



Over-the-Counter Medication Shipping Instructions

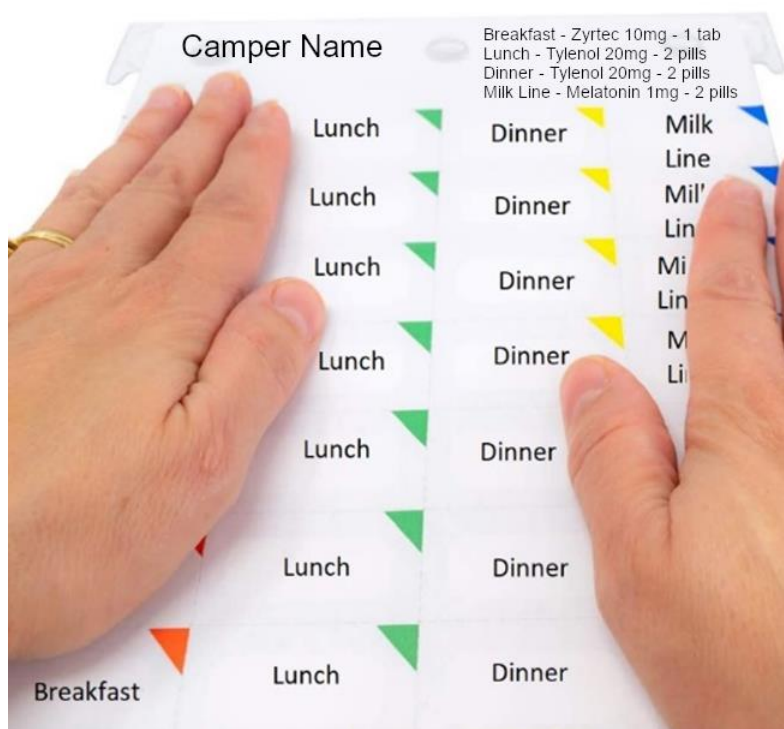
If your camper takes **over-the-counter medications** on a regular or as needed basis, you can submit prescriptions to True Pharmacy for fulfillment via the [CBM Camper Medication Ordering Instructions](#) or you can send them directly to camp via the instructions below. [Click here for an instructional video.](#)

****Any prescription medications must be sent through [True Pharmacy](#).****

Mandatory instructions for shipping any OTC medications taken on a regular basis or as needed medications that are not stocked in the Marcus Health Center:

1. [Login into your Camp Account](#) and add all medications to your camper's Health History Form and submit it. If you have already submitted it, you can still open it, update the medications, and resubmit it. **For any over-the-counter medications that you plan to ship to camp, please enter "SHIPPING" as the physician.**
2. Purchase [perforated blister packs](#) of appropriate size to fit your camper's over-the-counter medications.
3. For medications taken regularly (on a daily basis):
 1. Fill each blister with all pills taken at the same time. For example, if your camper takes three different vitamins at breakfast time, put one of each in a single blister pack. Repeat this for every day that your camper will be at camp.
 2. If your camper takes different OTC meds at different times of day, ensure that each blister only contains the meds taken at one time of the day. Each column of the blister pack should all be for the same time of day.
 3. Seal the blister pack.
 4. Label each blister with the time of day.
 5. Label the top of the blister pack sheet with your camper's name and what over-the-counter medications the pack contains, including name of medication, dosage of each pill, and number of pills. For example: "Zyrtec 10mg – 1 tab, Melatonin 1mg – 2 pills." This information MUST align with the information on your camper's Health History Form.
4. For as needed medications, use a separate blister sheet or tear a column off of a blister sheet. Fill each blister with the dosage of the as needed medication that your camper takes. Label according to the instructions above.
5. Please only send enough medication for your camper's time at camp. We may be unable to return extra medication.
6. Ship the blister packs to camp at the address below, including your camper's name. All medications must arrive at least five days before your camper to allow us to properly prepare medications.

Marcus Health Center
Camper: CAMPER NAME
4165 US 129 N.
Cleveland, GA 30528



As needed medications stocked at the Marcus Health Center:

We stock a number of common over-the-counter medications at the Marcus Health Center. In order to ensure that we can administer medications to everyone in a timely fashion, medications taken on a regular basis (whether prescription or over-the-counter), must be packaged in blister packs and sent to camp via True pharmacy or via the instructions above. However, the following medications are available at camp for campers who only take them on an as needed basis. Please [login into your Camp Account](#) and use the Health History form to indicate whether you will allow your camper to receive as needed medications from the Marcus Health Center. We stock the following medications:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil)
- Bismuth Subsalicylate (Pepto-Bismol products)
- Tums
- Chlorpheniramine Maleate (Robitussin Cough & Allergy Syrup)
- Guaifenesin (Mucinex products; Robitussin Cough & Cold CF Liquid)
- Cetirizine (Zyrtec Products)
- Diphenhydramine (Benadryl)
- Loratadine (Claritin products)
- Pseudoephedrine (Sudafed)
- Poison Ivy Treatment (Ivy-Dry)
- Antidiarrheal (Maalox)
- Polyethylene glycol (Miralax)
- Chloraseptic
- Cough Drops (Generic)
- Midol

Over the Counter Medication

The following medications are stocked in the health center. Can Testing take the following medications? ☐ All ☐ None

Name	Reason	Permission
Acetaminophen (Tylenol)	Acetaminophen is used for the relief of fever as well as aches and pains associated with many conditions.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Antidiarrheal (Maalox)	Relieves symptoms of excessive stomach acidity in patients with indigestion, heartburn, gastroesophageal reflux disease, or stomach or duodenal ulcers.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Bismuth Subsalicylate (Pepto-Bismol products)	Used to treat diarrhea and minor stomach problems, such as stomach inflammation.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Cetirizine (Zyrtec products)	Provides relief of seasonal allergy symptoms.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Chloraseptic	Used to treat sore throat pain and sore mouth.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Chlorpheniramine Maleate (Robitussin Cough & Allergy Syrup)	Temporary relief of sneezing, itchy, watery eyes, itchy nose or throat, and runny nose caused by hay fever (allergic rhinitis), or other respiratory allergies.	<input type="radio"/> Yes <input checked="" type="radio"/> No
Cough Drops (Generic)	Used to ease coughing and soothe the throat.	<input type="radio"/> Yes <input checked="" type="radio"/> No

☐ **I have carefully reviewed the over the counter medication restrictions, and confirm that the information above is correct.**

If you have any questions, please contact MarcusHealthCenter@CampBarney.org.