

Self-Care OTC Medication List



*Max of 4 items per family every week

*Subject to availability of products with OTC labeling



*This service is for self-care ONLY. Use of this form as a prescription is not authorized.

Cold and Allergy Symptoms

Nasal congestion/Decongestants

- ❖ Pseudoephedrine (Sudafed®) 30 mg tablets (age: 6+)
- ❖ Pseudoephedrine/triprolidine (Actifed®) tablets (age: 12+)
- ❖ Saline 0.65% nasal spray
- ❖ Oxymetazoline (Afrin®) 0.05% nasal spray (age: 6+)

Sneezing/Running Nose/Itchy Eyes/Throat

Diphenhydramine (Benadryl®)

- ❖ 25 mg tablets (age: 12+)
- ❖ 12.5 mg/5 mL oral liquid (age: 6+)

Loratidine (Claritin®)

- ❖ 10 mg tablets (age: 6+)
- ❖ 1 mg/mL oral liquid (age: 2+)

Cetirizine (Zyrtec®)

- ❖ 10 mg tablets (age: 6+)
- ❖ 1 mg/mL oral liquid (age: 2+)

Fexofenadine (Allegra®)

- ❖ 180 mg tablets (age: 12+)

Fluticasone (Flonase®) nasal spray

- ❖ 50 mcg/spray (age: 12+)

Sore Throat

- ❖ Benzocaine/menthol (Cepacol®) lozenges (age: 5+)

Cough/Chest Congestion

- ❖ Guaifenesin (Robitussin®) 100 mg/5 mL oral liquid (age: 12+)
- ❖ Guaifenesin/dextromethorphan (Robitussin DM®) 100 mg-10 mg/5 mL oral liquid (age: 12+)

Fever and Pain Reducers

Acetaminophen (Tylenol®)

- ❖ 325 mg tablets
- ❖ 80 mg chewable tablets (age: 2+)
- ❖ 160 mg/5 mL oral liquid (age: 2+)

Ibuprofen (Motrin®)

- ❖ 200 mg tablets
- ❖ 100 mg/5 mL oral liquid (age: 2+)
- ❖ 100 mg chewable tablets (age: 6 to 11 years)

Topical Preparations

First aid antibiotic ointment

- ❖ Bacitracin ointment

Vaginal yeast infection (7-day therapy)

- ❖ Clotrimazole 1% vaginal cream (age: 12+)

Athlete's foot, jock itch, ringworm

- ❖ Clotrimazole (Lotrimin®) 1% cream (age: 2+)

Upset Stomach/Constipation

- ❖ Maalox ES oral liquid (age: 2+)
- ❖ Bismuth subsalicylate (Pepto Bismol®) 262 mg tablet (age: 12+)
- ❖ Docusate sodium (Colace®) 100 mg capsules
- ❖ Simethicone 40 mg/0.6 mL oral liquid drops (age: 2+)

Supplements

- ❖ Cholecalciferol (Vitamin D3) 25 mcg tablets