Family Self-Care and Over the Counter Medications Program

Sponsored by:
FAHC Department of Pharmacy
What are “Over the Counter” Medications?

- Nonprescription medications and products
- Often referred to as “OTC medications”
- Available without prescription from your doctor
- DO NOT assume all OTC products are safe for you!
  - Read labels carefully
  - Ask your pharmacist or doctor if you have any questions
OTC/ Self-Care product considerations

- OTC medications are effective when used appropriately

**BUT....**

- ALL have side effects
- ALL can be dangerous when used inappropriately
- ALL can interact with other prescription and nonprescription medications
- ALL contain active medicine ingredients and should be used with care
How to read a label?

**Drug Facts**

<table>
<thead>
<tr>
<th>Active ingredient (in each tablet)</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorpheniramine maleate 2 mg</td>
<td>Antihistamine</td>
</tr>
</tbody>
</table>

**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 breastfeeding, 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**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and children</td>
<td>12 years and over</td>
</tr>
<tr>
<td>Children 8 years to</td>
<td>Take 1 tablet every 4 to 6 hours; not more than 8 tablets in 24 hours</td>
</tr>
<tr>
<td>under 12 years</td>
<td></td>
</tr>
<tr>
<td>Children under 6 years</td>
<td>Ask a doctor</td>
</tr>
</tbody>
</table>

**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

**More information on how to store the drug**

**Other things in the drug, such as colors or flavorings**

Picture taken from: http://pharmrx.yolasite.com/resources/otcLabel.jpg?timestamp=1305567869094
Requirements and Instructions

- Medications listed next 2 slides are available for military beneficiaries with acute (short term) health conditions, that have completed the self-care class.

- Request from the pharmacy at Fox Army Health Center by showing your self-care card and filling out self-care request form.
  
  - Must take “new prescription” number

- OTC medication requests will be limited to 3 items per visit per family with a maximum of ONE visit per week.

- By receiving the medication, you agree to use the medication as intended.

- Medications for children < 2 years old should always be recommended by pediatrician or other health care provider and will not be provided as apart of this program.

- All self-care medications are subject to current availability and substitutions can not be made if unavailable.
Self-care OTC program Medication List

Pain/Fever
- **Acetaminophen (Tylenol):**
  - suspension 160 mg/5 mL
  - tablets 325 mg
- **Ibuprofen (Motrin, Advil):**
  - suspension 100 mg/5 mL
  - tablets 200 mg

Chest congestion/ cough
- **Dayquil Cold/Flu**
  - (Dextromethorphan/Acetaminophen/Phenylephrine)
- **Nyquil Severe Cold/Flu**
  - (Doxylamine/dextromethorphan/acetaminophen/phenylephrine)
- **Guaifenesin (Robitussin) Syrup 100 mg/ 5mL**
- **Guaifenesin DM (Robitussin DM) Syrup 100-10 mg/5 mL**
- **Saline Nasal Spray**
- **Sudafed PE (Phenylephrine) 10mg tablets**

Allergies
- **Diphenhydramine (Benadryl):**
  - Capsules 25 mg
  - Syrup 12.5 mg/5 mL

More on next page ➔
Gastrointestinal
- Docusate Sodium 100 mg capsules (Colace)
- Loperamide 2mg tablets (Imodium)

Sore throat
- Cepacol (generic) throat lozenges

Topicals
- Bacitracin antibiotic ointment
- Clotrimazole 1% antifungal cream (Lotrimin)
- Benzoyl Peroxide 5% acne gel
- Hydrocortisone 1% steroid anti-itch cream
- Miconazole 2% antifungal vaginal cream (Monistat 7)

Risk of Unplanned Pregnancy
- Plan-B (ID must be presented)
Pain Reliever/ Fever Reducer

Acetaminophen
- Commonly known as “Tylenol”
- Found in many combination cough and cold products
- Acts as a fever reducer and pain reliever
- Does not thin blood
- Does not reduce inflammation
- Can cause liver damage in high doses
  - Do not exceed 3 g/day

Ibuprofen
- Commonly known as “Advil” or “Motrin”
- Acts as a pain reliever, fever reducer, AND anti-inflammatory
- Can cause upset stomach or heart burn
  - Take with food or milk!
- Will thin blood
  - Avoid if taking blood thinner (Aspirin, Plavix, Coumadin, etc)
Allergies

Diphenhydramine

- Commonly known as “Benadryl”
- Use to relieves symptoms of allergic reaction including itching, swelling, redness
- Do not use with other medications that contain diphenhydramine, even those used on the skin
- Causes drowsiness
- Can be used as a sleep aid in higher doses
- Use with caution if you have asthma, heart disease, glaucoma, enlarged prostate, or thyroid dysfunction. Talk to your doctor or pharmacist before use.
- Do not use in children less than 6 years old
Dayquil Cold/Flu

- Contains Dextromethorphan, acetaminophen, and phenylephrine
- Used to treat relief of common cold and flu symptoms including minor aches and pain, fever, headache, cough, runny nose, sneezing, and sore throat.
- Call doctor if condition worsens or lasts more than 7 days or if fever lasts more than 3 days
- Do not use in children less than 6 years old

Nyquil Severe Cold/Flu

- Contains Doxylamine, dextromethorphan, acetaminophen, phenylephrine
- Used to treat relief of common cold and flu symptoms including minor aches and pain, fever, headache, cough, runny nose, sneezing, and sore throat.
- Antihistamine added to help with sleep
- Call doctor if condition worsens or lasts more than 7 days or if fever lasts more than 3 days
- Do not use in children less than 12 years old
Cough and Cold

**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
- Do not use in children less than 12 years old

**Guaifenesin DM**
- Commonly known as “Robitussin DM”
- Expectorant + cough suppressant
- Dextromethorphan added in combination to help relieve cough symptoms
- Loosens phlegm and increases lung lubrication to decrease chest congestion
- Do not use in children less than 2 years old
Cough and Cold

**Phenylephrine**
- Commonly known as Sudafed PE
- Helps improve stuffy nose, runny nose, and postnasal drip
- Do not exceed 6 tablets in 24 hours
- Use with caution if you have high blood pressure, heart disease, enlarged prostate, diabetes, thyroid disease. Talk to your doctor or pharmacist before using.
- Do not use in children less than 12 years old

**Saline Nasal Spray**
- Commonly known as “Ocean Spray”
- Relieves nasal irritation and dryness
- Can be used for adults and children of all ages
- Does NOT contain active medication
  - No significant side effects
Gastrointestinal

Docusate Sodium
- Commonly known as “Colace”
- Stool softener for treatment of constipation
- Do not use if taking mineral oil
- Do not use if have abdominal pain, nausea, or vomiting
- Do not use for more than 7 days
- Stop use if rectal bleeding occurs or if you fail to have bowel movement after use
- Do not use in children less than 6 years old

Loperamide
- Commonly known as “Imodium”
- Oral treatment for diarrhea
- Do not use if stool is bloody, black, or tarry
- Do not use if diarrhea is caused by antibiotic use
- Do not use if fever is present
- Follow dosing instructions carefully
- Do not use in children less than 2 years old
Sore Throat

Cepacol Throat Lozenges

- Local anesthetic to treat sore throat
- Dissolve in mouth as needed
- Lozenges can be a choking hazard, do not give to children or adults at risk for choking.
- Call your doctor if sore throat lasts more than 3 days, is followed by fever, rash, nausea, or vomiting.
Topical Medications (Antifungal)

Clotrimazole 1% Cream
- Commonly known as “Lotrimin”
- Helps cure athlete’s foot, ring worm, and jock itch, yeast infection
- Symptoms may take 2-4 weeks to improve

Miconazole 2% Vaginal cream
- Commonly known as “Monistat 7”
- Helps to treat yeast infection in women
- Make sure to use twice daily for 7 days to ensure infection is gone
Topical Medications

Bacitracin Antibiotic Ointment
- First Aid ointment used to prevent infections in minor cuts, scraps, and burns
- Do not use for more than 7 days
- Do not use in deep puncture wounds, animal bites, or serious burns
- Call your doctor if condition worsens or returns

Hydrocortisone 1% Cream
- Steroid cream
- Relieves itching due to minor skin irritations, inflammation, and rashes
- Do not use for more than 7 days
- Do not use in children less than 2 years old
- Call your doctor if condition worsens or returns
Topical Medications (Acne)

Benzoyl Peroxide 5% Gel

- Used to kill bacteria that causes acne
- May cause skin to become dry, itchy, red, or peel
- Can cause allergic reaction, apply small amount to affected area to ensure no reaction before use
- Can bleach hair and fabric, use with caution
- Do not use in children less than 12 years old
Risk of Unplanned Pregnancy

Plan-B

- Emergency contraceptive
- Must be taken within 72 hours of unprotected intercourse
- Should be not used for routine use or as a birth control method
- Can be used during any time of the menstrual cycle
- Spotting, abnormal menstrual bleeding can occur
- May cause nausea or vomiting
  - If vomiting occurs within 2 hours of taking dose, retake dose
A few words about kids....

- THEY ARE NOT SMALL ADULTS!
- Do not estimate dose based on size
- Read label and follow age limits
- Be aware of medication strength
- Do not use kitchen spoon for dosing
- Use dropper or dosage cup
- Do not call medicine “candy”
- Watch out for duplicate ingredients
- Inform pediatrician of all medications being taken
- Seek help from doctor if condition persists
Other things to consider

- Store medications out of reach of children
- Ensure medication is close appropriately
- Store medication in cool, dry place
  - Unless stated otherwise on label
- Inspect package before use
- Do not use damaged packages
- Do not use medication that is discolored
- If it looks suspicious, BE SUSPICIOUS!
- Keep all medication in original containers
- Dispose of expired medication
  - Can drop off at MedSafe cabinet at the Fox Army Health Center or community announced drug take back programs
Pharmacy Hours

Monday - Friday
0730 - 1630