



# Official Air Force Aerospace Medicine Approved Medications

## Over the Counter (OTC) Medications Aircrew Are Allowed to Take Without Flight Surgeon Approval.

The following is a list of medications that may be used by aircrew for minor conditions that do not interfere with flight duties. “Occasional OTC use”, as referenced in this medication list, is defined as a maximum of 72 hours of continuous use unless specifically stated otherwise. All medication must be taken in accordance with the directions on the package. No other medications may be taken without consultation with a flight surgeon. All medications and immunizations used by flying and special operational duty personnel must be FDA approved.

**Effective: 21 Sept 2022**

**Note: This list supersedes the medication list dated 1 Feb 2022. 1. Nicotinamide added 2. Levonorgestrel added**

Category	Medication		Diagnosis or Utilization	No DOWN status	DOWN status (No Waiver Required)		DOWN status (Waiver Required)		Not Waiverable	Notes	Delegation (For MAJCOM Use)
	Generic Name (Oral Preparation Unless Specified Otherwise)	Trade Name (Not Inclusive)			For Ground Trial	Symptoms Controlled (No Side Effect)	Flying I/II	Flying III			
Gen	Acetaminophen	Tylenol	Acute Pain	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
Ophtho	Artificial tears	Hypotears, Murine Tears	Mild cases of dry eyes not associated with infection or post-op corneal refractive surgery	X						DOWN status not required when used for OTC use for mild conditions. Stop use and contact flight surgeon if changes in vision, eye pain, continued redness or irritation occur, or if the condition worsens or persists for more than 72 hours. To avoid contamination, do not touch tip of container to any surface. Replace cap after using.	
GI	Antacids (calcium carbonate, magnesium and aluminum hydroxides, sodium bicarbonate)	Mylanta Maalox Tums Rolaids	Mild Isolated Episodes of Indigestion	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
Derm	Antifungals (topical) (terbinafine hydrochloride 1%, clotrimazole 1%)	Tinactin Cruex Lamisil Lotrimin	Athlete's Foot Jock Itch	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
Derm	Antiinfectives (topical) (polymyxin, bacitracin, neomycin, povidone-iodine)	Neosporin Polysporin Betadine	Burns, Abrasions	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	

- Note:** (1) Members requiring MEB IAW DAFMAN 48-123 must be “returned to duty” by MEB/PEB prior to waiver submission  
 (2) Members pending waiver action must remain in DOWN status until waiver has been granted  
 (3) Medications not on this list, singly or in combination, require review by AFMRA/SG3PF (rated officers) and MAJCOM/SG (non-rated personnel)  
 (4) Verbal waivers are NOT authorized

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Gen	Analgesics (topical) (methyl salicylate, menthol, camphor)	Bengay Icyhot Aspercreme Capzasin	Acute Pain	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
Gen	Aspirin	Ecotrin Bayer	Acute Pain	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
Dental	Benzocaine 10%-20% (oral topical), gel or liquid form only	Anbesol	Minor mouth and gum irritation							DOWN status is not required for temporary relief of minor mouth and gum irritation (aphthous ulcers). Not for chronic use	
Derm	Benzoyl Peroxide (topical)	Clearasil	Acne	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
GI	Bismuth Subsalicylate	Pepto-Bismol	Mild Isolated Episodes of Indigestion and Mild Afebrile Diarrhea	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
ENT	Carbamide Peroxide Otic	Debrox	Ear wax removal	X						DOWN status not required for occasional use. Do not use if ear drainage or discharge, ear pain, irritation, or rash in ear. Should not be used for longer than 4 days.	
Dental	Chlorhexidine gluconate	Peridex	Gingivitis	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
GI	Docusate	Colace	Constipation	X						For mild, occasional constipation alone.	
Gen	Fiber (psyllium husk, calcium polycarbophil, methylcellulose)	Metamucil Citrucel Fibercon	Constipation	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
GI	Hemorrhoidal Suppositories/ Medications (Witch Hazel, phenylephrine HCl)	Preparation H Tucks Nupercainal	Hemorrhoids	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
Gen	Ibuprofen	Motrin Advil	Acute Pain	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	

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Immuno	Immunization (injectable) <u>Exception</u> : JE Vaccination		Wellness	X						Adverse reactions are rare. Access to medical care on the ground is recommended for a period of 4 hours for all personnel, unless operational needs dictate otherwise.	
GI	Loperamide	Imodium	Bowel Movement Prevention	X						For prophylactic use in operational sorties longer than 4 hours, no more than 2 doses in 24 hours. Should be used in conjunction with operational diet modification. Use to treat acute diarrhea requires DOWN status for underlying condition.	
<b>GU</b>	<b>Levonorgestrel</b>	<b>Plan B</b>	<b>Emergency Contraception</b>	<b>X</b>						<b>DOWN status not required unless condition or medication interferes with life support gear or flying duties.</b>	
Gen	Multivitamin	One-A-Day Centrum	Wellness	X						Limited to one tablet per day. <b>NOTE: Dietary, herbal, and nutritional supplements (other than a daily multivitamin) can only be used with the approval of a flight surgeon.</b> The flight surgeon should consider aeromedical implications of the supplement as well as the probability the supplement would actually enhance performance. <a href="#">Nutritional Supplement Policy Letter</a> ; <a href="#">Ephedra Policy Letter</a> ; <a href="#">SF 600 Overprint</a> (optional tool for convenience).	
Gen	Naproxen	Naprosyn Aleve	Acute Pain	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions.	
<b>Derm</b>	<b>Nicotinamide (niacinamide)</b>		<b>Skin cancer prevention</b>	<b>X</b>						<b>DOWN not required unless condition or medication interferes with duties. Nicotinamide may only be from USP verified formulation. This is NOT niacin/nicotinic acid.</b>	
Gen	Nicotine Gum	Nicorette	Tobacco Addiction	X						Recommend attending smoking cessation classes to increase likelihood of successful abstinence.	
Gen	Nicotine Lozenges	Committ, Nicorette	Tobacco Addiction	X						Recommend attending smoking cessation classes to increase likelihood of successful abstinence.	
Gen	Nicotine Patch	NicoDerm	Tobacco Addiction	X						Recommend attending smoking cessation classes to increase likelihood of successful abstinence	

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GI	Cimetidine Esomeprazole Lansoprazole Nizatidine Omeprazole Pantoprazole Rabeprazole Famotidine Ranitidine	Tagamet Nexium Prevacid Axid Prilosec Protonix Aciphex Pepcid Zantac	Heartburn, Gastroesophageal Reflux (GERD)	X						Down status is not required for occasional OTC use to provide relief from minor self-limiting heartburn (no more than 2 dosages per week and/or symptoms lasting beyond 48hrs). Usage beyond this level requires flight surgeon visit..	
Derm	Salicylic Acid (topical)	Duofilm	Warts	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
ENT	Saline, nasal	Ocean	Nasal mucosa dryness	X						DOWN status is not required for occasional OTC use to provide relief from nasal mucosa dryness due to self-limiting conditions. Not for chronic use without approval of the Flight Surgeon.	
GI	Simethicone	Gas-X	Bloating, Excess Gas	X						DOWN status is not required for occasional OTC use to provide relief from minor self-limiting conditions (no more than 2 dosages per week and/or symptoms lasting beyond 48 hrs). Usage beyond this level requires discussion with flight surgeon.	
Derm	1% Hydrocortisone (topical)	Cortaid Cortizone-10	Rash (Occasional Usage)	X						DOWN status not required unless condition or medication interferes with life support gear or flying duties.	
GU	Vaginal Preparations (cream and suppositories)	Monistat 7 Vagisil	Vaginitis/Yeast Infection	X						DOWN status not required for use to provide relief from minor self-limiting conditions unless underlying condition is symptomatic, interferes with life support gear or flying duties.	

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