

Over the Counter Medication and Prescription Medication Release Protocol

Dear Parents-Only the following Over the Counter Medications will be signed for any school, school trip or camp. There are Board approved and all other over the counter requests will be denied. All medication releases require a well child checkup within the last 12 months if over the age of 3 and per AAP guidelines for less than 3 years.

Medically approved over the counter medicines will be approved per directions and age on label and include:

- Acid Controllers and Digestive Aides
 1. Tums
 2. Probiotics
- Allergy and Sinus products
 1. Benadryl (Diphenhydramine)
 2. Claritin (Loratadine)
 3. Zyrtec (Cetirizine)
 4. Flonase or Nasonex
 5. Allegra
 6. Xyzal
- Antidiarrheal products (i.e., Imodium)
 1. Imodium
- Anti-Gas products
 1. Mylicon
- Anti-Itch & Insect Bite products
 1. Cortaid, Triple Antibiotic, Neosporin
- Baby Rash Ointments/Cream
- Yeast Diaper Rash
 1. Lotrimin Cream
- Cold Sore Remedies
 1. Abreva
- Cough, Cold & Flu products
 1. Delsym
 2. Guaifenesin
 3. Honey
- Laxatives (i.e., Miralax)
- Motion Sickness products
 1. Dramamine
 2. Meclazine
- Pain Relief products
 1. Acetaminophen (Tylenol)
 2. Ibuprofen
- Sleep Issues
 1. Melatonin