



MINISTRY OF HEALTH- BELIZE

LIST OF OVER THE COUNTER MEDICATIONS FOR PHARMACY SALE

**Definition of Over the Counter Medications for Pharmacy Sale: Medicines that contain ingredients that are safe enough but require the technical advice of a registered pharmacist; that should include but is not limited to the indication, dosage and adverse effects.**

<b>Name</b>	<b>Strength</b>	<b>Dosage Form</b>
Acetaminophen	100mg/mL or less	Oral suspension
Bacitracin/ Neomycin/ Polymixin B	400U/3.5mg/5000U per gram	Topical Ointment Sale to be recorded in antibiotic register
Benzocaine	20% or less	Topical gel or solution for use on mucous membranes
Benzocaine Lozenge	15 mg or less With or without menthol	Oral lozenges
Benzydamine	0.15% or less	Oral rinse, Oral spray
Benzydamine	3mg or less	Oral lozenges
Benzydamine	3% or less	Cream
Bisacodyl	5mg or less	Oral tablets
Bisacodyl	10mg or less	Rectal suppository
Bromhexine	8mg or less	Oral tablet
Bromhexine	4mg/5mls or less	Oral solution
Calcium Carbonate	1500mg or less	Tablet
Calcium polycarbophil	625mg or less	Caplets
Carbamide Peroxide	6.5% or less	Otic drops
Cetirizine	10mg or less	Tablet
Cetirizine	1mg/ml or less	Oral solution or Syrup
Chlorpheniramine	4mg or less	Tablet
Chlorpheniramine	2.5mg/5ml or less	Oral solution or Syrup
Clotrimazole	1%	Topical Cream or Solution Sale to be recorded
Combination medication for acid indigestion/ Upset Stomach/ heartburn/ biliousness	Combination of 2 or more of the following: Acetylsalicylic Acid 325mg or less Citric Acid 2 g or 40% w/w or lower Tartaric Acid 0.25g or 0.05 w/w or lower Sodium Bicarbonate 2.5g or 50% w/w or lower Sodium Hydrogen Carbonate 1.2 g or 24% w/w or lower Potassium bicarbonate 0.35 g or lower Magnesium Sulphate 0.88g/ 5g (17.6% w/w)	Sparkling Salt Effervescent Tablet
Combination Eye Drops	Containing two (2) or more of the following: Glycerin 0.2% or less Hypromellose 0.2% or less Polyethylene glycol 400 1% or less Naphazoline HCl	



	0.025% or less Pheniramine maleate 0.3% or less Zinc Sulphate 0.25% or less Tetrahydrozoline 0.05% or less	
Analgesic for relief of ear ache	Containing one (1) or more of the following: Benzocaine 15mg/ml or less Antipyrine 54mg/ml or less Orthohydroxyquinoline 0.4mg/ml or less	
Desloratidine	5mg or less	Tablet
Desloratidine	0.5mg/ml or less	Oral solution or Syrup
Dextran 70	0.1%	Ophthalmic drops
Dextromethorphan	20mg or less	Tablet
Dextromethorphan	10mg/5ml package sizes containing no more than 300mg dextromethorphan base	Oral solution or Syrup
Diclofenac Sodium	1% in package size not more than 100g ; sold for topical use on the skin for not more than 7 days	Topical gel
Dimenhydrinate	50mg or less in package containing not more than 30 doses.	Tablet
Dimethicone	50% or less	Lotion or topical solution
Dimethicone	80mg or less	Oral tablet or capsule
Diphenhydramine	50mg or less	Oral tablet or capsule
Diphenhydramine	12.5mg/5ml or less	Oral solution or syrup
Docosanol	10% or less	Cream
Esomeprazole	20mg in package size containing not more than two (2) doses per day esomeprazole for a 14-day treatment of frequent heartburn.	Oral tablet or capsule
Famotidine	20mg in package size containing not more than two (2) doses per day for a 14-day treatment of frequent heartburn	Oral tablet or capsule
Fexofenadine	180mg or less	Oral tablet
Fexofenadine	20mg/5mls or less	Oral Suspension
Gentian Violet	1% or less	Tincture
Glycerine	100%	Bottle of 200mls
Glycerine	4 g or less	Suppositories
Guaifenesin	1200mg or less	Oral tablet
Guaifenesin	100mg/5mls or less	Oral solution
Hydrocortisone	1% or less package sizes containing no more than 30 g	Topical Cream
Hyoscine Butylbromide	10mg or less	Oral tablets
Hypromellose	0.36%	Ophthalmic Drops
Ibuprofen	400mg or less	Immediate release tablets
Ibuprofen	100mg/5mls or less	Oral suspension



Iodine	2%	Tincture
Ketoconazole	2%	Shampoo
Levocetirizine	5mg or less	Oral Tablets
Levocetirizine	2.5mg/ 5ml or less	Oral Solution
Levonogestrel	1.5 mg or less per oral dosage unit to be taken as a single dose of 1.5 mg, packaged and labelled for emergency contraception	Oral tablet For sale to persons over the age of sixteen (16) years.
Lidocaine	4% or less With or without menthol or benzyl alcohol	Topical Cream Topical Solution Transdermal patch
Lidocaine	1% or less With or without chlorocresol, cetylpyridinium	Oral Gel
Loperamide	2mg or less in package sizes of no more than six (6) tablets. Appropriate counselling necessary.	Oral tablet
Loratidine	10mg or less	Oral tablets
Loratidine	1mg/ml or less	Syrup
Magnesium Citrate	1.745g/ oz or less	Oral Solution
Magnesium Hydroxide	1200mg/ 15mls or less	Oral suspension
Meclizine	25mg or less	Oral tablets
Miconazole	2%	Topical cream Sale to be recorded
Naphazoline	0.025%	Ophthalmic drops
Naproxen	250mg or less	Tablet, Gel Capsule, Caplet
Nasal Solution	Sodium Chloride 0.9%	Nasal spray or drops
Orphenadrine citrate	100mg or less with or without ibuprofen 450mg or acetaminophen 500mg	Oral tablets
Oxymethazoline	0.5% or less	Nasal spray or drops
Permethrine	10mg/ml	Shampoo
Pheniramine maleate	0.3%	Ophthalmic Drops
Phenol	1.5% or less	Throat spray
Polyethylene glycol 3350	17g per dose	Powder for solution
Polyethylene glycol 400	1%	Ophthalmic drops
Ranitidine	150mg or less containing not more than two (2) doses per day for a 14-day treatment of frequent heartburn.	Oral tablets
Salicylic Acid	40% or less	Solid stick Medicated Disc
Salicylic Acid	17% or less	Liquid Solution Shampoo
Simethicone	180mg or less	Oral tablet or capsule
Simethicone	20mg/5mls or less	Oral Suspension
Simethicone	7mg/0.1ml or less	Oral Drops
Sodium Phosphate	20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate or Dibasic Sodium Phosphate Heptahydrate	Enema
Terbinafine	1%	Topical Cream Sale to be recorded
Tetrahydrozoline	0.05%	Ophthalmic drops



Zinc Oxide	40% or less	Paste
Zinc Sulphate	0.025%	Ophthalmic drops
Combination transdermal pain patches	Containing 2 or more of the following: Lidocaine 4% or less Capsaicin 4% or less Menthol 16% or less Camphor 11% or less Wintergreen 0.5% or less Eucalyptus oil 3% or less Peppermint 1.95% Glycol salicylate 5% or less Zinc oxide 20% or less	Transdermal patch
Cough and Cold Combination Preparations	<p>Combination of 2 or more of the following therapeutic classes:</p> <p><b>Analgesic/ Antipyretic Including:</b></p> <ul style="list-style-type: none"> <li>• Acetaminophen 100mg/ml or less</li> <li>• Ibuprofen 20mg/ml or less</li> </ul> <p><b>Cough Suppressant Including:</b></p> <ul style="list-style-type: none"> <li>• Dextromethorphan 1mg/ml or less</li> <li>• Oxolamine 10mg/ml or less</li> </ul> <p><b>Antihistamine Including:</b></p> <ul style="list-style-type: none"> <li>• Brompheniramine 0.2mg/ml or less</li> <li>• Chlorpheniramine 0.4mg/ml or less</li> <li>• Diphenhydramine 2.5mg/ml or less</li> <li>• Doxylamine 0.5mg/ml or less</li> <li>• Loratidine 1mg/ml or less</li> </ul> <p><b>Nasal Decongestant Including:</b></p> <ul style="list-style-type: none"> <li>• Phenylephrine 0.5mg/ml or less</li> </ul> <p><b>Mucolytic &amp; Expectorant Including:</b></p> <ul style="list-style-type: none"> <li>• Ammonium Chloride 20mg/ml or less</li> <li>• Bromhexine</li> </ul>	Oral solution or suspension for use in adults/ children or infants.



	<p>0.8mg/ml or less</p> <ul style="list-style-type: none"> <li>• Guaifenesin 20mg/ml or less</li> <li>• Glycerol guaicolate 20mg/ml or less</li> <li>• Sodium Citrate 100mg/ml or less</li> </ul>	
Cough and Cold Combination Preparations	<p>Combination of 2 or more of the following therapeutic classes:</p> <p><b>Analgesic/ Antipyretic Including:</b></p> <ul style="list-style-type: none"> <li>• Acetaminophen 100 200mg or less</li> </ul> <p><b>Antihistamine Including:</b></p> <ul style="list-style-type: none"> <li>• Chlorpheniramine 1 mg or less</li> </ul> <p><b>Nasal Decongestant Including:</b></p> <ul style="list-style-type: none"> <li>• Phenylephrine 4 mg or less</li> </ul> <p><b>Oral Vitamin:</b> Ascorbic Acid: 30mg or less</p>	Solid oral formulation for use in paediatric population.
Undecylenic Acid	25% w/w	Topical solution Powder
Vitamin, Minerals and Supplements in oral formulation for adult and paediatric use for the prevention, not treatment of deficiencies.		
Sodium Hyaluronate eye drops	0.2% w/v or less	Solution/ eye drops
Dimethyl ether: wart remover		Medical device, packages of 15 or less
Dimethyl ether, propane: wart remover		Medical device, packages of 8 or less
Urea	30% w/v or less	Topical cream
Heparinoid	0.3% or less	Topical cream Topical gel
Combination medication for haemorrhoid relief	<p>Containing one or more of the following:</p> <p>Hydrocortisone 1% or less</p> <p>Phenylephrine 0.25% or less</p> <p>Lidocaine 4% or less</p> <p>Zinc oxide 10% or less</p> <p>Cocoa butter 75% or less</p>	Rectal cream Wipes Suppository
Minoxidil 5%	5% or less	Topical aerosol (foam)
Beclomethasone dipropionate	50mcg/spray, bottle of 200 metered sprays	Nasal spray



Triamcinolone Acetonide	55 mcg/ spray, bottle of 60 sprays or less	Nasal spray
Fluticasone propionate	50mcg/spray; 60 metered sprays or less	Nasal spray
Activated Dimethicone	42mg/5mls; 100mls	Oral suspension
Chlorhexidine Digluconate Antiseptic mouthwash	0.2% w/v or less	Mouthwash
Crotamiton	10% w/w	Topical cream
Bifonazole 1% w/w	1% w/w	Topical cream
Tolnaftate	1%	Topical cream Topical spray
Tolnaftate	1%	Powder Powder spray
Amorolfine	5% w/v	Nail lacquer
Lactobacillus plantarum probiotics	10 <sup>10</sup> CFU or less	Vaginal capsules

