

St. Clair County Community Mental Health
Standing Medication Order List for Individuals 12 Years of Age and Older

Individual: _____ Date: _____

Home: _____ Case #: _____

Allergies: _____

Health Conditions: _____

**** For medication administration, follow all product directions.****

Headache/ Pain / fever greater than 101:

- Aspirin 325mg
- Tylenol 325mg or generic equivalent (acetaminophen)
- Motrin 200mg or generic equivalent (ibuprofen)

Constipation: diminished frequency, incomplete evacuation, or stool that is too hard or too small

1. Increase fluids to 2/3 to 1 gallon per day, increase fiber (bran cereal, raw fruits and vegetables, whole wheat breads, oats, barley), increase activity
 2. May take one of the following:
 - Metamucil or generic equivalent (psyllium)
 - Colace or generic equivalent (docusate sodium)
 - Milk of Magnesia or generic equivalent (magnesium hydroxide)
- ❖ If no relief in 48 - 72 hours, consult primary care provider

Diarrhea: change in bowel pattern with increase in stool volume, looseness and frequency

1. Increase fluids (water and sports drinks), normal diet as tolerated
 2. May take one of the following:
 - Pepto Bismol 262mg or generic equivalent (bismuth subsalicylate)
 - Kaopectate or generic equivalent (kaolin plus pectin)
 - Imodium A-D or generic equivalent (loperamide)
 3. Do not administer diarrhea medications beyond 48 hours.
- ❖ If diarrhea persists beyond 48 hours, consult primary care provider.

Cold symptoms: fatigue, low grade fever, nasal drainage, obstruction and/or congestion, sneezing, coughing, sore throat, hoarseness, watery or red eyes

- Cough- Robitussin or generic equivalent (guaifenesin)
 - Stuffiness- Sudafed 60mg or generic equivalent (pseudoephedrine hydrochloride)
- ❖ Consult primary care provider for symptoms lasting greater than 7 days.

Allergy symptoms: nasal congestion, sneezing, clear nasal drainage, coughing, sore throat, puffy and itchy eyes

- Benadryl 25mg or generic equivalent (diphenhydramine)

Minor abrasions, cuts, burns: follow standard first aid in accordance with the American Red Cross. Triple antibiotic ointment may be used.

Menstrual discomfort:

- Motrin 200mg or generic equivalent (ibuprofen)

The above standing orders apply to any resident/participant in the named program location.

Physician Signature

Date