

**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 currently.
 - 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 / nursing
 - (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: _____

Official Use only:

Staff initials: _____ Date: _____

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 Mucinex or Mucinex DM *but NOT BOTH items:
INSTRUCTIONS: Check each items(s) you are requesting**

Check	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
<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
	Pepto Bismol Chewable Tablets	Upset Stomach / Diarrhea
	Phenylephrine (Sudogest PE) 10mg Tablets	Nasal or Sinus Congestion
	Saline Nasal Spray	Nasal Dryness or Sinus Congestion
	Mucinex	Productive Cough
	Mucinex DM	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.