

Saint Michael School
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PARENT GUIDE TO MEDICATIONS

Your signature on the back of the Emergency Card acknowledges this guide and gives permission for administration of the following as needed medications. Any conditions you may have should be noted on the yellow 2011-2012 Emergency Card.

**TREATMENT FOR ALLERGIC REACTIONS AND ANAPHYLAXIS*

DIPHENHYDRAMINE (BENADRYL)

For mild allergic reactions, with parental permission, the nurse can administer diphenhydramine as follows:

- Grades K-5, ages 6-12: diphenhydramine 12.5 mg to 25 mg orally every 4-6 hours
- Grades 6-8, over 12 years old: diphenhydramine 25 mg to 50 mg orally every 4-6 hours

EPINEPHRINE

In case of a severe hyper-allergic reaction, the nurse can administer epinephrine (Epi-Pen) as follows:

- 66 pounds and below: Epi-Pen Jr. 0.15 mg intra-muscularly
- 66 pounds and above: Epi-Pen 0.30 mg intra-muscularly

**OVER THE COUNTER PRN (AS NEEDED) MEDICATIONS*

Students will be allowed certain over the counter medications under the direct supervision of an R.N (or R.N. designee). These 'as needed' medications will be administered as follows:

ACETAMINOPHEN (TYLENOL) OR IBUPROFEN (ADVIL/MOTRIN)

Usage: dental pain, headache, menstrual cramps, muscle aches/ pains, or sore throat discomfort.

Grades K-4: with parental permission by phone at time of need or as specified on Emergency Card

Grades 5-8 : with signed parental permission on Emergency Card

ANTACIDS (Tums, Mylanta, Pepto Bismol) - as needed for indigestion or upset stomach with parent permission.

THROAT LOZENGES OR COUGH DROPS

For minor throat pain, dry and/or scratchy throat, or cough for grades 1-8 only.

****ONLY WHEN ABSOLUTELY NECESSARY ADDITIONAL SHORT-TERM MEDICATIONS FOR COLDS, CONGESTION, AND/OR COUGHS WILL BE ADMINISTERED FOR A 3 DAY LIMIT. After this time, medications will require formal Medication Consent Forms- Physician and Parent which may be obtained from the nurse's office or via the website (www.saintmichael.com.)**

OTC Medications **must be:**

- In original product container (nothing will be administered if delivered in baggies)
- Provided and delivered by the parent/guardian (never by the child)
- Accompanied by a parental permission note for administration of medication

If during the day your child needs intervention and you request treatment for the above symptoms without providing the medication, then the following medications will be available for a single dose only as long as your child has had the medication before without adverse effects:

Cough Syrup/dextromethorphan: dosage per label directions for cough suppression.

Expectorant/guaifenesin: dosage per label directions for thinning cough secretions.

Nasal Decongestant/pseudoephedrine hydrochloride or phenylephrine: dosage per label directions for congestion.

Antihistamine (Benadryl, Claritin, Loratadine, Zyrtec): dosage per label instructions for allergies.

Approved by our school physician, principal, and nurse. The original document and signatures are on file in the health office.