

The University of Maryland Health Partners (UMHP) Over-the-Counter Drug List is a guide to medicines that do not require a prescription by law and are covered by your plan. This list can help your doctor choose the medicines that are right for you. If an over-the-counter medicine that you use is not on this list, it may still be covered if your doctor asks for you to get it. In order for UMHP to cover Over-the-counter drugs, you will need a valid prescriber's prescription.

BRAND PRODUCTS are listed in CAPITAL LETTERS and *generic products* in lowercase *italic letters*.

This list is not an all-inclusive list and does not guarantee coverage. Please visit www.umhealthpartners.com for a complete list.

ALLERGY & CONGESTION

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>budesonide spray</i>	RHINOCORT ALLERGY
<i>cetirizine</i>	ZYRTEC
<i>cetirizine-pseudoephedrine ext-rel</i>	ZYRTEC-D 12 HOUR
<i>chlorpheniramine</i>	
<i>chlorpheniramine ext-rel</i>	
<i>clemastine</i>	
<i>cromolyn sodium nasal spray</i>	NASALCROM
<i>diphenhydramine</i>	BENADRYL
<i>fexofenadine</i>	ALLEGRA
<i>fexofenadine-pseudoephedrine ext-rel</i>	ALLEGRA-D
<i>fluticasone spray</i>	FLONASE ALLERGY RELIEF
<i>loratadine</i>	CLARITIN
<i>loratadine-pseudoephedrine ext-rel</i>	CLARITIN-D
<i>pseudoephedrine</i>	SUDAFED
<i>pseudoephedrine ext-rel</i>	SUDAFED
<i>triamcinolone acetanide spray</i>	NASACORT ALLERGY 24HR
<i>triprolidine-pseudoephedrine liq, syp</i>	

ANTACIDS & ACID REDUCERS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>alumina-magnesia</i>	MAALOX
<i>alumina-magnesia-simethicone</i>	MAALOX
<i>alumina-magnesia-simethicone</i>	MYLANTA
<i>calcium carbonate</i>	
<i>cimetidine</i>	TAGAMET HB
<i>esomeprazole magnesium delayed-rel</i>	NEXIUM 24HR
<i>famotidine</i>	PEPCID AC
<i>lansoprazole delayed-rel</i>	PREVACID 24HR
<i>omeprazole delayed-rel tabs</i>	
<i>omeprazole magnesium delayed-rel</i>	PRILOSEC OTC
<i>omeprazole magnesium delayed-rel caps</i>	
<i>omeprazole-sodium bicarbonate</i>	ZEGERID OTC
<i>ranitidine</i>	ZANTAC

ANTIBACTERIALS, TOPICAL

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>bacitracin</i>	
<i>bacitracin-polymyxin B</i>	POLYSPORIN

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>neomycin-bacitracin-polymyxin B</i>	NEOSPORIN

ANTIDIARRHEALS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>bismuth subsalicylate</i>	PEPTO-BISMOL
<i>loperamide</i>	
<i>loperamide-simethicone</i>	IMODIUM

ANTIEMETIC

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>meclizine</i>	

ANTIFUNGALS, TOPICAL

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>miconazole</i>	MICATIN
<i>tolnaftate</i>	TINACTIN

ANTIFUNGALS, VAGINAL

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>clotrimazole</i>	
<i>miconazole</i>	

ANTI-ITCH LOTIONS & CREAMS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>calamine lotion</i>	
<i>hydrocortisone crm, gel, lotion, oint, soln 1%</i>	CORTIZONE-10
<i>hydrocortisone oint 0.5%</i>	
<i>hydrocortisone-aloe vera crm 0.5%, 1%</i>	

CONTRACEPTIVES

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>condoms, male *</i>	
<i>nonoxynol-9</i>	GYNOL II
<i>nonoxynol-9</i>	SHUR-SEAL

* Prescription is not required regardless of member's age.

CONTRACEPTIVES - EMERGENCY

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>levonorgestrel</i> *	PLAN B ONE-STEP

* Prescription is not required regardless of member's age.

COUGH & COLD

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>dextromethorphan-guaifenesin ext-rel</i>	MUCINEX DM
<i>dextromethorphan-guaifenesin liq, soln, syp</i>	
<i>dextromethorphan-guaifenesin-pseudoephedrine liq 10 mg/100 mg/30 mg/5 mL</i>	
<i>guaifenesin ext-rel</i>	MUCINEX
<i>guaifenesin liq</i>	DIABETIC TUSSIN
<i>guaifenesin liq, syp, tabs</i>	
<i>pseudoephedrine-guaifenesin ext-rel</i>	MUCINEX D
<i>pseudoephedrine-guaifenesin syp 30 mg/100 mg/5 mL</i>	

DIABETES - INSULINS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>insulin human</i>	HUMULIN R
<i>insulin human</i>	NOVOLIN R
<i>insulin isophane human</i>	HUMULIN N
<i>insulin isophane human</i>	NOVOLIN N
<i>insulin isophane human 70%/regular 30%</i>	HUMULIN 70/30
<i>insulin isophane human 70%/regular 30%</i>	NOVOLIN 70/30

DIABETES - SUPPLIES

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>alcohol swabs</i>	
<i>blood glucose monitoring kits, test strips</i>	FREESTYLE FREEDOM LITE STRIPS AND KITS, FREESTYLE INSULINX STRIPS AND KITS, FREESTYLE LITE STRIPS AND KITS, PRECISION XTRA STRIPS AND KITS
<i>insulin syringes, needles</i>	
<i>lancets</i>	
<i>multiple urine test products</i>	KETO-DIASTIX
<i>multiple urine test products</i>	MULTISTIX

EYE CARE

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>artificial tears oint, soln</i>	ARTIFICIAL TEARS
<i>ketotifen</i>	ZADITOR

GAS RELIEVERS, LAXATIVES & STOOL SOFTENERS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>bisacodyl</i>	DULCOLAX
<i>docusate calcium</i>	
<i>docusate sodium</i>	COLACE
<i>polyethylene glycol 3350</i>	MIRALAX
<i>psyllium</i>	
<i>senna</i>	
<i>sennosides</i>	SENOKOT
<i>sennosides-docusate sodium</i>	SENNA PLUS

PRODUCT NAME †
<i>simethicone</i>

BRAND NAME EXAMPLES

MEDICAL SUPPLIES

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>nebulizer</i>	
<i>peak flow meter</i>	
<i>respiratory mask</i>	
<i>sodium chloride for inhalation</i>	
<i>spacer</i>	AEROCHAMBER
<i>vaporizer</i>	

OVERACTIVE BLADDER

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>oxybutynin transdermal</i> *	OXYTROL FOR WOMEN
* gender restriction - coverage for females	

PAIN & INFLAMMATION

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>acetaminophen</i>	TYLENOL
<i>aspirin</i>	
<i>aspirin delayed-rel</i>	
<i>ibuprofen</i>	ADVIL
<i>naproxen sodium</i>	ALEVE

TOPICAL, MISCELLANEOUS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>ammonium lactate 12%</i>	LAC-HYDRIN
<i>benzoyl peroxide</i>	
<i>docosanol</i>	ABREVA
<i>lidocaine-benzalkonium chloride</i>	BACTINE
<i>permethrin</i>	
<i>povidone-iodine</i>	BETADINE
<i>selenium sulfide shampoo 1%</i>	SELSUN BLUE

VITAMINS/MINERALS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>calcium</i>	
<i>calcium-vitamin D</i>	
<i>cholecalciferol (D3)</i>	VITAMIN D
<i>electrolyte soln, oral</i>	PEDIALYTE
<i>ferrous fumarate</i>	
<i>ferrous gluconate</i>	FERGON
<i>ferrous sulfate</i>	FEOSOL
<i>folic acid</i>	
<i>omega-3 fatty acids</i>	FISH OIL
<i>omega-3 fatty acids-vitamin E</i>	FISH OIL
<i>pyridoxine 50 mg</i>	VITAMIN B6

MISCELLANEOUS

PRODUCT NAME †	BRAND NAME EXAMPLES
<i>acetic acid soln</i>	
<i>pyrantel</i>	PIN-X
<i>sodium chloride nasal spray</i>	OCEAN

† Only the generic version(s) are covered when available.

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