



Self-Care OTC Medication List

* Max of 4 items per family every week
*Subject to availability of products with OTC labeling



Fever and Pain Reducers

Acetaminophen (Tylenol)

- 325 mg tablets
- 80 mg chewable tablets (>2yrs)
- 160 mg/5mL oral solution (>2yrs)

Ibuprofen (Motrin)

- 200 mg tablets
- 100 mg/5mL oral suspension (>2yrs)
- 100 mg chewable tablets (6-11yrs)

Skin Preparations

First aid antibiotic ointment

- Bacitracin ointment

Antifungal Creams

Vaginal yeast infection (7-day therapy)

- Clotrimazole (Gyne-Lotrimin) 1% vaginal cream (>12yrs)

Athlete's foot, jock itch, ringworm

- Clotrimazole (Lotrimin) 1% cream (>2yrs)

Upset Stomach

- Maalox Suspension (>12yrs)
- Bismuth Subsalicylate (Pepto Bismol) 262 mg tablets (>12yrs)
- Docusate Sodium (Colace) 100 mg capsules (stool softener/constipation) (>2yrs)
- Simethicone 40 mg/0.6mL drops (>2yrs)

Cold and Allergy Remedies

Nasal congestion? Decongestant

- Pseudophedrine (Sudafed) 30 mg tablets (>6yrs)
- Pseudophedrine/Tripolamine (Actifed) (>12yrs)
- Saline 0.65% nasal spray
- Oxymetazoline (Afrin) 0.05% nasal spray (>6yrs)

Sneezing, runny nose, itchy eyes and throat?

- Diphenhydramine (Benadryl)
- 25 mg capsules (>12yrs)
 - 12.5 mg/5mL oral solution (>6yrs)
- Loratadine (Claritin)
- 10 mg tablets (>6yrs)
 - 1mg/mL oral solution (>2yrs)

- Cetirizine (Zyrtec)
- 10 mg tablets (>6yrs)
 - 1 mg/mL oral solution (>2yrs)

- Fexofenadine (Allegra)
- 180 mg tablets (>12yrs)
- Fluticasone Nasal Spray (Flonase)
- 50 mcg/spray (>12yrs)

Sore throat?

- Benzocaine/Menthol (Cepacol) lozenges (>5yrs)

Cough and chest congestion? Expectorant

- Guaifenesin syrup (Robitussin) 100mg/5mL (>12yrs)
- Guaifenesin-dextromethorphan syrup (Robitussin DM) 100-10mg/5mL (>12yrs)