



# NEED OVER-THE-COUNTER MEDICATIONS?

## Self Care Medication Program

### Eligibility

#### Without Self-Care card:

Active-duty in military uniform

#### With Self-care card:

Retiree & TRICARE eligible family members

### Pharmacy Procedure

- No ticket required
- Go to Customer Service window
- Present Self-Care card or Active-duty military ID
- Select up to 4 items per family per month

Need a Self-Care Card?  
Call 288-8888

MEDICATIONS	USED TO TREAT
<b>Pediatric Patients Aged 2 years and Older</b>	
Acetaminophen 10% (Tylenol Eq.) Pediatric Drops	Pain, fever
Acetaminophen 120mg (Tylenol Eq.) Pediatric Suppositories	Pain, fever
Acetaminophen 160mg/5mL (Tylenol Eq.) Pediatric Suspension	Pain, fever
Acetaminophen 80mg (Tylenol Eq.) Pediatric Chewable Tablets	Pain, fever
Ibuprofen Oral susp. 100mg/5mL (Children's Motrin Eq.)	Pain, fever
Saline 0.65% (Ayr Eq.) Nasal Drops/Spray, - Child	Stuffy Nose
A & D Ointment	Dry skin, diaper rash
Zinc Oxide Ointment	Diaper rash
Calamine Lotion	Itching
Carbamide (Debrox Eq.) Otic Drops	Ear wax
Clotrimazole (Mycelex Eq.) Topical Cream	Fungal rashes/itching
Hydrocortisone 1% Cream	Itching
Triple Antibiotic (Neosporin Eq.) Topical Ointment	Infection
Simethicone 20mg/0.3ml (Gas-X Eq.) Drops	Gas

<b>Patients Aged 4 years and Older Only</b>	
Diphenhydramine 12.5mg/5ml (Benadryl Eq.) Syrup	Runny nose & watery eyes
Guaifenesin 100mg/5ml (Robitussin Eq.) Syrup	Cough, chest congestion
Guaifenesin-DM 100mg-10mg/5ml (Robitussin DM Eq.) Syrup	Cough, chest congestion
Loratadine Oral Soln 5mg/5ml (Claritin Eq.)	Runny nose & watery eyes

MEDICATIONS	USED TO TREAT
<b>Patients Aged 12 years and Older</b>	
Acetaminophen 325mg (Tylenol Eq.) Tablets	Pain, fever
Aluminum, Magnesium, Simethicone (Maalox Eq.)	Stomach acid
Aspirin, Enteric Coated 325mg (Ecotrin Eq.) Tablets	Pain, fever
Cepacol Lozenges (Adult Use Only)	Sore throat
Chlorpheniramine 4mg (Chlor-Trimeton Eq.) Tablets	Runny nose, watery eyes
Clotrimazole 1% (Mycelex Eq.) Vaginal Cream (w/applicators)	Yeast infection
Diphenhydramine 25mg (Benadryl Eq.) Capsules	Runny nose, watery eyes
Ibuprofen 200mg (Motrin Eq.) Tablets	Pain, fever, cramps, swelling
Loperamide 2mg (Imodium Eq.) caplets	Diarrhea
Loratadine 10mg (Claritin Eq.) Tablets	Runny nose, watery eyes
Methyl Salicylate (Ben-Gay Eq.) Ointment	Muscle aches
Milk of Magnesia	Constipation
Meclizine (Antivert Eq.) 25mg Tablets	Motion sickness
Oxymetazoline HCl 0.05% (Afrin Eq.) Nose Spray	Stuffy Nose
Phenylephrine 10mg (Sudafed PE Eq.) tablets	Stuffy Nose
Pseudoephedrine 30mg/5ml (Sudafed Eq.) Syrup - Adults ONLY	Stuffy Nose
Saline 0.65% (Ocean Eq.) Nose Spray - Adult	Stuffy Nose
Simethicone 20mg/0.3ml (Gas-X Eq.) Drops	Gas
Tripolidine-Pseudoephedrine 2.5mg-60mg (Actifed Eq.) Tablets	Runny nose, watery eyes, stuffy nose

EQ = Equivalent or Generic