

--- OTC DRUG SELECTION GUIDELINES ---

| Symptoms | Age Limit | Contraindications | Recommend |
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| Stuffy nose | 6 years old & up | Heart disease (ischemic heart disease or angina) Diabetes mellitus Thyroid disease Difficulty urinating/enlarged prostate Taking MAO inhibitors | Saline nose spray (no contraindications) Pseudoephedrine tablets |
| Runny nose Itchy, watery eyes Itchy nose or throat Sneezing Post-nasal drip & stuffy nose | 6 years old & up | Glaucoma Difficulty urinating/enlarged prostate Breathing problems (emphysema/COPD) Hypertension (high blood pressure) Heart disease (ischemic heart disease or angina) Thyroid disease Diabetes mellitus Taking MAO Inhibitors | Generic Actifed tablets Chlorpheniramine syrup |
| Combination Cold Symptoms (Stuffy nose and at least one of the above symptoms) | 6 years old & up | Heart disease (ischemic heart disease or angina) Diabetes mellitus Thyroid disease Difficulty urinating/enlarged prostate Glaucoma Difficulty urinating/enlarged prostate Breathing problems (emphysema/COPD) Hypertension (high blood pressure) Heart disease (ischemic heart disease or angina) Thyroid disease Diabetes mellitus Taking MAO Inhibitors | Generic Dimetapp Syrup |
| Dry cough | 2 years old & up | Persistent or chronic cough, COPD Cough accompanied by excessive phlegm | Guaifenesin (Robitussin) Syrup |
| Headache | | <u>Aspirin contraindications:</u> Children or teenagers with chickenpox or flu symptoms Stomach problems (ulcers, heartburn, reflux) Asthma | Aspirin 325 mg (12 y.o. & up) Acetaminophen 325mg (6 y.o. & up) |
| Muscle aches & pains | *see specific agents for age limitations | Bleeding or blood clotting problems Taking blood thinners (Warfarin, Plavix) Taking medications for diabetes (glipizide, glyburide, insulin, metformin) Taking methotrexate | Acetaminophen elixir (2-11 yrs old) Acetaminophen chewable (2-11 yrs old) |
| Fever | | <u>Acetaminophen Contraindications:</u> Children under 8 wks of age with a fever should be evaluated by a provider <u>Ibuprofen Contraindications:</u> Bleeding Disorder Taking Blood Thinners (Warfarin, Plavix) Pregnancy High Blood Pressure Kidney Disease Ulcer/History or Ulcer Allergic Reaction to Aspirin, Ibuprofen or any other anti-inflammatory agents | Acetaminophen drops (> 8 wks old) provide dosing chart Ibuprofen 100mg/5ml Suspension (2 years and older) Ibuprofen 200mg tablets 12 years and older) |
| Sore throat | 12 years old & up | If sore throat is severe, persists for more than 2 days, consult a provider | Cepacol lozenges |

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| Athlete's foot | 2 years old & up | | Tolnaftate cream |
| Dry skin | | | Generic Eucerin cream |
| Rash, dermatitis | 2 years old & up | | Hydrocortisone cream |
| Poison Ivy/Oak | | | Calamine lotion |
| Diarrhea | 3 years old & up | Do not use more than 2 days | Kaopectate |
| Itchy, Watery Eyes | | | Artificial Tears 1.4% Solution |
| Vaginal Yeast Infection | 12 years old & up | Treated for a vaginal yeast infection within the previous 3 months | Miconazole Suppositories |
| Skin Cuts or abrasions | | | Bacitracin Ointment |
| Constipation | 6 years & older | Diabetes | Konsyl-D |
| Heartburn Acid indigestion Sour stomach | 12 years old & up | Kidney disease | Maalox liquid |