

## Benefits Office

### Over-the-Counter (OTC) Drugs

Cost-effective choices keep costs down, and allow the university to continue to provide prescription drug benefits for employees, retirees and dependents at copays lower than the national average. OTC drugs provide significant cost savings compared to most prescription drugs. They can be purchased in retail stores, drug stores or warehouse clubs without a prescription.

OTC drugs, and most prescription drugs that contain the same active ingredient(s) as an existing OTC drug, are not covered by the University of Michigan Prescription Drug Plan. Please ask your doctor and/or pharmacist about the best product choice for you.

**The following prescription drugs are not covered by the U-M Prescription Drug Plan. Examples of “equivalent” or “similar” drugs available OTC are provided below (updated 08/11/2011).**

Prescription Drug	Active Ingredient	Over-The-Counter Alternative
<b>Allergy/Cold/Sinus</b>		
Zyrtec	cetirizine 5, 10 mg	Zyrtec, Aller-Tec
Chlor-Trimeton Allergy, Aller-chlor, Chlorpheniramine 12 mg ER	chlorpheniramine 12 mg	Chlorpheniramine cap 12 mg ER
Gani-Tuss DM NR, Tussi-bid, Tussitabs, Guaifenesin DM tablet	dextromethorphan/guaifenesin	Robitussin DM, Mucinex DM tablet, Mucinex DM Maximum
Drexafed, Dexaphen SA	dexbrompheniramine/ pseudoephedrine 6/120 mg	Drixoral Sinus
Allegra	fexofenadine 60 mg, 30 mg/5 ml	Allegra Allergy, Allegra Allergy Children's, Allegra Allergy ODT, Allegra Allergy Suspension
Zaditor eye drops	ketotifen fumarate ophthalmic solution 0.025%	Zaditor OTC, Alaway
Claritin	loratadine 5, 10 mg	Claritin, Claritin Children's, Claritin Reditabs
Guaifenesin GP tablet 12/1200, Guaifenesin PSE 60 tablet	Pseudoephedrine/ guaifenesin	Drituss GP, Duratuss GP, Mucinex D tablet
<b>Children - Pain/Fever</b>		
Motrin Suspension	ibuprofen 100 mg/5 ml	Children's Motrin, Children's Advil
<b>Sleep Aid</b>		
Rozerem <sup>a</sup>	ramelteon	Melatonin 0.3 mg
<b>Stomach/Gastrointestinal (eg, heartburn, constipation)</b>		
Tagamet	cimetidine 200 mg	Tagamet HB
Pepcid 20 mg	famotidine 20 mg	Pepcid 20 mg

Prescription Drug	Active Ingredient	Over-The-Counter Alternative
MiraLax	polyethylene glycol 3350	MiraLax OTC
Zantac	ranitidine 150 mg	Zantac 150 Max Strength
Prilosec, Prevacid, Zegerid <sup>b</sup>	omeprazole, lansoprazole, omeprazole/sodium bicarbonate	Prilosec OTC, Prevacid 24 HR, Zegerid OTC
<b>Topical (eg, acne, Athlete's foot, yeast infection)</b>		
Lac-Hydrin, Lac-Lotion	ammonium lactate 12%	AmLactin, Geri-Hydrolac
Benzoyl peroxide acne products (examples: Benzac, Desquam-X)	benzoyl peroxide 2.5%, 5%, 10%	benzoyl peroxide, Benzaderm, Clean & Clear, Clearasil, DermSelect, Fostex BPO, Neutrogena, Oxy10, Panoxyl, Stridex, Zapzyt
Mentax 1% cream	butenafine HCl 1%	Lotrimin Ultra
Clotrimazole 1%	clotrimazole 1%	Lotrimin AF, Mycelex OTC, Gyne-Lotrimin
Texacort, Alacort, Cetacort, Nutracort, Hydrocortizone, Proctocort 1% cream, Procto-Kit	hydrocortisone 1%	Cortizone 10, hydrocortisone 1% topical, Anusol-HC, Preparation H
Miconazole 3	miconazole vaginal	Monistat 3
Keralyt, Hydrosalic	salicylic acid 6% gel	Keralyt, salicylic acid 6% gel
<b>Vitamins and Supplements (NOTE: prenatal vitamins are covered by the UM Prescription Drug Plan)</b>		
Vitaplex tablet	B-complex with vitamin C and folic acid	Stress B Complex, Vitabee w/C, Super B-Complex with Liver and Iron, Stress 500-B
Lovaza <sup>c</sup> (formerly known as Omacor)	eicosapentaenoic acid (EPA) 465 mg/docosahexaenoic acid (DHA) 375 mg	Omega-3/fish oil capsules to equal EPA 465mg and DHA 375mg
Lactinol-E	lactic acid with vitamin E	Lactinol-E, Lactic Acid E
Sodium Chloride GRA	sodium chloride, granular	sodium chloride granules or tablets
Zincate 220 mg capsule	zinc sulfate	Verazinc, Zinc-220, zinc sulfate

**<sup>a</sup>Rozerem:**

Rozerem is a prescription sleep medication that induces sleep by mimicking the actions of melatonin in the body, a hormone released by the brain that is believed to be important in the sleep-wake cycle. Melatonin itself is available OTC and can be purchased for \$2 to \$6 per 100 tablets at most retail stores. The OTC cost is well below the Tier 3 brand copay.

**<sup>b</sup>Prilosec, Prevacid, Zegerid:**

Proton pump inhibitors (PPIs) are medications used for heartburn or gastric acid reflux. Brand name Prilosec, Prevacid, and Zegerid are widely available OTC and are not covered by the UM drug plan. The generic prescription PPIs omeprazole, lansoprazole, and pantoprazole are covered. For more information, please visit the Benefits Office website at: <http://benefits.umich.edu/plans/drugs/updates/index.html>.

**<sup>c</sup>Lovaza (formerly known as Omacor):**

Lovaza is a prescription Omega-3 fish oil product that has OTC alternatives. Omega-3 fish oil can be purchased from various warehouse clubs or retail stores for substantially less than your prescription copay. A comparable dose of fish oil capsules may be available at Costco or Sam's Club for under \$10 per 34-day supply, significantly less than the Tier 3 brand copay.