



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: 27 Feb 2020

(Note: This list supersedes the medication list dated 14 May 2019 . Changes were purely to update current policy in AFMAN 11-402, reflecting terminology to be used – “DOWN” instead of “DOWN STATUS” – when members are medically unable to fly/operate. No medication changes were made.)

| 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. | |

- Note:** (1) Members requiring MEB IAW AFI 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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| | Generic Name (Oral Preparation Unless Specified Otherwise) | Trade Name (Not Inclusive) | | | For Ground Trial | Symptoms Controlled (No Side Effect) | Flying I/II | Flying III | | | |
| 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. | |
| 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. | |
| GI | Famotidine | Pepcid | Heartburn, Gastrointestinal Reflux (GERD) | 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 waiver. | |
| 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. | |

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| | Generic Name (Oral Preparation Unless Specified Otherwise) | Trade Name (Not Inclusive) | | | For Ground Trial | Symptoms Controlled (No Side Effect) | Flying I/II | Flying III | | | |
| 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. | |
| 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. | |
| Gen | Multivitamin | One-A-Day Centrum | Wellness | X | | | | | | Limited to one tablet per day. NOTE: Dietary, herbal, and nutritional supplements (other than a daily multivitamin) can only be used with the approval of a flight surgeon. The flight surgeon should consider aeromedical implications of the supplement as well as the probability the supplement would actually enhance performance. Nutritional Supplement Policy Letter ; Ephedra Policy Letter ; SF 600 Overprint (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. | |
| 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 | |
| GI | Omeprazole | Prilosec | Heartburn, Gastroesophageal Reflux (GERD) | 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 waiver. | |

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| | Generic Name (Oral Preparation Unless Specified Otherwise) | Trade Name (Not Inclusive) | | | For Ground Trial | Symptoms Controlled (No Side Effect) | Flying I/II | Flying III | | | |
| GI | Ranitidine | Zantac | Heartburn, Gastroesophageal Reflux (GERD) | 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 waiver. | |
| 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 form minor self-limiting conditions unless underlying condition is symptomatic, interferes with life support gear or flying duties. | |

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