

## Beloved and Beyond Over-the-Counter Medications

### Topical Medications:

- **Antifungal creams (Lotrimin/Lamisil)** for apparent athlete's foot or fungal skin infections
- **A&D Ointment or Gold Bond powder** for skin irritation without infection
- **Antibiotic ointment (Bacitracin/Neosporin)**
- **Calamine lotion** for itchy bug bites or poison ivy
- **Ben Gay or IcyHot** for muscle soreness
- **1% hydrocortisone cream** for skin irritations
- **Tea tree oil** for bug bites or initial treatment for apparent head lice

### Eye Treatment:

- **Tetrahydrozoline drops (Visine or Murine)** for eye irritation

### Ear Treatment:

- **Prevention/treatment of swimmer's ear:** 2-3 drops of isopropyl (alcohol) solution + vinegar instilled into each ear after swimming

### Systemic Treatments:

- **Acetaminophen (Tylenol)** 325 mg tab every 6 hrs for pain/headache/fever if <100 lbs; 500 mg every 6 hrs if >100 lbs.
- **Ibuprofen (Advil)** 200 mg every 6 hrs if <60 lbs; 400 mg every 6 hrs if > 60-120 lbs; 600 mg every 6 hrs if >120 lbs
- **Mirilax or Milk of Magnesia** (dose per label) for symptomatic constipation
- **Imodium** 2 mg three times daily if <80 lbs with diarrhea; 4 mg three times daily if >80 lbs
- **Robitussin syrup** (dose per label) for cough
- **Benadryl** 25 mg if <80 lbs for allergic reactions; 50 mg if >80 lbs.
- **Cetirizine** 10 mg for seasonal allergies
- **Melatonin** for extreme insomnia. Initial dose 3 mg. May be increased to 5-6 mg with subsequent doses if >80 mg
- **Tums** for stomach upset or acid reflux
- **Bismuth Salsalicylate (Pepto-Bismol)** 15-30 mL for stomach upset
- **Throat spray (Chloraseptic)** or lozenges for oral/throat pain