

# Downingtown Area School District Nursing Department Over The Counter Medication Protocol

Dear Parents,

The Over the Counter medications that are **listed below may be sent to school with your child in the original container with just a parent note.** (We do not stock these items) Any other Over the Counter **medication that is not listed must be accompanied by a written note from the physician and written parent note.** You may also use the attached medication form. We still have Tylenol/Generic Tylenol, Generic Ibuprofen, Benadryl/Generic Benadryl and Mylanta/Maalox in stock in our health rooms.

In addition any prescription medication that must be given during school hours must be accompanied by a physician and parent note, and in the original pharmacy container. You may use the attached form for prescription medications as well.

Thank you for your cooperation,  
Downingtown Area School District Nurses

- Advil Cold and Sinus or Motrin Cold & Sinus 12 years of age and older Dosage: 1 or 2 tablets every 5-6 hours, by mouth for cold symptoms.
- Advil Liquid Gels or Motrin IB- 12 years of age and older 1 or 2 tablets every 4-6 hours by mouth for pain or fever.
- Advil Migraine – over 18 years of age 2 capsules with water; no more than 2 capsules in 24 hours for migraine headaches.
- Aleve- 12 years of age and older 1 tablet/caplet every 8-12 hours by mouth.
- Dimetapp- 6-12 years of age, ½ tablets to 1 tablet every 6-8 hours;
- 6-12 years of age and older 1-2 tablets every 4-6 hours by mouth for nasal/sinus congestion.
- Excedrin Migraine- Aspirin Reyes Syndrome warning – adults dosage listed only.
- Lactaid- taken as directed on the label.
- Midol Menstrual Complete- Adults and children 12 years of age and over – 2 caplets with water repeat every 6 hours as needed for cramps.
- Midol Teen Formula- Adults and children 12 years of age and older take 2 caplets with water every 6 hour by mouth.
- Motrin- see Ibuprofen above.
- Motrin Junior Strength- age 6-8 years 2 tablets, age 9-10 years 2 ½ tablets, age 11 years and older 3 tablets by mouth.
- Motrin Chewable or Liquid – 50 mg tablets follow the directions on the label for weight and age for pain/fever.
- Sudafed/ Chlor-trimeton Adults and children 12 years age older 60 mg every 4-6 hours as needed. Children 6-12 years of age 30 mg every 4-6 hours as needed.
- Tums- take as directed for nausea and stomachache.
- Tylenol Sinus Severe Congestion- 2 tablets every 4-6 hour as needed.