

# Carl R. Darnall Army Medical Center

## Self-Care Medication Request Form

Up to four (4) items may be requested per household per month

\*\*\*Self-Care is for patients aged 2 years and older\*\*\*

\*\*\*Do not use cough and cold medications to help your child sleep\*\*\*

Quantity	Medications	Used to Treat
<b>Pediatric Patients Aged 2 and Older</b>		
	A & D Ointment, 57gm	Dry skin, diaper rash
	Acetaminophen 10% (Tylenol Eq.) <b>Pediatric</b> Drops, 15mL	Pain, fever
	Acetaminophen 120mg (Tylenol Eq.) <b>Pediatric</b> Suppositories, 12s	Pain, fever
	Acetaminophen 160mg/5mL (Tylenol Eq.) <b>Pediatric</b> Suspension, 120mL	Pain, fever
	Acetaminophen 80mg (Tylenol Eq.) <b>Pediatric</b> Chewable Tablets, 30s	Pain, fever
	Calamine Lotion, 180mL	Itching
	Carbamide (Debrox Eq.) Otic Drops, 15mL	Ear wax
	Clotrimazole (Mycelex Eq.) Topical Cream, 15gm	Fungal rashes/itching
	Hydrocortisone 1% Cream, 30gm	Itching
	Ibuprofen Oral susp. 100mg/5mL ( <b>Children's</b> Motrin Eq.) 120 mL	Pain, fever
	Triple Antibiotic (Neosporin Eq.) Topical Ointment, 15gm	Infection
	Simethicone 20mg/0.3ml (Gas-X Eq.) Drops, 30mL	Gas
	Zinc Oxide Ointment, 30gm	Diaper rash
<b>***Patients Aged 4 and Older Only***</b>		
	Diphenhydramine 12.5mg/5ml (Benadryl Eq.) Syrup, 120mL	Runny nose & watery eyes
	Loratadine Oral Soln 5mg/5ml (Claritin), 120mL	Runny nose & watery eyes
<b>Patients Aged 12 and Older</b>		
	Acetaminophen 325mg (Tylenol Eq.) Tablets, 50s	Pain, fever
	Aluminum, Magnesium, Simethicone (Maalox Eq.), 148mL	Stomach acid
	Aspirin, Enteric Coated 325mg (Ecotrin Eq.) Tablets, 100s	Pain, fever
	Cepacol Lozenges (Adult Use Only), Box of 18 Lozenges	Sore throat
	Chlorpheniramine 4mg (Chlor-Trimeton Eq.) Tablets, 24s	Runny nose, watery eyes
	Clotrimazole 1% (Mycelex Eq.) Vaginal Cream (w/applicators), 45gm	Yeast infection
	Diphenhydramine 25mg (Benadryl Eq.) Capsules, 24s	Runny nose, watery eyes
	Ibuprofen 200mg (Motrin Eq.) Tablets, 24s	Pain, fever, cramps, swelling
	Loperamide 2mg (Imodium Eq.) caplets, 12s	Diarrhea
	Loratadine 10mg (Claritin Eq) Tablets, 30s	Runny nose, watery eyes
	Methyl Salicylate (Ben-Gay Eq.) Ointment, 28gm	Muscle aches
	Milk of Magnesia, 355 mL	Constipation
	Oxymetazoline HCl 0.05% (Afrin Eq.) Nose Spray, 15mL	Stuffy Nose
	Phenylephrine 10mg (Sudafed PE eq.) tablets, 36s	Stuffy Nose
	Pseudoephedrine 30mg/5ml (Sudafed Eq.) Syrup, 120mL - <b>Adults ONLY</b>	Stuffy Nose
	Saline 0.65% (Ocean Eq.) Nose Spray, 45mL- <b>Adult</b>	Stuffy Nose

PATIENT'S NAME \_\_\_\_\_

DOD ID \_\_\_\_\_

PHONE # \_\_\_\_\_

RPh initials \_\_\_\_\_

DATE \_\_\_\_\_