



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 (<https://www.hpspmonitoring.com>) and licensees may also request that a hard copy of the list be mailed to them.