

Over-the-Counter Health Care Items

This list of over-the-counter health care items is not intended to be all-inclusive. If you have questions or concerns about an item not listed below, please contact us at your convenience.

Acceptable OTC Items

Antiseptics

- Antiseptic wash or ointment for cuts or scrapes
- Benzocaine swabs
- Boric acid powder
- First aid wipes
- Hydrogen peroxide
- Iodine tincture
- Rubbing alcohol
- Sublimed sulfur powder

Asthma Medications

- Bronchodilator/Expectorant tablets
- Bronchial asthma inhalers

Cold, Flu and Allergy Medications

- Allergy medications
- Cold relief syrup
- Cold relief tablets
- Cough drops
- Cough syrup
- Flu relief tablets or liquid
- Medicated chest rub
- Nasal decongestant inhaler
- Nasal decongestant spray or drops
- Nasal strips to improve congestion
- Sinus and allergy homeopathic nasal spray
- Sinus medications
- Vapor patch cough suppressant

Diabetes

- Diabetic lancets
- Diabetic supplies
- Diabetic test strips
- Glucose meters

Ear/Eye Care

- Airplane ear protection
- Ear drops for swimmers
- Ear water-drying aid
- Ear wax removal drops
- Homeopathic earache tablets
- Contact lens solution

Pain Relief

- Arthritis pain reliever
- Bunion and blister treatment
- Itch relief
- Orajel
- Pain relievers, aspirin and non-aspirin
- Throat pain medications

Health Aids

- Antifungal treatments
- Denture adhesives
- Diuretics and water pills
- Hemorrhoid relief
- Incontinence supplies
- Lice control
- Medicated bandages
- Motion sickness tablets
- Respiratory stimulant ammonia
- Sleeping Aids

Personal Test Kits

- Cholesterol tests
- Colorectal cancer screening tests
- Home drug tests
- Ovulation indicators
- Pregnancy tests

Skin Care

- Acne medications
- Anti-itch lotion
- Bunion and blister treatments
- Cold sore and fever blister medications
- Corn and callus removal medications
- Diaper rash ointment
- Eczema cream
- Medicated bath products
- Wart removal medications

Stomach Care

- Acid reducers
- Antacid gum
- Antacid liquid
- Antacid tablets
- Anti-diarrhea medications
- Gas prevention food enzyme dietary supplement
- Gas relief drops for infants and children
- Ipecac syrup
- Laxatives
- Pinworm treatment
- Prilosec
- Upset stomach medications

Unacceptable OTC Items

Aromatherapy
Baby bottles and cups
Baby oil
Baby wipes
Breast enhancement system
Cosmetics
Cotton swabs
Dental floss
Deodorants
Facial care
Feminine care
Fragrances
Hair regrowth
Low "carb" foods
Low calorie foods
Oral care
Petroleum jelly
Shampoo and conditioner
Skin care
Spa salts
Sun tanning products
Tooth brushes

Dual Use - Requires Doctor Letter

Blood pressure meter
Breast pump
Cold or hot compresses
Eye drops
Foot spa
Gloves and masks
Herbs
Leg or arm braces
Massagers
Minerals
Multivitamins
Saline nose drops
Special supplements
Special teeth cleaning system
Thermometers
Vitamins