Family Self Care and Over The Counter Medications Program

Sponsored by:
BACH Department of Pharmacy
BACH Preventative Medicine Service

Nonprescription Medications and Products

- Also called over-the-counter (OTC)
- Available without a doctor's prescription
- For Tricare Beneficiaries Only
- Do not assume that all OTC drugs are safe for you!
  - Read labels carefully
  - Ask pharmacist or physician if necessary

Nonprescription Medications and Products

- OTC medications are effective but….
  - All have side effects
  - All can be dangerous if used inappropriately
  - All can interact with other medications and health conditions
  - All are serious medicines that should be used with care

Read Labels Carefully!

Drug Facts

Active ingredient (in each tablet) — **Purpose**
Chlorpheniramine maleate 2 mg ..... Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have
■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product
■ you may get drowsy ■ avoid alcoholic drinks
■ alcohol, sedatives, and tranquilizers may increase drowsiness
■ be careful when driving a motor vehicle or operating machinery
■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Note

If you're taking more than one OTC medicine, compare the active ingredients. Do not take two medicines with the same active ingredient unless instructed by your doctor, pharmacist or other healthcare professional.

Bach Self-Care OTC Program Medication List

REQUIRED: Complete the review of this Self-care OTC presentation prior to presenting card at pharmacy

***Max of 4 items per family every 2 weeks**

I am aware that I am participating in a self-care program. I understand that to properly perform self-care and safely treat any symptom(s) of condition(s) that I must carefully following the directions for use of any medication received through this program. I verify that I have read the Self-Care Training Slides and the recommendations provided. I also verify that I am requesting treatment option(s) voluntarily. I agree that I will not share medication with anyone and that I will be the sole user.

Fever and Pain Reducers (Children 2 and Older)

Analgesic

Acetaminophen (Tylenol eq)

- ❑ 325mg tablets, bottle of 100
- ❑ 160mg/5ml Children's Tylenol Suspension, 4oz bottle

Non-Steroidal Anti-Inflammatory Drug (NSAID)

Ibuprofen (Motrin eq)

- ❑ 200mg tablets, bottle of 100
- ❑ 100mg/5ml Children's Motrin Suspension, 4oz bottle

Skin Preparations

First aid antibiotic ointment

- ❑ Bacitracin ointment, 30g tube

Anti-itch cream

- ❑ Hydrocortisone 1% cream, 30g tub

Head lice removal

- ❑ Permethrin (Nix) 1% lotion, 59mL

Antifungal Products

Vaginal yeast infection (7-day therapy)

- ❑ Clotrimazole (Gyne-Lotrimin eq**)** 1% vaginal cream

Athlete's foot, jock itch, ringworm

- ❑ Clotrimazole (Lotrimin eq) 1% cream, 30g tube
- ❑ Tolnaftate (Tinactin eq) 1% powder

Cold/Allergy Agents (Children 6 and Older)

Antihistamines

- ❑ Loratadine (Claritin eq) 10mg tab, pack of 30
- ❑ Chlorpheniramine (Chlor-Trimeton eq) 4mg tab, pack of 24
- ❑ Cetirizine (Zyrtec eq) 1mg/ml: 4oz bottle (can be used ≥ 2yo)

Nasal decongestants

- ❑ Oxymetalozine 0.05% Nasal Spray (Afrin eq) Nasal spray
- ❑ Saline 0.65% Nasal Spray (Ocean eq) Nasal spray **(No Age Limit)**
- ❑ Phenylephrine (Sudafed PE eq) 10mg tab, pack of 18 (≥ 12 yo)

Antihistamine/decongestant combo

- ❑ Dimetapp eq liquid: 4oz bottle

Chest Congestion (12yo and older)

- ❑ Guiafenesin (Robitussin eq) 100mg/5ml: 4oz bottle (> 12yo)

Chest congestion/cough (12yo and older)

- ❑ Guafenesin/DM:(Robitussin DM eq) 100mg/10mg/5ml, 4oz bottle

Stomach discomfort (Children 6 and Older)

Constipation

- ❑ Senna (Senokot eq) 8.6mg tab, bottle of 100
- ❑ Biascodyl (Dulcolax) 5mg tab, pack of 25
- ❑ Docusate (Colace) 100mg cap, bottle of 60

Diarrhea

- ❑ Loperamide (Imodium) 2mg tab, pack of 12

Acid Reflux (12yo and older)

- ❑ Aluminum hydroxide (Mylanta eq), 4oz bottle
- ❑ Famotidine (Pepcid eq) 10mg tab, pack of 30

Pain Reliever/ Fever Reducer
Acetaminophen

- Commonly known as Tylenol®
- Reduces fever and pain
- Not anti-inflammatory
- Follow dosing instructions carefully – can cause liver damage in high doses

Tablet 325mg for adults
Suspension 160mg per 5mL for children

Pain Reliever/ Fever Reducer
Ibuprofen

- Commonly known as Motrin® or Advil®
- Reduces fever, pain, and inflammation
- Can cause upset stomach or heartburn – take with food or milk
- Avoid if you take blood thinners

Tablet 200mg for adults
Suspension 100mg per 5mL for children

Topical Preparations
Bacitracin Ointment

- Topical antibiotic ointment
- First aid to prevent infections in minor cuts, scrapes, and burns
- Call provider if condition returns or worsens
- Do not use for more than 7 days
- Do not use in deep or puncture wounds, animal bites, or serious burns

Topical Preparations
Hydrocortisone 1% Cream

- Topical steroid cream
- Relieves itching due to minor skin irritations, inflammation, and rashes
- Call provider if condition returns or worsens
- Do not use for more than 7 days
- Do not use in children under 2 years of age

Head Lice Removal
Permethrin

- Also known as Nix®
- Topical cream for head lice
- Check all household members for lice and nits (eggs)
- Remember to use the nit comb for leftover eggs
- Avoid contact with eyes, nose, and mouth
- Do not use in children under 2 months old

Stomach Discomfort
Constipation
Senna

- Also known as Ex-Lax®
- Stimulant laxative for treatment of constipation
- Do not use if also experiencing stomach pain, nausea, or vomiting with constipation
- Stop use if rectal bleeding or fail to have a bowel movement after use
- Do not use for longer than 1 week
- Do not use in children under 2 years of age

Tablet 8.6mg for adults and children over 2 years

Stomach Discomfort
Constipation
Bisacodyl

- Also known as Dulcolax
- Stimulant laxative for treatment of constipation
- Do not use if you cannot swallow, have stomach pain, nausea, or vomiting, or have a sudden change in bowel habits for longer than 2 weeks
- Stop use if you have rectal bleeding or fail to have a bowel movement after use.
- Do not use in children <6 years old

Tablet 5mg, 1-3 tablets for adults and children ≥12 years

Tablet 5mg, 1 tablet for children ≥6 years

Stomach Discomfort
Constipation
Colace

- Commonly known as docusate sodium
- Stool softener for treatment of constipation
- Do not use if currently taking mineral oil, or if you have abdominal pain, nausea, or vomiting.
- Do not use >1 week
- Stop use if you have rectal bleeding or if you fail to have a bowel movement after use.
- Do not use in children <6 years old

Softgel 100mg; 1-3 softgels at bedtime (>12 years old)

Softgel 100mg; 1 softgel at bedtime (6-12 years old)

Stomach Discomfort
Diarrhea
Loperamide

- Also known as Immodium®
- Oral tablet for the treatment of diarrhea
- Do not use if stools are bloody, black, or tarry or if diarrhea is caused by antibiotic use
- Do not use if fever present as well
- Follow dosing instructions carefully
- Do not use in children under 2 years of age

Tablet 2mg for adults and children over 2 years

Stomach Discomfort
Upset Stomach
Mylanta

- Liquid suspension used to relieve heartburn, sour stomach, acid indigestion, and gas.
- Do not use if symptoms last >2 weeks
- Do not use in children <12 years old
- Do not use >60 mL in 24 hours
- Shake well before use

Suspension: Adults: 10-20 mL between meals or at bedtime

Stomach Discomfort
Upset Stomach
Famotidine

- Also known as Pepcid AC®
- Oral tablet to reduce stomach acid and relieve or prevent heartburn
- Take 10-60 minutes before a meal to prevent heartburn
- Do not use if experiencing difficulty swallowing, chest pain, vomiting, or diarrhea
- Do not use for longer than 2 weeks
- Do not use in children under 12 years of age

Tablet 10mg for adults and children over 12 years

Cold and Allergy
Loratadine 10mg

- Commonly known as Claritin
- Improves runny nose, sneezing, itchy, watery eyes, and itching of the nose or throat due to indoor and outdoor allergies.
- Do not use in children under 6 years old
- Do not take more than 1 tablet in 24 hours
- Do not use if you have kidney or liver disease

Tablet 10 mg: Adults and children $\geq$ 6yo

Cold and Allergy
Chlorpheniramine

- Commonly known as Chlor-trimeton®
- Relieves runny nose, itching, sneezing, and watery eyes
- Drowsiness common – avoid alcohol and driving
- May cause excitability in children
- Do not use in infants under 4 months old
- Avoid if you have asthma, glaucoma, seizures, or an enlarged prostate

Tablets 4mg: Adults and children $\geq$ 6yo

Cold and Allergy
Cetirizine1mg/ml

- Commonly known as Zyrtec®
- Relieves runny nose, itching, sneezing, and watery eyes
- Drowsiness common – avoid alcohol and driving
- May cause excitability in children
- For use in children 2yo and older

Oral syrup 5mg/5ml: Children $\geq$ 2yo

Cold and Allergy
Phenylephrine (Sudafed PE)

- Commonly known as Sudafed PE®
- Improves stuffy nose, runny nose, postnasal drip
- Do not use in children <12 years old
- Do not take more than 6 tablets in 24 hours
- Caution if you have high blood pressure, heart disease, enlarged prostate, diabetes, or thyroid problems, please consult physician or pharmacist

Tablet 10mg: 1 tablet every 4 hours

Cold and Allergy
Oxymetazoline Nasal Spray

- Commonly known as Afrin®
- Improves stuffy nose, runny nose, postnasal drip
- Do not use in children under 6 years old
- Do not use for more than 3 days – overuse can cause "rebound" congestion
- No more than 2 doses in 24 hours

Nasal Spray: Adults and children ≥6yo

Cold and Allergy
Brompheniramine/Pseudoephedrine

- Commonly known as Dimetapp®
- Combination antihistamine and decongestant
- Relieves congestion, runny nose, itching, sneezing
- Drowsiness common – avoid alcohol and driving
- May cause excitability in children
- Caution if you have asthma, glaucoma, seizures, or an enlarged prostate, heart disease, diabetes, high blood pressure

Elixir, brompheniramine 1mg/pseudoephedrine 15mg per 5mL

Cold and Allergy
Guaifenesin

- Commonly known as Robitussin®
- Expectorant: loosens phlegm and increases lung lubrication to decrease chest congestion and allow for productive cough
- Drink plenty of fluids!

Syrup 100mg/5mL: Adults and children $\geq$ 12yo

Cold and Allergy
Guaifenesin DM

- Commonly known as Robitussin DM®
- Expectorant: loosens phlegm and increases lung lubrication to decrease chest congestion
- Cough Suppressant
- Drink plenty of fluids!

Syrup 100mg/10mg/5mL: Adults and children $\geq$ 12yo

Cold and Allergy
Miscellaneous

- Saline nasal spray (Ocean®)
  - Relieves nasal irritation and dryness to reduce a stuffy or runny nose and sneezing
  - Does not contain medication – no significant side effects

Nasal Spray: Adults and children of all ages

Topical Preparations
Antifungal Creams

- Clotrimazole 1% cream (Lotrimin®)
  - Athlete's foot, ringworm, jock itch
- Vaginal clotrimazole 1% cream (Gyne-Lotrimin®)
  - Vaginal yeast infection 7-day treatment

Topical Preparations
Antifungal Powder

- Tolnaftate 1% powder (Tinactin®)
  - Athlete's foot, ringworm, jock itch
  - Use for 4 weeks with athlete's foot or ring worm and 2 weeks for jock itch
  - Make sure to shake well before use
  - Apply twice daily
  - Do not use in children <2 years

Kids Are Not Small Adults!

- Do not estimate dose based on size
- Follow age limits on label
- Be aware of medication strength
- Use dropper, dosage cup, or medicine spoon
- Do not call medicine “candy”
- Watch for duplicate ingredients
- Contact provider if condition persists
- Inform provider of all medications being taken

Child-Resistant Packaging

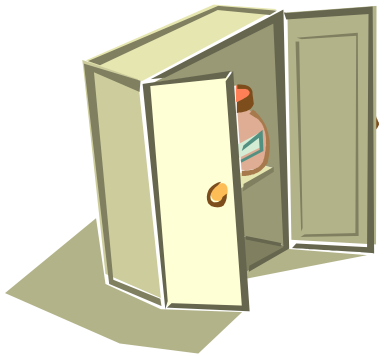
- Difficult for children to access medicine
- Always re-lock the closure after use
- Store medicines out of reach
- OTC medicines may be available without child-resistant features

Tamper Protection

- Inspect package before use
- Do not use damaged packages
- Do not use discolored medicine
- Never take medicines in the dark
- If it looks suspicious – BE SUSPICIOUS!

Medicine Cabinet Checkup

- Clean out medicine cabinet annually
- Store medicines in a cool, dry place or as stated on label
- Dispose of expired medicines
  - Take back bins located in Town Center & LaPointe Pharmacies
- Keep all medicines in their original containers



Self-Care OTC Pharmacy Program

- Must take a “new prescription” number
- Must present card along with valid DEERS ID Card at pharmacy to obtain medications
- Only 1 card required per family
- Limit of 4 items per family every 2 weeks

BACH Pharmacy Department

Pharmacy Hours

- **Main**
  M–W,F: 0800–1600
  Thurs: 0900–1600

- **Town Center**
  M–W,F: 0800–1800
  Thurs: 0900–1800
  Sat: 0800–1600

- **LaPointe/Byrd**
  (for assigned patients)
  Mon–Fri 0700–1600

- **Screaming Eagle Medical Home**
  (for assigned patients)
  Mon–Fri 0800–1700

CLICK HERE TO
COMPLETE & PRINT OTC
SELF-CARE CARD