Important Information About Over-the-Counter (OTC) Medications

To ensure compliance with state regulations and provide safe, effective care, please review the following guidelines for OTC medications before moving into our community.

Doctor's Orders

- All OTC medications must be included in your doctor's orders prior to move-in.
- This applies to all residents, regardless of their level of care.

Medication Management by Staff

If your care plan includes medication management by our staff:

- All OTC medications must be given to our Health & Wellness team before move-in.
- Prescription and OTC medications must be brought to the community at least 2 days prior to your move-in date for review by our RN.
- We will bubble-pack your remaining medications free of charge before they are entered into our medication cycle with our preferred pharmacy.
- A $5 per card fee will apply for any additional OTC medications brought in monthly.

Important Reminders

- No expired medications are allowed in the building.
- State regulations require us to have doctor's orders for all prescriptions, OTC medications, and supplements.

Common OTC Medications and Supplements

Here's a list of commonly used OTC items to consider:

- **Pain Relief**: Tylenol, Aleve, Advil
- **Digestive Health:** Stool softeners, Milk of Magnesia, Pepto-Bismol, Fiber Therapy, Tums, Acidophilus, Imodium
- **Allergy/Sleep Aid:** Benadryl, Melatonin, Tylenol PM
- **Vitamins & Supplements:** CoQ10, Iron, Garlic, Ginkgo, Magnesium, Glucosamine, Fish Oil, Calcium, Multivitamins, Cranberry, B Complex, Folic Acid, Biotin, Vitamins A, D, E, K
- **Topicals/Other:** Neosporin, Hemorrhoid Cream, BenGay, Hot Packs, Vicks Vapor Rub, Vaseline

State regulations require us to have orders for **ALL** prescriptions, OTC medications & supplements.

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