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TRANSMITTAL

FROM: Tia Witherspoon-Udocox, MBA
Executive Director
Office of Health Care Quality

TO: All Nursing Homes

Date: March 25, 2026

Re: 2017 Revised List of Approved Over the Counter Medications that Nursing Homes May Purchase in Bulk

As referenced in [COMAR 10.07.02.26D](#) the Office of Health Care Quality (OHCQ) has the authority to designate certain over the counter medications that are exempt from resident specific labeling requirements and may therefore be purchased in bulk by State licensed nursing homes. The first such list of medications was published by OHCQ on December 10, 2006. A subsequent list was published on October 13, 2010. After consultation with stakeholders, I am pleased to provide you with the attached expanded list of medications, which nursing homes may now purchase in bulk.

For those medications without designated dosages, it is appropriate under the regulation to purchase any viable over the counter dosage. It is also acceptable to purchase either brand name medications or the generic equivalent of the medication.

Please note that nursing homes are responsible for ensuring a system or process for safe and effective medication management for all medications. Furthermore, nursing homes must also adhere to all other applicable regulations regarding medication administration.

Please feel free to contact Steven Langerman MD, Chief Medical Officer, at (410) 402-8054 or via email at steven.langerman@maryland.gov or Joanne Ogaitis, Chief Nursing Officer, at (410) 402-8194 or via email at joanne.ogaitis@maryland.gov with any questions or comments you may have as to this transmittal.

This transmittal is an update and replaces the previous dated 11/15/2017

2017 Revised List of Approved Over the Counter Medications that Nursing Homes May Purchase in Bulk

MEDICATIONS WITH DOSES	MEDICATIONS WITHOUT SPECIFIC DOSES	TOPICALS	OTHER ITEMS
Acetaminophen 325mg	Acetaminophen Liquid and Suppositories	A & D Ointment	Lip Balms
Acetaminophen 500mg	Allergy Medications - (ex. Cetirizine, Fexofenadine, Loratadine, etc.)	Bacitracin Ointment and Triple Antibiotic Ointment	OTC Eye Drops
Aspirin 81mg	Aluminum with Magnesium Hydroxide	Capsaicin Topical Pain Relief Products	OTC Nasal Sprays
Aspirin 325mg	Bisacodyl	Lidocaine Topical Pain Relief Products	Perineal Care Solutions
	Calcium Supplements	Glycerin-Witch Hazel Topical	
	Cranberry	Menthol and/or Methyl Salicylate Topical Pain Relief Products	
	Docusate and Docusate-Senna	Non-medicated skin lotions	
	Ferrous Sulfate	Pramoxine/Phenylephrine/Glycerin/Petrolatum	
	Guaifenesin and Guaifenesin with Dextromethorphan	Zinc Sulfate	
	H2 Blockers-Antacids		
	Magnesium Hydroxide		
	Multivitamins and Multivitamins with Minerals		
	Normal Saline		
	Peroxide		
	Polyethylene Glycol		
	Probiotics		
	Senna and Senna S		
	Simethicone		
	Sodium Phosphate Enema		
	Throat Lozenges including sugar free		
	Vitamin C		
	Vitamin D		
	Zinc Supplements		