

Over-the-counter Medication Consent

Youth Trek event for CINCINNATI OHIO STAKE: June 19-21, 2023

A few notes from the medical personnel:

- All prescription and over-the-counter medications must be turned in to the medical personnel upon arrival to Trek. Medications cannot be left unsupervised in personal belongings.
- Medications must be in their original packages so they can be easily identified. Prescription medications must be in prescription bottles.
- To protect everyone, parents will be asked to pick up their youth if signs of infectious illness occur. (i.e. fever, nausea/vomiting, diarrhea etc.)

The following medications will be on hand at Trek to be used by the medical personnel to provide basic first aid.

To give parental consent for use, please initial beside those medications that you approve be given to your youth as needed.

I, _____ give consent for the following medications to be
(guardian's name)

administered to my youth _____ as needed for basic first aid:
(youth's name)



- X _____ 1. Benadryl: Take 12.5 or 25 mg orally every 6 hours as needed for hives, itching, allergic rhinitis, or other allergic reaction.
- X _____ 2. Bactine spray: Cleanse area and spray small amount to the skin up to 3x/day.
- X _____ 3. Neosporin: Cleanse area and apply ointment liberally to skin up to 3x/day. Cover with occlusive bandage (i.e. Band-Aid)
- X _____ 4. Tylenol: Take 325-650 mg orally every 4 hours as needed for pain, fever, or headache.
- X _____ 5. Ibuprofen: Take 200-400 mg orally every 6 hours as needed for pain, fever, or headache.
- X _____ 6. Tums: Take 1-2 tablets orally every 2 hours as needed for gastro-enteral reflux (heartburn) or nausea.
- X _____ 7. Imodium: Take 2 caplets/pills (or 30 ml suspension) orally after first loose stool, then 1 caplet/pill (15 ml suspension) orally after each subsequent loose stool. Maximum is 4 doses per 24 hours.
- X _____ 8. Gas X: Take 80-125mg up to 4x daily as needed for gas.
- X _____ 9. Hydrocortisone cream: 2x/day to affected areas as directed
- X _____ 10. Calamine/Caladryl lotion: to affected areas as needed
- X _____ 11. Visine saline drops: Apply 1-2 drops in the affected eye(s) up to 4x/day for redness/irritation.
- X _____ (Young Women) Midol: Take 2 caplets orally every 6 hours as needed for menstrua-related symptoms of cramps, bloating, myalgia, or other discomfort. Maximum dose is 6 caps/24 hours. Do not administer within 4 hours of taking Tylenol.

Guardian signature : _____

Date: _____