

Facility:	Address:
Phone:	Fax:

## OVER THE COUNTER MEDICATIONS

<b>Resident's Name:</b>	<b>Physician:</b>
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**Dear Doctor: Please mark a line through any medication(s) you do NOT want given. Instructions and labels will be compiled within the maximum dose allowed in a period of time.**

Drug Name	Usage	PRN Dosage	Not to Exceed
Ibuprofen	minor pain	200 mg-400 mg, Q 4-6 hours	1200 mg /24 hrs
Acetaminophen	headache or minor pain	325 mg tabs; 2 every 4 hours	9/24 hours
Ecotrin (if not allergic to aspirin)	headache or minor pain	325 mg tabs; 2 every 4 hours	12/24 hours
Milk of Magnesia	constipation	30 ml daily; w/ 8oz hot water	4 Tbs daily
Antacid (generic Mylanta)	upset stomach	2 tsp QID; 1 after meals & at HS	16 tsp/24 hours
Metamucil or Fiber All	constipation	1 tsp in 3oz hot water; TID	3 tsp/24 hours
Pepto Bismol	upset stomach; vomiting, diarrhea	2 tbs; every 1 hour PRN diarrhea	8 doses/24 hours
Kaopectate	diarrhea	30 cc; q 4 hours	6 tinle/24 hours
Glycerin Suppositories	constipation	1 daily	1 week at a time
Fleets Enema	constipation	1 daily	1 every day
Bisacodyl, Cascara, Dulcolax, Correctol, ExLax	laxative	1 daily	3/day; 1 week at a time
Muscle Rub (Ben Gay)	sore muscles	Apply PRN QID	QID
Guiatuss-DM (cough syrup)	suppress coughs	2 tsp; every 4 hours	6 doses/24 hours
Povidine or Generic Triple Antibiotic Ointment	minor cuts and abrasions	apply PRN TID	TID; 1 week at a time
Cough Drops	cough or sore throat	1 every hour PRN	1 every hour, 1 week at a time
Vicks Vapor Rub	congestion	TID, keep clothing loose to allow vapors to rise to nose and mouth	TID; 1 week at a time
Imodium-AD	diarrhea	2 tabs after first loose BM; 1 tab each thereafter	4/24 hours or 2 days usage
Tums	heartburn, sour stomach or acid indigestion	2 Q hour	10 tabs/24 hours/ 2 weeks at a time
Nyquil	flu, cold symptoms	2 tbs; Q 6 hours	4 doses/day; 1 week at a time
Sudafed	allergy	30 mg; 2 Q 6 hours	8/24 hours

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_