

Bayne-Jones Army Community Hospital OTC Self-Care Medication Request (Sep09 update)

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

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

Allergy Medications

- Actifed (triprolidine + pseudoephedrine) tablets - box
- Benadryl (diphenhydramine) 12.5mg/5ml elixir - bottle
- Benadryl (diphenhydramine) 25mg capsules - box
- Claritin (loratadine) 10mg tablets - box
- Claritin (loratadine) 1mg/ml syrup - bottle

Cold Medications

- AYR saline nasal spray - bottle **(OK all ages)**
- Dimetapp liquid - bottle **(6+ years old only)**
- Sudafed (pseudoephedrine) 30mg tablets - box
- Sudafed (pseudoephedrine) 15mg/5ml syrup - bottle
- Robitussin DM (guaifenesin + dextromethorphan) syrup - bottle
- Cepacol throat lozenges - box

Pain and Fever Medications - - Ask for Pediatric Dosing Chart

- Tylenol (acetaminophen) 80mg/0.8ml dropper - bottle **(OK all ages)**
- Tylenol (acetaminophen) 160mg/5ml liquid - bottle **(OK all ages)**
- Tylenol (acetaminophen) 325mg tablets - bottle
- Motrin (ibuprofen) 100mg/5ml liquid - bottle **(OK all ages over 6 months)**
- Motrin (ibuprofen) 200mg tablets - bottle

Gastrointestinal Medications

- Maalox Plus liquid - bottle
- Milk of Magnesia liquid - bottle
- Pepto-Bismol chewable tablets - box **(12+ years old only)**

Anti-Fungal Medications

- Mycelex (clotrimazole) 1% topical cream - tube
- Mycelex (clotrimazole) 1% vaginal cream - tube
- Tolnaftate 1% topical powder - bottle

Miscellaneous Topical Medications

- Hydrocortisone 0.5% topical cream - tube
- Hydrocortisone 1% topical cream - tube
- Bacitracin topical ointment - tube
- Zinc Oxide topical ointment - tube **(OK all ages)**

Plan B (start within 72 hrs of unprotected intercourse; no OTC card needed; Pt must be 17+ years old)

**** The OTC Self-Care class and OTC card are offered by BJACH Health Promotions ****
**** Call 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.
**** The OTC card is NOT required for active duty Soldiers - All should attend the OTC class.**
**** The OTC card is NOT required for liquid Tylenol or Motrin for post-immunization pain.**
**** The OTC card is NOT required for Plan B (see above).**
2. If patient is under 4 years old, the only OTC meds available are:
 Tylenol drops/liquid, Motrin liquid, saline nasal spray, 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.