

# Carl R. Darnall Army Medical Center

## Self-Care Medication Request Form

Up to four (4) **different** items may be requested per household per month

\*\*\*Self-Care items are **ONLY** for patients older than 2 years\*\*\*

\*\*\*Do not use cough and cold medications to help your child sleep\*\*\*

Medications	Used to Treat
<b>Pediatric Patients Aged 2 and Older</b>	
Acetaminophen 120mg (Tylenol Eq.) <b>Pediatric</b> Suppositories, 12s	Pain, fever
Acetaminophen 160mg/5mL (Tylenol Eq.) <b>Pediatric</b> Suspension, 100mL	Pain, fever
Acetaminophen 80mg (Tylenol Eq.) <b>Pediatric</b> Chewable Tablets, 30s	Pain, fever
Ibuprofen Oral susp. 100mg/5mL ( <b>Children's</b> Motrin Eq.) 120 mL	Pain, fever
Saline 0.65% (Ayr Eq.) Nasal Drops/Spray, 15mL - <b>Child</b>	Stuffy Nose
Zinc Oxide Ointment, 30gm	Diaper rash
Calamine Lotion, 180mL	Itching
Carbamide (Debrox Eq.) Otic Drops, 15mL	Ear wax
Clotrimazole (Mycelex Eq.) Topical Cream, 15gm	Fungal rashes/itching
Hydrocortisone 1% Cream, 30gm	Itching
Triple Antibiotic (Neosporin Eq.) Topical Ointment, 15gm	Infection
Vitamin A&D Topical Ointment, 60 gm	Diaper rash & moisturizer
Simethicone 20mg/0.3ml (Gas-X Eq.) Drops, 30mL	Gas
<b>Patients Aged 4 and Older Only</b>	
Diphenhydramine 12.5mg/5ml (Benadryl Eq.) Syrup, 120mL	Runny nose & watery eyes
Guaifenesin 100mg/5ml (Robitussin Eq.) Syrup, 120mL	Cough, chest congestion
Guaifenesin-DM 100mg-10mg/5ml (Robitussin DM Eq.) Syrup, 120mL	Cough, chest congestion
Loratadine Oral Soln 5mg/5ml (Claritin), 120mL	Runny nose & watery eyes
<b>Patients Aged 12 and Older</b>	
Acetaminophen 325mg (Tylenol Eq.) Tablets, 50s	Pain, fever
Aluminum, Magnesium, Simethicone (Maalox Eq.), 148mL	Stomach acid
Aspirin, Enteric Coated 325mg (Ecotrin Eq.) Tablets, 100s	Pain, fever
Cepacol Lozenges (Adult Use Only), Box of 18 Lozenges	Sore throat
Chlorpheniramine 4mg (Chlor-Trimeton Eq.) Tablets, 24s	Runny nose, watery eyes
Clotrimazole 1% (Mycelex Eq.) Vaginal Cream (w/applicators), 45gm	Yeast infection
Diphenhydramine 25mg (Benadryl Eq.) Capsules, 24s	Runny nose, watery eyes
Ibuprofen 200mg (Motrin Eq.) Tablets, 24s	Pain, fever, cramps, swelling
Loperamide 2mg (Imodium Eq.) caplets, 12s	Diarrhea
Loratadine 10mg (Claritin Eq) Tablets, 30s	Runny nose, watery eyes
Methyl Salicylate (Ben-Gay Eq.) Ointment, 35gm	Muscle aches
Milk of Magnesia, 355 mL	Constipation
Oxymetazoline HCl 0.05% (Afrin Eq.) Nose Spray, 15mL	Stuffy Nose
Phenylephrine 10mg (Sudafed PE eq.) tablets, 18s	Stuffy Nose
Saline 0.65% (Ocean Eq.) Nose Spray, 45mL- <b>Adult</b>	Stuffy Nose

PATIENT'S NAME \_\_\_\_\_

FMP / SPONSOR'S SSN (Last 4 only) \_\_\_\_\_

PHONE # \_\_\_\_\_

DATE \_\_\_\_\_