

OTC self-care recommendations for adult patients

Allergic rhinitis

1. Drink extra fluids.
2. Claritin 10 mg tablets once a day (or generics) – also can be used for patients with hypertension
3. Alternative: Zyrtec 10 mg once a day as needed (now OTC) or Benadryl 25 mg, 1 capsule as needed
4. Do not smoke and avoid smoky environments.

Cough and Cold and Sore Throat

FDA advisory has been released that recommends that OTC cough and cold products NOT be used for infants and children under 2 years of age. Many of our Faculty believe that this warning should be extended to those age 6. Therefore, all cough and cold medications for children less than 6 should be advised by the patient's MFMC physician.

Colds

1. Get extra rest.
2. Drink extra fluids. Hot tea, soups, etc. will help relieve congestion.
3. Take Tylenol 325 mg, 2 tabs every 6 hours as needed for aches/fever
4. If congestion, may use Pseudoephedrine 30 mg 1-2 three to four times a day. All pseudoephedrine products will have to be signed for at the pharmacy, but it is worth it.
5. Other alternatives with antihistamine: Recommendations:

Tablets

Actifed 1 tab tid-qid (Do not exceed 4 tablets/day)

Dimetapp tablets- 1 tab 3 times a day

Drixoral- 1 tablet 2 times a day

Liquids

Tylenol Cold Liquid – 2 tablespoons every 4 hrs as needed

Phenylephrine + DM + acetaminophen

Tylenol Cold Night time formula

Phenylephrine + DM + acetaminophen + doxylamine

For those with Hypertension:

Coricidin HBP Cough and Cold (antihistamine + DM)

Consult your local Pharmacist

Cough

1. Avoid smoking!
2. Drink extra water.
3. For symptomatic relief: Delsym 2 tsp. 2 times a day.
4. Use hard candy, such as peppermint, or cough drops if needed.
5. Come to the Center if: have a history of CHF, fever, chest pain, coughing up blood.

Sore throat

1. Gargle with warm salt water. (One teaspoon of salt in eight ounces of water.)
2. Drink extra fluid. Hot teas, honey, lemon may help.
3. If needed, Tylenol 325 mg 2 tabs every 6 hours as needed or Ibuprofen 200 mg, 1 to 2 tabs 4 times a day.
4. May use Cepastat or Cepacol lozenges every 4 hours as needed for anesthetic effect. May use butterscotch candy.
5. Come to the Center if: fever > 101 F and no other cold symptoms.

Gastrointestinal problems

Constipation

1. Drink two to four extra glasses of water per day.
2. Increase intake of high fiber foods, such as bran, fresh or frozen fruits, fresh or frozen vegetables.
3. If needed, may use one of the following:

For stimulation and immediate evacuation:

MOM 30cc daily until regular

Dulcolax 10 mg suppository x 1. May repeat in 15 minutes if ineffective.

Fleets enema x 1

For persistent constipation:

Stool softener - Colace 100 mg twice daily

Metamucil 1 tbsp, 1-3 times per day

Miralax - 17 g or 1 capful daily around breakfast

4. Come to the Center if: vomiting, no relief in 2 days, intolerable abdominal pain

Consult your local Pharmacist

Diarrhea

1. Questions to ask patient:
 - a. Is the patient pregnant?
 - b. Has the patient traveled abroad recently?
 - c. What other medications are you currently taking?
2. Avoid antidiarrheal drugs for the first six hours of symptoms.
3. If antidiarrheal therapy is needed

Imodium AD 2 mg, 2 tabs immediately, then 1 tab after each loose stool. Do not exceed 8 tabs (16 mg) in 24 hrs

Bepito-Bismol 2 tablespoon every 4 hours for no more than 2 days

4. Come to the Center if: blood in the stool, fever, intolerable abdominal pain, not taking liquids for more than 12-18 hours

Heartburn

1. Avoid foods that can worsen heartburn. These include alcohol, caffeine, chocolate, orange and tomato juices, peppermint and spearmint flavored foods, and fatty/fried foods.
2. Raise head of bed.
3. Don't lie down too soon after eating. It is best to remain upright for at least 2-3 hours after eating.
4. Medication recommendations:

Pepcid Complete – 1 tablet twice a day (good EBM)

Zantac 150 mg – 1 tablet twice a day

Prilosec OTC – 1 tablet per day for no more than 14 days

Take any of these medications 30 minutes before a meal or 2 hours after a meal

If needed, start Maalox 30cc every six hours as needed for heartburn.

5. Come to the Center if: vomiting, intolerable pain, blood in stool.

Nausea and vomiting

1. Take nothing by mouth for four hours after vomiting starts.
2. Drink only clear liquids (i.e., ginger ale), a few sips at a time, for 12-24 hours.
3. Eat only clear soups, mild foods (i.e., potatoes, grits, rice) and liquids on the second day and until all symptoms are gone for 48 hours.

4. Assess pregnancy potential.
5. If needed,

Emetrol 1-2 tablespoons at 15 minute intervals (up to 5 doses in an hour) until vomiting ceases.

OTC Bonine or Dramamine, especially for motion sickness, follow labeled instructions.

Consult your local Pharmacist if needed.

6. Come to the Center if: intolerable pain, vomiting blood.

Musculoskeletal Problems

Strains and sprains

1. RICE
Rest (for at least 24-48 hours)
Ice
Compression (wrap with an ACE bandage)
Elevation (elevate the injury any time seated or while you apply ice)
2. After initial pain and swelling had subsided, limit activity to avoid reinjury.
3. If no stomach problems:

Ibuprofen 200 mg, 2 tabs every 6 hours as needed
4. For patients with a history of stomach problems:

extra strength Tylenol 2 tabs every 6 hours as needed
5. Come to Center if: no improvement, persistent pain, increase swelling and bruising.

Mild arthritis pain

1. Avoid repeated, jarring activities
2. Use range of motion exercises/regular non-jarring exercise daily to maintain mobility.
3. If the joint is swollen, apply cold packs for 10-15 minutes per hr.
4. If no swelling is present, apply moist heat for 20-30 minutes two-three times a day.
5. If no stomach problems:

Ibuprofen 200 mg, 2 tabs 4 times a day.
6. For patients with a history of stomach problems:

Extra strength Tylenol 2 tabs 4 times a day.
7. Come to the Center if: fever, no better in 2-3 days.

Skin

Sunburn (treatment and prevention)

1. To prevent overexposure, apply a sunscreen containing at least SPF 15. Apply 15-30 minutes before going it to the sun. Reapply every two hours.
2. If sunburn does occur, cool baths/compresses can provide comfort. Aveeno bath may help.
3. If no stomach problems:

Ibuprofen 200 mg 1-2 tabs right after sun exposure and every 6 hours as needed
4. Drink extra water.
5. Apply aloe gel liberally as needed.
6. Do not use lidocaine spray products, because these products cause dermatitis.

Athlete's foot/jock itch/rash in skin folds

1. Wash and dry area thoroughly.
2. Apply:

Lotrimin **Ultra** or Lamisil AF to affected area twice a day.
Use for one week after rash clears.
3. If on the feet, wear open-toed shoes if possible.
4. Wash and dry shoes or wipe out the inside of your shoes you have been wearing with Lysol. Let dry. Wear cotton socks.
5. Come to Center if: diabetic, drainage from the area, fever.

Poison oak/ivy

1. Aveeno bath if extensive body rash.
2. May use Benadryl 25mg 1 cap every 4-6 hours as needed for itching
3. Avoid hot baths or showers (increase itching).
4. A visit is encourage to assess severity of condition and the need for oral steroids.
5. Come to Center if: diabetic, drainage from the area, fever.

OTC self-care recommendations for pediatric patients

Allergic rhinitis

1. Drink extra fluids.
2. Claritin is very effective and can be use in children 2 years old

Claritin Oral Syrup: 2 to 6 years, 1 tsp daily
 >6 years, 2 tsp daily

Claritin Chewables and Reditabs can be used as above

Cough, Cold and Sore throat

FDA advisory has been released that recommends that OTC cough and cold products NOT be used for infants and children under 2 years of age. Many of our Faculty believe that this warning should be extended to those age 6. Therefore, all cough and cold medications for children less than 6 should be advised by the patient's MFMC physician.

The following medications are for those 6 to 12 years of age.

1. Drink extra fluids. Hot tea, soups, etc. will help relieve congestion.
2. May use Tylenol 10 mg /kg every 4-6 hours as needed.
3. May use Dimetapp elixir (dosing below) 3-4 times a day

Age	Dose of Dimetapp elixir
6-12 years	1 tsp (5ml)
> 12 years	1-2 tsp (5-10ml)

5. Alternatives:
Pediacare Cough and Cold for ages 6-11: 2 tsp every 4-6 hours as needed, up to 4 doses/day

Triaminic Sore throat formula for ages 6-12: 2 tsp every 6 hours

Delsym liquid for ages 6-12: 1 tsp. every 12 hours

Benylin liquid for ages 6-12: 1 tsp. every 4 hours as needed.
Do not exceed 6 doses/day.

Gastrointestinal problems

Constipation

1. Increase intake of water (not for infants).
2. May use one of the following:

Infants: Karo syrup - 1 teaspoon in 2 oz of water, no need to add to formula, use to soften stool, do not cause diarrhea

Infants/small children- pediatric glycerin suppository one, once or twice daily as needed.

Children- Colace syrup 60mg/15ml - divided in to two to four doses a day

Age (years)	Daily dose of Colace syrup (60 mg/15 ml)
< 3	10-40 mg/day
3-6	20-60 mg/day
6-12	40-120 mg/day
Adolescents	50-240 mg/day

Diarrhea

1. Drink only clear liquids for the first 24 hours.
2. Avoid antidiarrheal drugs for at least the first six hours of symptoms.
3. May use Kaopectate every 3-4 hours as needed (dosing below)

Age (years)	Dose of Kaopectate
3-6	15-30 ml/dose
6-12	30-60 ml/dose
Adolescents	60 ml/dose

Nausea and vomiting

1. Take nothing by mouth for four hours after vomiting starts.
2. Drink only clear liquids, a few sips at a time, for 12-24 hours. Pedialyte for infants.
3. Eat only clear soups, mild foods (i.e., potato, grits, bread, rice) and liquids on the second day and until all symptoms are gone for 48 hours.

Musculoskeletal Problems

Strains and sprains

1. RICE Rest (for at least 24-48 hours)
Ice
Compression (wrap with an ACE bandage)
Elevation (elevate the injury any time seated or while you apply ice)
2. After initial pain and swelling had subsided, limit activity to avoid reinjury.
3. May use Ibuprofen 10-20 mg/kg/day divided in to three doses
4. Alternative: may use Tylenol every 4-6 hours as needed (see table for dosing)

Tylenol dosing

Age	Weight (lbs)	Dose (mg)
0-3 months	6-11	40
4-11 months	12-17	80
12-23 months	18-23	120
2-3 years	24-35	160
4-5 years	36-47	240
6-8 years	48-59	320
9-10 years	60-71	400
11 years	72-95	480
12-14 years	> or = 96	2-5gr APAP

Tylenol Availability

Tempra drops	100 mg/ml, 15 ml	Drops
Children's Tylenol	80 mg	Chewable
Tylenol Elixir	160 mg/5 ml	Elixir/Liquid

Skin

Sunburn (treatment and prevention)

1. To prevent overexposure, apply a sunscreen containing at least SPF 15. Apply 15-30 minutes before going to the sun. Reapply every two hours.
2. If sunburn does occur, cool baths/compresses can provide comfort. Aveeno bath may help.
3. May try Ibuprofen (10-20mg/kg) right after sun exposure and every 6 hours as needed.
4. Drink extra water.

Skin Irritation

1. Questions:
 - a. Are there other systemic symptoms? (i.e., fever, vomiting)
 - b. Is your child taking other medications?
2. May try J&J Baby lotion for sensitive skin
3. May try Aveeno bath.
4. Avoid hot bath or showers.
5. May use Benadryl 5 mg/kg/day divided into 3 or 4 doses as needed for itching

Poison oak/ivy

1. Aveeno bath if extensive body rash.
2. May use Benadryl 5 mg/kg/day divided into 3 or 4 doses as needed for itching
3. Avoid hot bath or showers.
4. A visit is encouraged to assess severity of condition and the need for oral steroids.