

Health Professionals' Services Program

Program Guidelines

Title: Prescription and Over the Counter Medications

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Guideline:

- 1 Licensees are monitored for the presence of both prescription medications and over-the-
- 2 counter medication that may have sedating or stimulating effects. For additional information
- 3 on the management of prescription medication with mood altering effects, please see the
- 4 Guideline on Medication Management. Sudafed is now a prescription medication and falls
- 5 under the Guideline on Medication Management and should be pre-approved by the Health
- 6 Professionals' Services Program (HPSP) medical director.

- 7 Several over-the-counter medications may have sedating or stimulating effects. These include
- 8 centrally acting antihistamines, such as diphenhydramine (Benadryl), and hydroxyzine (vistaril
- 9 or atarax). Licensees who have a non-negative test result due to the presence of one of these
- 10 over-the-counter medications will be required to provide a letter from their treating physician
- 11 indicating that the physician is aware that the licensee is participating the in Health
- 12 Professionals' Services Program, and is also aware that the licensee is taking an over the
- 13 counter medication that has potentially sedating or stimulating effects, and agrees with the
- 14 Licensee's use of the medication.

- 15 Licensees do not need to provide a new letter each time they use the medication but will need
- 16 to update the letter each year. Alternatively, the Licensee may request that their prescribing
- 17 physician list approved medications, including over- the-counter medications on the medication
- 18 management form. If the medication is prescribed, the licensee will be required to provide a
- 19 medication management form signed by the prescriber.

- 20 The medical director of the Health Professionals' Services Program will review the licensee's
- 21 physician's letter and/or medication management form. In some cases, the medical director
- 22 may choose to discuss the licensee's use of over-the-counter medication with the physician.

A list of medications that are mood altering, including over-the-counter medications will be provided on the HPSP website (www.rbhhealthpro.com) and licensees may also request that a hard copy of the list be mailed to them.