

St. Clair County Community Mental Health Authority  
**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