


MAY 21 2019

**True Friends Standing orders 2019-2020**

OTC MEDICATIONS	OTC MEDICATIONS
<u>Tums</u> (Calcium Carbonate) administered per package directions; do not use for more than 24-28 hours with consulting a physician.	<u>Benadryl</u> (Diphenhydramine) <u>25mg</u> 1 tab every 4-6 hours as needed. Benadryl liquid 12.5mg per package directions. Do not exceed 300mg in 24 hours.
<u>Caladryl</u> or equivalent- apply to affected area(s) of skin as often as needed	Antibiotic ointment or equivalent (bacitracin, triple antibiotic ointment, mupirocin), apply a small amount or medication (no more than can fit on your finger tip) in a thin layer on the skin and rub in gently. Can reapply 1-3 times daily. Wash your hands after applying
Ice Pack- various types described: plastic bag filled with water and ice cubes, cold pack that is kept in the freezer, Instant ice packs. Cold compress: cloth or absorbent towel covered with cold water. Use no longer than 20 minutes at a time every hour.	<u>Hydrocortisone 1% Cream</u> topical. Apply a small amount to affected area with a thin even film and rub it in gently. Can reapply 1-4 times in a 24-hour day.
<u>Insect Repellent</u> Cream/lotion/spray. Apply to skin or clothing per package directions.	<u>Sunscreen 30 SPF</u> or higher, water resistant and broad spectrum: Apply all exposed skin 30 minutes before you go out into the sun. Rub the sunscreen thoroughly into your skin. Re-apply every 2 hours and immediately after swimming or sweating.
Burn Relief or equivalent, use per package directions.	Aloe Vera- apply liberally and often to soothe sunburned skin
Petroleum Jelly: apply enough to cover lips and re-apply as needed.	Artificial tears or lubrication eye drops instilled per package directions.
<u>Milk of Magnesia</u> (Magnesium Hydroxide) For ages 12 and older two to four tablespoons once a day, preferable at bedtime. Followed by one 8-ounce glass of water. For ages 6 to 11years of age one or two tablespoons once a day. preferable at bedtime. Followed by one 8-ounce glass of water.	<u>Cough Drop (Menthol Lozenges)</u> or equivalent- dissolve 1 oral lozenge in mouth every 2 hours as needed. Do not chew, break, or crush it. Do not swallow it whole.
<u>Glucose 10mg</u> - Administer 1-2 tabs every 10 minutes until hypoglycemic symptoms resolve.	<u>Imodium</u> administered per package directions; Do not use for more than 2 days.
Purified Water, 98.3% Ophthalmic solution eyewash- flush the eye as needed	
<u>Tylenol</u> (Acetaminophen) <u>325 mg</u> -1000mg every 4-6 hrs. or if under 80lbs 10-15mg every 4-6 hrs. Children's Tylenol Oral suspension administer per package directions (Not to exceed 3000mg in 24 hours)	<u>Ibuprofen 200mg</u> - 1-2 tabs every 4-6 hours. Children's Ibuprofen oral suspension administer per package directions. Do not give if history of bleeding disorder or stomach problems. Discontinue use and see MD if black-colored stools.

Signature of Medical Director

  
Bernt Helgaas, M.D.

Date: 5-19-19