

Bayne-Jones Army Community Hospital OTC Self-Care Medication Request (Apr10 update)

Today's Date: _____ Patient's Name: _____

Patient Date of Birth: _____ Sponsor's Last-Four of SSN: _____

Allergy Medications	Comments
Benadryl (diphenhydramine) 12.5mg/5ml elixir - bottle	4+ Years Old
Benadryl (diphenhydramine) 25mg capsules - box	OB & Lactation OK
Claritin (loratadine) 10mg tablets - box	OB & Lactation OK
Claritin (loratadine) 1mg/ml syrup - bottle	4+ Years Old
Cold Medications	
AYR saline nasal spray - bottle	ALL Ages
Dimetapp liquid - bottle	6+ Years Old
Sudafed (pseudoephedrine) 30mg tablets - box	OB OK (not Lactation**)
Sudafed (pseudoephedrine) 15mg/5ml syrup - bottle	6+ Years Old
Robitussin DM (guaifenesin + dextromethorphan) syrup - bottle	4+ Years Old
Cepacol sore throat lozenges - box	OB & Lactation OK
Pain and Fever Medications - - Ask for Pediatric Dosing Chart	
Tylenol (acetaminophen) 80mg/0.8ml dropper - bottle	ALL Ages
Tylenol (acetaminophen) 160mg/5ml liquid - bottle	ALL Ages
Tylenol (acetaminophen) 325mg tablets - bottle	OB & Lactation OK
Motrin (ibuprofen) 100mg/5ml liquid - bottle	6+ Months Old
Motrin (ibuprofen) 200mg tablets - bottle	Lactation OK (not OB)
Gastrointestinal Medications	
Maalox-Plus liquid - bottle	OB & Lactation OK
Milk of Magnesia liquid - bottle	OB & Lactation OK
Pepto-Bismol (bismuth subsalicylate) chewable tablets - box	12+ Years Old
Anti-Fungal Medications	
Mycelex (clotrimazole) 1% topical cream - tube	12+ Years Old
Tinactin (tolnaftate) 1% topical powder - bottle	12+ Years Old
Mycelex (clotrimazole) 1% vaginal cream - tube	12+ Years Old
Miscellaneous Topical Medications	
Hydrocortisone 0.5% topical cream - tube	4+ Years Old
Hydrocortisone 1% topical cream - tube	12+ Years Old
Bacitracin topical ointment - tube	ALL Ages
Zinc Oxide topical ointment - tube	ALL Ages
Plan B (start within 72 hrs of unprotected intercourse; no OTC card needed; must be 17+ year old beneficiary)	

**The OTC Self-Care class and OTC Self-Care card are offered by BJACH Health Promotions
Call BJACH Health Promotions at 531-2751 for class information**

POLICIES for OTC Self-Care Program Use

- 1. An OTC card is required, or pharmacy must have record of your OTC class attendance.
OTC card is NOT required for active duty Soldiers - All should attend the OTC class.
OTC card is NOT required for liquid Tylenol or Motrin for post-immunization pain.
OTC card is NOT required for Plan B (see rules above).**
- 2. If patient is under 4 years old, the only OTC meds available are:
Tylenol drops and liquid, Motrin liquid, saline nasal, bacitracin, and zinc ointment.**
- 3. Only 4 items may be requested per pharmacy visit per week.**
- 4. OTC medications must be entered into the patient's electronic medication profile.**
- 5. If symptoms persist, please seek medical attention.**
- 6. Inform your care provider of all OTC medications you take or use.**

** Pseudoephedrine may decrease milk production, so mothers with low milk production should avoid its use.