

## BMC HealthNet Plan Over-the-Counter Formulary

**Please Note:** OTCs covered with a prescription. **GENERIC OTCs ONLY**, unless brand is listed. For dosage strength and form, refer to Formulary One Source at [www.bmchp.org](http://www.bmchp.org). \*Indicates first-line step therapy.

### Alternative Medicine & Nutrients

Black Cohosh  
 Coenzyme Q10  
 Fish Oil  
 Glucosamine with / out Chondroitin  
 L-Carnitine  
 Soy

### Analgesics (All Tablets in 100 Count Bottles)

Acetaminophen  
 Aspirin  
 Ibuprofen  
 Naproxen  
**Child Dosage:** Acetaminophen, Ibuprofen

### Antacids, Anti-Gas, & Anti-Nausea

Acidophilus  
 Aluminum Carbonate  
 Aluminum Hydroxide  
 Calcium Carbonate  
 Generic Emetrol  
 Magnesium Carbonate  
 Magnesium Oxide  
 Magnesium Trisilicate  
 Sodium Bicarbonate  
 Simethicone  
 Any Combinations of the above with / out Simethicone  
**Child Dosage:** Baby Gas

### Anti-diarrhea

Bismuth Subsalicylate  
 Kaolin / Pectin  
 Loperamide

### Antihistamines

\* Loratadine with / out Pseudoephedrine \*  
 Diphenhydramine  
 Chlorpheniramine

### Antiseptics & Disinfectants

Chlorhexidine Gluconate  
 Hydrogen Peroxide  
 Povidone-Iodine  
 Thymol

### Cough / Cold / Allergy

Guaifenesin  
 Saline / Sodium Chloride Nasal Sprays  
 Pseudoephedrine  
**Child Dosage:** Pseudoephedrine

### Dermatological

**Acne Treatment:** Benzoyl Peroxide  
**Topical Analgesics:** Capsaicin  
**Topical Antimicrobials:** Single or Triple Combination Bacitracin, Polymyxin-B, Neomycin  
**Anti-Dandruff:** Selenium Sulfate Shampoo  
**Topical Antifungals:** Tolnaftate; Clotrimazole; Miconazole; Nizoral A-D Shampoo  
**Anti-Itch:** Colloidal Oatmeal Bath; Calamine Lotion; Hydrocortisone  
**Diaper Rash:** A & D Ointment, Zinc Oxide  
**Lice Treatment:** Permethrin; Pyrethrin  
**Moisturizing Agents:** Generic Eucerin, Generic Aquaphor, Petrolatum Gel, Lanolin Ointment, Hydrophilic Ointment  
**Skin Care:** Generic Mederma; Generic Ichthammol; Combination Aluminum Sulfate & Calcium Acetate  
**Wart Removers:** Salicylic Acid

### Ophthalmic & Otic

Artificial Tears Solution and Ointment  
 Carbamide Peroxide Solution 6.5%  
 Sodium Chloride Solution  
 Vasoconstrictor Agents (Naphcon-A; Vasocon-A; Opcon-A)

### Smoking Cessation Products

#### Generic Nicotine Products

### Laxatives

Bisacodyl w / out Enema  
 Docusate Products  
 Fleet Prep Kits w / out Enema  
 Glycerin Adult Suppositories  
 Magnesium Citrate  
 Magnesium Hydroxide  
 Methylcellulose  
 Mineral Oil  
 Senna  
 Psyllium  
 Polycarbophil  
**Child Dosage:** Fleet Baby Lax Enema, Glycerin Suppositories

### Medical Devices

Ace Bandages  
 Alcohol Swabs  
 Anti-diabetic Preparations  
 Canes  
 Diabetic Testing Kits & Supplies  
 Eye Patches  
 Generic Incontinence Products  
 Humidifiers / Vaporizers  
 Peak Flow Meters  
 Ostomy Supplies

### Ulcer Drugs

\* Omeprazole (Prilosec OTC) \*  
 Ranitidine (Tab 75mg)  
 Famotidine (Tab 10mg)

### Vaginal Products (Only 3 or 7 Day Treatments)

Butoconazole  
 Clotrimazole  
 Miconazole  
 Nonoxynol 9

### Vitamins & Minerals (All Tablets in 100 Count Bottles)

Vitamin A / Retinol  
 Vitamin B-Complex  
 Vitamin C / Ascorbic Acid  
 Vitamin D / Calciferol  
 Calcium Carbonate  
 Calcium Citrate  
 Calcium Citrate Plus Vitamin D  
 Calcium Plus Vitamin D  
 Calcium Gluconate  
 Calciliquid Syrup  
 Generic Multivitamins with / out Minerals  
 Ferrous Gluconate  
 Ferrous Fumarate  
 Ferrous Sulfate  
 Niacin  
 Polysaccharide-Iron Complex  
**Child Dosage:**  
 Generic Pediatric Electrolyte Solutions & Freeze Pops  
 Generic Pediatric Formulations

### Miscellaneous

Hydrocortisone Suppositories  
 Lactase Enzyme  
 Pin-X  
 Sodium Chloride for Inhalation  
 Sodium Fluoride Rinse