

**LYSTER ARMY HEALTH CLINIC
SELF CARE PROMOTION & MEDICATION RECONCILIATION**

2. Please circle or highlight symptoms/condition and treatment option. Please limit 4 items per patient per month. ****indicates not permitted for personnel on flight status**

Symptom/Condition	Medications Available	Notes
Abrasions/prep skin before injection	Alcohol prep pads	100 count box
	Bacitracin ointment	30 gram tube, antibacterial
Allergy symptoms: runny nose, sneezing	**Diphenhydramine 25mg caplets	24 caplets, age 6 and up
	**Diphenhydramine elixir 12.5mg/5mL	120mL bottle, age 6 and up
Cough	**Guaifenesin DM 100mg/10mg/5mL	120mL bottle, age 12 and up
Congestion	**Brompheniramine 1mg/ Phenylephrine 2.5mg per 5mL (Dimetapp Cold & Allergy eq.)	120mL bottle, age 6 and up
	Diabetic Tussin 100mg/5mL (sugar free)	120mL bottle, age 12 and up
	Guaifenesin 100mg/5mL	120mL bottle, age 12 and up
	Oxymetazoline (Afrin eq) nasal spray	15mL bottle, do not exceed 3 days of use, age 6 and up
	Phenylephrine 10mg tablets	36 tablets, age 12 and up
Dry eyes	Artificial tears	15mL bottle
Dry nose	Sodium chloride nasal spray 0.9%	60 mL bottle
Earache/Headache/Fever/Pain	Acetaminophen suspension 160mg/5mL	120 mL bottle, age 2 and up
	Acetaminophen 80mg chewable tablets	36 tablets, age 2 and up
	Acetaminophen 160mg chewable tablets	24 tablets, age 6 and up
	Acetaminophen 325mg tablets	50 tablets, age 12 and up
Earache/Headache/Fever/Pain with Inflammation	Ibuprofen suspension 100mg/5mL	120mL bottle, age 2 and up
	Ibuprofen 200mg tablets	24 tablets, age 12 and up
	Muscle rub (Bengay eq.)	60 gram tube, age 12 and up
Ear wax removal	Carbamide peroxide 6.5%	15mL bottle, age 12 and up
Fungal infections: athletes foot/ringworm/jock itch/vaginal yeast	Clotrimazole 1% cream	15 gram tube
	Clotrimazole 1% vaginal cream	45 gram tube, vaginal use, age 12 and up
	Tolnaftate 1% powder	45 gram bottle
GI Symptoms: Heart burn/gas/stomach pain/nausea/diarrhea/constipation/rectal irritation/hemorrhoids	Bisacodyl 5mg tablet	Pre-procedure only, must have pre-procedure documents, 2-4 tablets
	Bismuth subsalicylate	Contains aspirin, bottle of 30 tablets, age 12 and up
	Docusate sodium 100mg	Bottle of 100 capsules, age 2 and up
	Glycerin, pediatric suppository	
	Phenylephrine 0.25% suppository (Preparation H eq.)	Box of 12
	**Loperamide 2mg caplets	Box of 12 caplets, age 6 and up
	Maalox Plus eq. suspension	150mL bottle, age 12 and up
	Magnesium citrate solution	Pre-procedure only, must have pre-procedure documents
	Miralax powder	Pre-procedure only, must have pre-procedure documents, 255 gram bottle
	Witch hazel pads	Jar of 100, age 12 and up
Heart protection	Aspirin (enteric coated) 81mg	One bottle or quantity 120
	Aspirin 325mg	One bottle or quantity 100
Itching/Diaper rash/Skin irritation	A&D ointment eq.	60 gram tube
	Hydrocortisone 1% cream	30 gram tube
	Zinc oxide ointment 20%	30 gram tube
Lice treatment	Permethrin 1% shampoo (Nix eq.)	60mL bottle
Sore throat	Cepacol throat lozenges	Package of 18, past choking age (5 and up)
Vitamins	Multivitamin	130 tablets, limited to adults only for OTC