

## Over-the-Counter Items we could use in Guatemala

**\*\*Generics are fine.**

### **Pain Meds**

Acetaminophen - coated, capsule, gel cap  
Bengay – muscle aches  
Excedrin – used for migraine patients  
Ibuprofen - coated, capsule, gel caps

### **GI Meds**

Antacids – like Rolaids or Tums  
Omeprazole - Prilosec

### **Eye Meds / Supplies**

Artificial Tears / Eye Lubricant  
Reading glasses (need to be in good shape)  
Sunglasses

### **Skin Meds / supplies**

Anti-fungal creams like clotrimazole  
Anti-Lice shampoo

**Diabetes Management** Glucometers or Glucometers Strips-they need to be Embrace brand.

**\*\*Children's medicines are always useful**

Hydrocortisone creams  
Moisturizing soap like DOVE  
Triple Antibiotic Ointment like Neosporin

### **Respiratory / Allergy Meds**

Cold meds - Tylenol Cold PM and AM (non-syrups)  
Cough suppressants/expectorants - pill form  
Diphenhydramine – Benadryl – children and adult (pills)  
Loratadine-Claritin

### **Dental**

Dental Floss  
Toothbrushes  
Toothpaste  
Please, no mouthwash!