

Bayne-Jones Army Community Hospital OTC Self-Care Medication Request (May 11 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 Promotion
Call BJACH Health Promotion at 531-6880 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.

PLEASE TAKE THE SURVEY LOCATED ON THE BACK OF THIS OTC LIST BEFORE RETURNING TO THE WINDOW

BJACH SELF CARE SURVEY

1. I used Self-Care instead of an Emergency Room visit.

Yes	No	NA
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2. I used Self-Care instead of making a Tricare Same Day Appointment

Yes	No	NA
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3. I avoided missing training time by using Self-Care.

Yes	No	NA
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4. I used Self-Care instead of Sick Call

Yes	No	NA
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5. The Self-care class and manual helped me decide to use Self-care or seek medical care via Sick Call, Same day appointment or Emergency Room

Yes	No	NA
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6. Have you used Self-care within the last 30 days for the same illness?

Yes	No	NA
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The Self-care program is a benefit to my health?

Yes	No	NA
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**THANK YOU FOR YOUR SUPPORT IN COMPLETING THIS SURVEY
BJACH PHARMACY SERVICE
AND DEPARTMENT OF PREVENTIVE MEDICINE**