

Over the Counter (OTC) Medications Recommendations List  
Attachment 1

Generic Name	Commercial Name(s)	Dose	Indications	Contraindications	Pregnancy or Lactation	Education
Acetaminophen	Tylenol	<b>325 mg:</b> two tablets every 4-6 hours while symptomatic (not to exceed 10 tablets in a 24 hour period) <b>500 mg:</b> two tablets every 6 hours while symptomatic (not to exceed 6 tablets in a 24 hour period)	Pain, fever, aches and pains associated with cold and flu symptoms	Hepatic impairment and chronic alcohol use	Check with your OB/GYN	Use only 1 medication containing the same active ingredient
Artificial Tears		1-2 drops to the affected eye(s) as needed	Dry eyes and prevents further irritation	Change in color or cloudiness of the solution	Check with your OB/GYN	Good handwashing, do not touch the tip of the bottle to the surface of the eye
Cetirizine	Zyrtec	10 mg daily	Allergic rhinitis, sneezing, runny nose, itchy, watery eyes, itching of the nose and throat	Hypersensitivity or allergy to ingredients, allergy to hydroxyzine, taking a CNS depressant, hepatic impairment, renal impairment	Check with your OB/GYN	May cause drowsiness, use caution when operating a motor vehicle or other machinery, and avoid alcohol while taking
Clotrimazole	Lotrimin AF	Apply to the affected area twice per day. For ringworm and athlete's foot use up to 4 weeks, for jock itch use for 2 weeks.	Athlete's foot, ringworm, jock itch and itching, burning, cracking, scaling and discomfort associated with these conditions	Hypersensitivity to the ingredients	Check with your OB/GYN	Wash area and dry thoroughly before use, for athlete's foot pay attention to the spaces between the toes, wear well fitting, well ventilated shoes and change shoes and socks at least daily. Do not use on the scalp or nails (not effective). If the condition persists schedule an appointment with a health care provider.
Cough drops		1 cough drop every 2 hours as needed	Cough due to cold or minor sore throat or throat irritation	Hypersensitivity to ingredients	Check with your OB/GYN	Schedule an appointment with a health care provider if symptoms last greater than 1 week or are accompanied by a fever, rash or persistent headache
Dextromethorphan	Delsym	10 ml every 12 hours (no more than 20 ml in 24 hours)	Cough suppressant	Hypersensitivity to ingredients, MAO inhibitor use within the past 14 days	Check with your OB/GYN	Use dosing cup provided to measure the dose
Diphenhydramine	Benadryl	1-2 tablets every 4-6 hours as needed (Do not take more than 6 tablets in 24 hours)	Temporary relief of allergy, hay fever or cold symptoms such as runny nose, sneezing, itchy, watery eyes, itching of the nose or throat	Prostatic hypertrophy, glaucoma, hyperthyroidism, cardiovascular disease, hypertension, asthma, bladder neck obstruction, use of CNS depressant	Check with your OB/GYN	May cause drowsiness; avoid using alcohol while taking
Hydrocortisone 1%	Cortizone-10	Apply thin layer to affected area no more than 3-4 times per day	Skin itching or irritation associated with: eczema, irritation between skin folds, dermatitis, insect bite reactions	Allergy to hydrocortisone, skin conditions caused by a skin infection, scabies, rosacea or dermatitis around the mouth	Check with your OB/GYN	For external use only, not for ophthalmic use, do not use in the genital area if having vaginal discharge, do not bandage or apply an occlusive dressing covering the medication.
Ibuprofen	Advil, Motrin	200 mg: 1-2 tablets every 4-6 hours as needed (Do not take more than 6 tablets in a 24 hour period)	headaches, toothaches, backache, menstrual cramps, common cold, muscle aches, minor pains of arthritis, temporary relief of fever	Allergy to medication, caution in females trying to conceive, hypertension, liver cirrhosis, heart disease, kidney disease, asthma, coagulation disorder, chronic alcohol use	Check with your OB/GYN	Do not take more than directed; always take with food or milk; drink plenty of water when taking the medication and remain upright for at least 10 min to prevent esophagitis
Loratadine	Claritin	1 tablet daily	Allergy relief, relieves runny nose, sneezing, itchy, watery eyes, itchy nose and throat	Allergic reaction to medication or its ingredients, hepatic impairment, renal impairment	Check with your OB/GYN	Do not take more than 1 tablet in 24 hours
Magnesium Hydroxide and Aluminum Hydroxide	Maalox, Mylanta	10-20 ml as needed between meals or after meals or at bedtime (No more than 60 ml in a 24 hour period)	heartburn, acid indigestion, sour stomach, upset stomach due to previous symptoms, pressure, bloating, and overindulgence in food or drink	Kidney disease or on a magnesium restricted diet	Check with your OB/GYN	Shake the bottle well and use the dosing cup to measure; see a health provider if using for more than 2 weeks.
Miconazole 7 day treatment	Monistat	Insert 1 applicatorful of vaginal cream or vaginal suppository into the vagina before bedtime for 7 days; External cream can be applied to vulva 2 times per day for up to 7 days	Vaginal yeast infection, relief of external itching due to vaginal yeast infection	Allergy to medication	Check with your OB/GYN	Avoid the following when using this medication: tampons, douche, spermicides or other vaginal products, condoms or diaphragms. Do not have vaginal intercourse while using the product. Mild increase in vaginal burning, itching or irritation may occur. Schedule an appointment if no improvement in 3 days or symptoms last greater than 7 days.

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Generic Name	Commercial Name(s)	Dose	Indications	Contraindications	Pregnancy or Lactation	Education
Topical Antibiotic Ointment	Neosporin, Triple Antibiotic	apply small amount (amount equal to the surface area of the tip of a finger) to the area 1-3 times per day	first aid to help prevent infection for minor cuts, scrapes, or burns	Allergy to ingredients, large wounds	Check with your OB/GYN	External use only
Zinc Oxide, Ferric Oxide, Phenol, and Calcium Hydroxide	Calamine lotion	Apply to affected areas 2-3 times per day as needed	Itching and skin irritation due to minor skin irritations	Hypersensitivity to the ingredients	Check with your OB/GYN	External use only, avoid contact with eyes and other mucous membranes, not for use on abraded, blistered, inflamed or raw oozing areas