

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, Desitin, 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
- **Purification oil or sting stick swabs/spray** for bug bites
- **Lice shampoo** for treatment of head lice
- **Vick's chest rub** -for cough
- **Aloe gel** for sunburn

Mouth Treatment:

- **Mouth sore mouth wash** for mouth ulcers
- **Oragel** for mouth sores, gum pain
- **Throat spray (Chloraseptic)** or lozenges for oral/throat pain

Eye Treatment:

- **Tetrahydrozoline drops (Visine or Murine)** for eye irritation
- **Allergy eye drops** for eye allergies
- **Eye wash** for eye irritation or foreign body in the eye

Ear Treatment:

- **Swim ear drops** for prevention/treatment of swimmer's ear

Systemic Treatments:

- **Acetaminophen (Tylenol)** tablets and liquid, dosed by weight
- **Ibuprofen (Advil)** tablets and liquid dosed by weight

- **Mirilax or Fiber Gummies** for symptomatic constipation, per package instructions
- **Imodium** for treatment of diarrhea, per package instructions
- **Robitussin syrup or Delsym** for cough, per package instructions
- **Benadryl** tablets and liquid, dosed by weight
- **Cetirizine** tablets and liquid for allergies, per package instructions
- **Melatonin** for extreme insomnia, per package instructions
- **Tums or liquid antacid** for stomach upset or acid reflux
- **Stomach Settle** non-medicated lemon/honey/ginger lozenges for upset stomach/nausea
- **Cough drops** for cough