years)
	<input type="checkbox"/> Loratadine 10mg Tabs (Claritin®) (≥ 6 years)	<input type="checkbox"/> Fluticasone Nasal Spray (Flonase®) (≥ 4 years)
	<input type="checkbox"/> Loratadine 5mg/5ml Soln (Claritin®) (≥ 2 years)	<input type="checkbox"/> Cetirizine 5mg/5ml Soln (Zyrtec®) (≥ 6 years)
Cough (dry)	<input type="checkbox"/> Guaifenesin / Dextromethorphan 100mg/10mg/5ml Liquid (Robitussin-DM®) (≥ 12 years)	
Cough (productive)	<input type="checkbox"/> Guaifenesin 600mg Extended Release Tabs (Mucinex®) (≥ 12 years)	
Nasal / Sinus Congestion	<input type="checkbox"/> Oxymetazoline 0.05% Nasal Spray (Afrin®) (≥ 6 years)	<input type="checkbox"/> Sinus Rinse Starter Kit (NeilMed®) (Any age)
	<input type="checkbox"/> Phenylephrine 10mg Tabs (Sudafed PE) (≥ 12 years)	<input type="checkbox"/> Sinus Rinse Refill Kit (NeilMed®) (Any age)
	<input type="checkbox"/> Sodium Chloride 0.65% Nasal Spray (Deep Sea Nasal) (Any age)	
Sore Throat	<input type="checkbox"/> Benzocaine 15mg / Menthol 3.6mg Lozenges (Cepacol®) (≥ 4 years)	
Topical: Insect Bites / Rash / Poison Ivy / Oak/ Sumac  Athlete's Foot / Jock Itch / Ringworm	<input type="checkbox"/> Hydrocortisone 1% Topical Cream (≥ 2 years)	
	<input type="checkbox"/> Calamine 8% / Zinc Oxide 8% Lotion (Calamine) (≥ 2 years)	
	<input type="checkbox"/> Clotrimazole 1% Topical Cream (Lotrimin®) (≥ 2 years)	
Blisters / Cuts / Scrapes / Minor Wounds	<input type="checkbox"/> Bacitracin Antibiotic Ointment (any age)	
Diarrhea / Nausea	<input type="checkbox"/> Bismuth Subsalicylate 262mg Tabs (Petpo Bismol®) (≥ 12 years)	
	<input type="checkbox"/> Loperamide 2mg Caplets (Immodium® A-D) (≥ 6 years)	
Constipation	<input type="checkbox"/> Docusate Sodium 100mg Caps (Colace®) (≥ 2 years)	
Fever / Headache / Pain	<input type="checkbox"/> Acetaminophen 160mg/5ml Liquid (Tylenol) (≥ 2 years)	<input type="checkbox"/> Acetaminophen 325mg Tabs (Tylenol) (≥ 6 years)
	<input type="checkbox"/> Ibuprofen 200mg Tabs (Motrin) (≥ 12 years)	<input type="checkbox"/> Ibuprofen 100mg/5ml Suspension (Motrin) (≥ 2 years)
Yeast Infection	<input type="checkbox"/> Clotrimazole 1% Vaginal Cream (Gyne-Lotrimin®) (≥ 12 years)	
	<input type="checkbox"/> Miconazole 2% Cream/Kit (3-day) (> 12 years)	
Indigestion	<input type="checkbox"/> Calcium Carbonate 750mg Chew Tabs (Tums®) (≥ 12 years)	
	<input type="checkbox"/> Bismuth Subsalicylate 262mg Tabs (Petpo Bismol®) (≥ 12 years)	
Lice	<input type="checkbox"/> Lice Shampoo (Piperonyl butoxide/pyrethrins) 1% (≥ 8 weeks old)	
Topical Soothing Relief with Hemorrhoids	<input type="checkbox"/> Witch Hazel 50% Topical Pads (Tucks) (≥ 12 years)	
Emergency Contraceptive	<input type="checkbox"/> 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 states (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)\*\*\*

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