



Over the Counter (OTC) Medicines

Over the Counter Medications can be bought without a prescription at any drug store, convenience store or grocery store. It is important to read the directions and recommended dosage amounts before taking any of these medicines.

Item/Product	Examples to Look For
Allergy Medication	Actifed, Alavert, Benadryl, Claratin, Sudafed, Zyrtec
Antacids and Acid Reducers	Alka-Seltzer, Gas-X, Maalox, Mylanta, Pepsid AC, Pepto-Bismol, Prilosec OTC, Roloids, Tums
Antidiarrheal and Laxatives	Dulcolax, Ex-Lax, Pepto-Bismol, Immodium A-D
Anti-itch Lotions	Benadryl, Caladryl, Calimine, Cortain, Hydrocortisone, Lotramin AF, Lamisil AT
Canker or Cold Sore/Fever Blister	Abreva Cream, Medicated Carmex
Cold, Flu, Decongestant and Sinus Remedies	Advil Cold and Sinus, Afrin, Alka Seltzer Cold and Flu, Aleve Cold and Sinus, Dayquil, Mucinex, Nyquail, TheraFlu, Tylenol Cold and Flu, Cough suppressants, Nasal sprays, medicated lozenges
Cough Suppressants or Expectorants	Robitussin, Vicks, Chloraseptic, Mucinex
Menstrual Cycle Relief	Midol, Pamprin, Premysyn PMS
Migraine Relief	Advil Migrane, Motrin Migrane, Excedrin
Motion Sickness	Dramamine
Non-Steroidal Anti-inflammatory Drugs (NSAIDS)	Advil, Aleve, Ibuprofen, Motrin, Naprosyn, Naproxen
Toothaches	Orajel, Anbesol

Always visit Student Health Services if you are not feeling good to speak with a nurse or provider about what you should be taking to alleviate your symptoms.

Pharmacy Services

Student Health Services does not have a Pharmacy on Campus. However there are several Pharmacies located on the Main Street of Pembroke.

Old Main Pharmacy

910.521.5600

407 West 3rd Street Pembroke, NC 28372 (located beside Jersey Mikes, within walking distance from campus)

Walgreens

910.521.3910

503 East 3rd Street Pembroke, NC 28372

Walmart Pharmacy

910.522.5250

930 Hwy 711 Pembroke, NC 28372

Healthkeeperz

910.522.1041

812 Candy Park Road Pembroke, NC 28372

For Students who have the BCBS – Student Blue School Insurance:
Most prescriptions can be filled at Old Main Pharmacy for \$15.00. (Located just past Jersey Mike’s on the right)