

Self-Care

Over-the-Counter Medications

Available at the UHC Pharmacy

Cold/Flu

- Phenylephrine (Sudagest®PE)
Cost \$1 (18 count)
- Acetaminophen (Tylenol®)
Cost \$2 (100 count)
- Oxymetazoline 12-hour Nasal Spray (1 oz)
Cost \$2 (1 oz)
- Ibuprofen (Advil®)
Cost \$2 (100 count)

Cough

- Dextromethorphan (similar to Delsym®/Robitussin®)
Cost \$7 (6 oz)
- Delsym® Daytime/night formulas and various flavors
Cost \$9 (6 oz)
- Cough Drops
Cost \$2 (30)
- Day•time Cough Syrup (DayQuil®)
Cost \$5 (12 oz)
- Nite•time Cough Syrup (NyQuil®)
Cost \$5 (12 oz)

Nasal Congestion

- Phenylephrine
Cost \$1 (18 count)
- Oxymetazoline 12-hour Nasal Spray
Cost \$2 (1 oz)

Sore Throat

- Ibuprofen (Advil®)
Cost \$2 (100 count)
- Acetaminophen (Tylenol®)
Cost \$2 (100 count)
- Sore throat lozenges
Cost \$3 (18 count)

Fever

- Ibuprofen (Advil®)
Cost \$2 (100 count)
- Acetaminophen (Tylenol®)
Cost \$2 (100 count)

Conjunctivitis (Pink Eye)

- Artificial Tears (CMC drops)
Cost \$6 (30 individual packs)

Constipation

- Docusate Sodium (Colace®)
Cost \$1.00 (30)
- PEG 3350 (Miralax®)
Cost \$6.00 (8 Oz)

Seasonal Allergies

- Loratadine (Claritin®)
Cost \$3 (30 count)
- Nasacort®
Cost \$15 (10.8 ml)
- Cetirizine (Zyrtec®)
Cost \$3 (30 count)
- Diphenhydramine
Cost \$2 (24 count)

Vaginal Yeast Infection

- Clotrimazole 2% (3 day treatment)
Cost \$6

Lice

- LiceFreee® Spray (sodium chloride solution)
Cost \$10
- Nix® (Permethrin Cream Rinse 1%)
Cost \$10