

LYSTER ARMY HEALTH CLINIC
SELF CARE PROMOTION AND MEDICATION RECONCILIATION

SYMPTOM/CONDITION	MEDICATIONS AVAILABLE	NOTES
Abrasions/prep skin before injection	Alcohol prep pads	100 count box
	Bacitracin ointment	28 gram tube, antibacterial
Allergy symptoms: runny nose, sneezing	Diphenhydramine Elixir 12.5 mg/5ml	118 mL bottle, age 6 and up
	Diphenhydramine 25 MG Caplets	24 caplets, age 6 and up
Congestion	**Oxymetazoline (AFRIN) nasal spray	30 mL bottle. DO NOT EXCEED 3 DAYS OF USE
	**Guaifenesin Solution (Robitussin)	118 mL bottle, ages 12 and up
Dry nose	**Sodium chloride nasal spray 0.9%	60 mL bottle
Earache/Headache/Fever/Pain	Acetaminophen suspension 160mg/5mL	118 mL bottle, age 2 and up
	**Acetaminophen 325 MG	100 tablets, age 6 and up
Earache/Headache/Fever/Pain with inflammation	Ibuprofen, suspension 100mg/5mL	118 mL bottle, age 2 and up
	**Ibuprofen 200mg tablets	24 tablets, 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	28 gram tube, age 2 and up
	Clotrimazole 1% vaginal cream	45 gram tube, vaginal use, age 12 and up
	Tolnaftate 1% powder	45 gram bottle
GI Symptoms: Heartburn/gas/stomach Pain/nausea/rectal irritation/hemorrhoids	Docusate sodium 100mg	Bottle of 100 capsules, age 2 and up
	Glycerin, pediatric suppository	Box of 12
	Phenylephrine 0.25% suppository (Preparation H eq.)	Box of 12
	Hemorrhoidal hygiene Pads	100 pads
	Loperamide 2mg caplets	Box of 12 caplets, age 6 and up
	**Mylanta suspension	355 mL bottle, age 12 and up
Heart protection	**TUMS	
	**Aspirin (enteric coating) 81 mg	One bottle or quantity of 100
Itching/diaper rash/skin irritation	Aspirin 325mg	One bottle or quantity of 100
	Hydrocortisone 1% cream	30 gram tube
Lice treatment	Zinc Oxide Ointment 20%	1.05 oz tube
	Permethrin 1% shampoo (Nix eq.)	60mL bottle
Sore throat	**Chloraseptic throat lozenges	Package of 18, past choking age (6 and up)
Vitamins	**Multivitamin	100 tablets, limited to adults only for OTC
Opioid overdose rescue agent	Naloxone nasal spray (Narcan), 3mg/0.1ml	Box of 2

Updated: AUGUST 2025

4 DIFFERENT ITEMS EVERY 30 DAYS PER BENEFICIARY

**** Flight Status Approved (more information on back)**

Flight Approved Over-the-Counter Medications

Per Aeromedical Policy Letters under **AR 40-8**

WAIVER: The OTC medications listed below are Class 1 medications. If a flight surgeon is not immediately available, the below listed medications **can be used on a short-term basis until a flight surgeon can be seen** for appropriate evaluation and treatment. Medication taken for relief of any symptom is only authorized when used occasionally or infrequently.

- **ANTACIDS:** (Tums, Rolaids, Mylanta, Maalox, Gaviscon, etc.) Chronic use is Class 3.
- **ANTIHISTAMINES: Loratadine** (Claritin)- Short term use by individual aircrew is authorized but the aircrew member must report use of this medication to the flight surgeon as soon as possible. The concern is not only with the use of this medication but also the underlying problem that the individual is self-treating (e.g. allergic rhinitis) and the aeromedical implications of the diagnosis.
- **ARTIFICIAL TEARS: Saline** or other lubricating solution only. Visine or other vasoconstrictor agents are prohibited for aviation duty.
- **ASPIRIN/ACETAMINOPHEN/NSAIDs:** When used infrequently or in low dosage.
- **COUGH SYRUP: (Guaifenesin [Robitussin plain]).** Many OTC cough syrups contain *sedating antihistamines or Dextromethorphan (DM) and are prohibited* for aviation duty.
- **COUGH LOZENGES:** Acceptable provided the lozenge contains no prohibited medication. **Benzocaine** (or similar analgesic) containing throat spray or lozenge is acceptable. Long term use (more than 3 days) must be approved by the local flight surgeon.
- **ORAL DECONGESTANT:** Pseudoephedrine (Sudafed) or **Phenylephrine**. When used for mild nasal congestion in the presence of normal ventilation of the sinuses, and middle ears. Should not be combined with decongestant nasal spray(s). Does not include pre-flight use to relieve ear or sinus block, thereby enabling flight.
- **NASAL SPRAYS: Saline nasal sprays** are acceptable without restriction. Long-acting nasal sprays (**oxymetazoline [Afrin]**) are restricted to no more than 3 days. Use of oxymetazoline for longer than the above time or recurrent use must be validated and approved by a flight surgeon.
- **MULTI-VITAMINS:** When used in normal supplemental doses. Mega-dose prescriptions or individual vitamin preparations are excluded and addressed in Class 4.
- **PEPTO BISMOL:** If used for minor diarrhea (without dehydration) and free of side effects for 24 hours.
- **PSYLLIUM MUCILLOID:** (Metamucil). When used to treat occasional constipation or as a fiber source for dietary reasons. Long term use (over 1 week) must be coordinated with the flight surgeon due to possible side effects such as esophageal/bowel obstructions.