



FAHC OTC SELF CARE MEDICATIONS

ns listed below are available to military beneficiaries, with acute (short term) health conditions. If an over the counter medication is recommended by pharmacy staff after consultation, please fill out this request slip for the intended patient. **Medication requests will be limited to 3 separate items per visit per FAMILY, maximum ONE visit per 2 week timeframe. Exception is Plan B, which is limited to 1 dose per a 6 month timeframe and Zyrtec, Allegra, Claritin, Flonase, and Calcium which are 30 day's supply.** By receiving the medications, you agree to use the medication as intended. Medications for children less than two years old should always be recommended by a health care provider and will not be provided as part of this program. **All medications are subject to current availability, we cannot substitute if unavailable.**

PAIN / FEVER/ INFLAMMATION

PACKAGE SIZE

AGE

___ Acetaminophen (Tylenol) liquid 160mg/5ml for children	4 oz bottle	≥2 yrs
___ Acetaminophen (Tylenol) tabs 325mg	50 tabs	≥6 yrs
___ Ibuprofen (Motrin) suspension 100mg/5ml for children	4 oz bottle	≥2 yrs
___ Ibuprofen (Motrin) 200mg tabs	24 tabs	≥12 yrs

ALLERGIES /COLD / COUGH

___ Diphenhydramine (Benadryl) 25mg caps	24 caps	≥6 yrs
___ Diphenhydramine (Benadryl) 12.5mg/5ml liquid for children	4 oz bottle	≥6 yrs
___ Guaifenesin (Robitussin) syrup 100mg/5ml (chest congestion)	4 oz bottle	≥12 yrs
___ Guaifenesin DM (Robo DM) syrup 100mg-10mg/5ml (dry cough)	4 oz bottle	≥12 yrs
___ Saline Nasal spray	1.5 fl oz bottle	
___ Chloraseptic (generic) throat lozenges	15 lozenge	≥6 yrs
___ Cetirizine (Zyrtec) 10mg tabs	30 tabs	≥6 yrs
___ Cetirizine (Zyrtec) liquid 5mg/5ml for children	4oz bottle	≥6 months
___ Loratadine (Claritin) 10mg tabs,	30 tabs	≥6 yrs
___ Loratadine (Claritin) 5mg/5ml liquid for children	4oz bottle	2-5 yrs
___ Fluticasone (Flonase) nasal spray	120 sprays	≥4 yrs
___ Fexofenadine (Allegra) 180mg	30 tabs	≥12 yrs
___ Fexofenadine (Allegra 12-hr) liquid 30mg/5ml for children	4oz bottle	2-11 yrs
___ Calcium citrate w/Vit D3 (315mg-250 IU/tab)	60 tabs	

GASTROINTESTINAL

___ Docusate Sodium (Colace) 100mg capsule (constipation)	30 caps	≥2 yrs or older
___ Loperamide (Imodium) 2mg tabs (diarrhea)	24 caps	≥12 yrs or older

TOPICALS

___ Bacitracin antibiotic ointment	30 gm tube	≥2 yrs
___ Clotrimazole 1% cream (antifungal)	30 gm tube	≥2 yrs
___ Benzoyl Peroxide 5% gel (acne)	60 gm tube	≥12 yrs
___ Hydrocortisone 1% cream (steroid)	30 gm tube	≥2 yrs
___ Miconazole 2% vaginal cream (Miconazole-7)	45 gm tube w/applicator	≥12 yrs

RISK OF UNPLANNED PREGNANCY

___ PLAN – B (user's ID must be presented)	1 tab/package	women of child bearing age only
___ Ella (user's ID must be presented)	1 tab/package	women of child bearing age only

PATIENT'S FIRST & LAST NAME: _____ PATIENT'S DOB: _____

NOTE: 1) Fox Army Health Center pharmacists will screen medication requests for appropriateness, compatibility, safety, and abuse.
2) Any family member listed under the sponsor's SSN that is 17 years or older may pick up medications.
3) Valid ID card must be presented for any beneficiary 14 years or older.