

Over-the-Counter Medication Permission

Form and Protocols

Over-the-counter medication will be given only with a parent/guardian's written authorization. Below are protocols for administering common over-the-counter medication, according to package instructions. Do NOT bring basic over-the-counter medication to camp, unless your child needs to take a daily dose. Otherwise, the following over-the-counter medication will be available at the nurse's station as needed.

Please indicate permission for the Discovery Days' camp nurse and other authorized camp personnel to administer each OTC medication below to your camper by circling YES or NO.

YES NO	<ul style="list-style-type: none"> Acetaminophen (Tylenol) Dose - Over age 12: 325mg, 2 tablets, every 4 hours Under age 12: 1 ½ 325 mg. tablets every 4 hours Do not exceed 3g in 24 hours Symptoms: headache, sore throat, menstrual cramps
YES NO	<ul style="list-style-type: none"> Non-steroidal anti-inflammatory (Ibuprofen) Dose - Age 12 and older: 200 mg every 4 hours Younger than age 12: 100-200mg. every 4 hours Do not exceed 1200mg in 24 hours Symptoms: menstrual cramps, muscle strain, backache, headache, ligament strain
YES NO	<ul style="list-style-type: none"> Phenylephrine HCL Dose - 10 mg, 1 tablet, every 4 hours Do not give to children under age 12 Symptom: nasal congestion
YES NO	<ul style="list-style-type: none"> Guaifenesin cough syrup Dose - Age 6-12yr 100-200mg every 4 hours up to 1.2g/24 hours >12yrs 200-400mg every 4 hours up to 2.4g/24 hours Use metered dose dispenser Symptom: cough
YES NO	<ul style="list-style-type: none"> Bismuth Subsalicylate Dose - 262 mg, chew 2 tablets every ½ to 1 hour. Do not give to children under age 12. Do not exceed 4.2g in 24 hours Symptoms: upset stomach, diarrhea

YES	<ul style="list-style-type: none"> TUMS, Roloids, Mylanta Dose - 1-2 tablets No more than 6 tablets in 24 hours NO Do not give to children under age 12 Symptoms: upset stomach, heartburn
YES	<ul style="list-style-type: none"> Diphenhydramine Dose - over 55 lbs: 25 mg every 4 – 6 hours Do not exceed 300mg in 24 hours NO Symptoms: hives, bug bites
YES	<ul style="list-style-type: none"> Cetirizine Dose - Ages 6 and over, 10 mg. tablet once daily Do not exceed 10mg in 24 hours NO Symptoms: runny nose, sneezing, itchy eyes, watery eyes, itching of nose or throat

Camper's full name (first, last):

Parent/Guardian Signature:

Date:

Please note any instructions regarding OTC medication we should know regarding your camper: