

***KELLER ARMY COMMUNITY HOSPITAL SELF-CARE PROGRAM
TREATMENT OPTIONS FOR SYMPTOMS/CONDITIONS*****



1. By signing this form, I certify the following:

- a) I do not wish to see a physician at this time.
- b) I have no need for medical advice.
- c) I will take medication according to labeled manufacturer's instructions only.
- d) I am not using this medication listed for symptoms that have not resolved despite a visit to Keller Army Community Hospital for this illness.
- e) I have not taken an OTC medication in the past 14 days and will not take any other OTC medications while on the medication I am about to receive.

2. I fully understand that the OTC medication is only for my use in acute minor illness. If symptoms persist, worsen, or do not improve within 48 hours, I will consult a medical provider.

3. Further, I certify that I am NOT:

- (a) on flight status
- (b) pregnant
- (c) allergic to any of the medications selected
- (d) using herbal/muscle enhancing supplements

***I also verify that I am requesting treatment option(s) voluntarily. ***

1. What medication allergies, do you have? _____

2. Have you been seen by a medical provider within the past three days for the same symptoms?
YES _____ NO _____

Print Name: _____ Signature: _____

DOD ID Number: _____ Date of Birth: _____

The KACH OTC Program is authorized by the Deputy Commander for Clinical Services (DCCS)
The point of contact for the OTC Program is the Chief of Pharmacy, available at 845-938-2271

*****LIMITED TO (5) ITEMS TOTAL PER FAMILY, PER WEEK***
LIMIT 2 OF EACH ITEM**

***NOTE: You may either select Robitussin Plain or Robitussin DM *but NOT BOTH items:
INSTRUCTIONS: Check each items(s) you are requesting**

<i>Check</i>		OTC MEDICATIONS	SYMPTOM / CONDITION
<i>Pediatric Patients Aged 2 and Older</i>			
		Acetaminophen (Tylenol eq.) 160mg/5ml Liquid	Headache / Fever / Earache
		Ibuprofen (Motrin eq.) 100mg/5ml Liquid	Pain / Inflammation
		Bacitracin Antibiotic Ointment	Blisters / Cuts / Scrapes
		Saline Nasal Spray	Nasal Dryness or Sinus Congestion
		Calamine Lotion	Insect Bite / Poison Ivy / Poison Oak
		Hydrocortisone 1% Cream	Itching
		Loratadine (Claritin eq.) 5mg/5ml Liquid	Allergies / Hay Fever
		Simethicone 20mg/0.3ml Drops	Anti-Gas
<i>Pediatric Patients Aged 6 and Older ONLY</i>			
		Diphenhydramine (Benadryl eq.) 12.5mg/5ml Liquid	Allergies / Hay Fever
<i>Patients Aged 12 and Older</i>			
		Acetaminophen (Tylenol eq.) 325mg Tablets	Headache / Fever / Earache
		Antacid Plus (Mylanta II eq.) Liquid	Upset Stomach / Indigestion
		Artificial Tears (carboxymethylcellulose) Drops	Dry Eyes
		Bacitracin Antibiotic Ointment	Blisters / Cuts / Scrapes
		Calamine Lotion	Insect Bite / Poison Ivy / Poison Oak
		Sore Throat Lozenges	Sore Throat
		Clotrimazole Vaginal 1% 7-day Cream	Vaginal Yeast Infection
		Diphenhydramine (Benadryl eq.) 25mg Capsules	Allergies / Hay Fever
		Hydrocortisone 1% Cream	Itching
		Ibuprofen (Motrin eq.) 200mg Tablets	Pain / Inflammation
		Loperamide (Imodium eq.) Caplets	Diarrhea
		Loratadine (Claritin eq.) 10mg Tablets	Allergies / Hay Fever
		Miconazole 2% Nitrate Antifungal Cream	Jock Itch / Ringworm
		Pepto Bismol Chewable Tablets	Upset Stomach / Diarrhea
		Phenylephrine (Sudogest PE) 10mg Tablets	Nasal or Sinus Congestion
		Saline Nasal Spray	Nasal Dryness or Sinus Congestion
		Guaifenesin (Robitussin eq.) Liquid	Productive Cough
		Guaifenesin DM (Robitussin DM eq.) Liquid	Productive Cough / Cough Suppressant
		Tolnaftate 1% (Tinactin eq.) Antifungal Powder	Athletes Foot
		Triple Antibiotic (Neosporin eq.) Ointment	Topical Antibiotic
		Melatonin 3 mg Tablets	Sleep Aid
		Multi-Vitamin Supplement Tablets	Nutritional Supplement
		Vitamin C (Ascorbic acid) Tablets	Nutritional Supplement
		Clotrimazole 1% Foot Cream	Athlete's Foot

Plan B (levonorgestrel) is available over-the-counter, ask the pharmacist or report to the ER after hours.