

Drug Products for Minor Ailments and Contraception

Disclaimers: This document is for informational purposes only and may not capture all commercially available prescription products that fit under approved drug categories for pharmacist minor ailment and contraception prescribing, or non-prescription products that may be recommended. This document also does not provide information on treatment selection (E.g. first line vs. second line therapies).

Per HPA Bylaws [Schedule F Part 8 - Standards, Limits and Conditions](#) a pharmacist must **only prescribe a drug** if the intended use is for an indication **approved by Health Canada**, or for an **off-label indication**, that is: a) **considered a best practice** or **accepted clinical practice** in peer-reviewed clinical literature; or b) part of an **approved research protocol**.

Legend:

*Non-prescription products can be recommended, but cannot be prescribed

** Prescribing typically reserved for condition severity, chronicity and/or prognosis that may be beyond the scope of a '[minor ailment](#)'

***Off label for condition

Condition	Prescription Categories	Products (Prescription and Non-prescription)
Acne , Mild	Topical Drugs	Antibiotics: - Clindamycin 1% (Dalacin T Solution, generics) Dicarboxylic Acids - Azelaic Acid 15% (Finacea) Retinoids: - Adapalene 0.1%, 0.3% (Differin, Differin XP) - Tazarotene 0.045%, 0.05%***, 0.1% (Arazlo, Tazorac Cream, Tazorac Gel) - Tretinoin 0.01%, 0.025%, 0.05%, 0.1% (Retin-a, Retin-a Micro, Stieva-a, Vitamin A Acid) - Trifarotene (Aklief) Combination Products: - Adapalene 0.1% /0.3% and Benzoyl Peroxide 2.5% (Tactupump, Tactumpump Forte***) - Clindamycin 1%/Benzoyl Peroxide 3% Or 5% (Benzaclin, Clindoxyl, Clindoxyl ADV) - Erythromycin 3%/Benzoyl Peroxide 5% (Benzamycin) - Tretinoin 0.025%/Clindamycin 1.2% (Biacna) Sulfones: - Dapsone 5% (Aczone) Alpha-hydroxy Acids: - Glycolic Acid 2-15% (Neostrata, Revitalift, others)* Beta-hydroxy Acids: - Salicylic Acid 0.5-2% (Clearasil, Oxy, others)* Peroxides: - Benzoyl Peroxide 2.5-10% (Benzagel*, Proactiv*, others)

Allergic Rhinitis	Intranasal Or Ophthalmic Drugs (Including Antihistamines), Oral Antihistamines	Antihistamines: • Rupatadine (Rupall) • Bilastine (Blexten) • Chlorpheniramine (generics)* • Diphenhydramine, (Benadryl Preparations, generics)* • Cetirizine (Reactine, generics - Rx & Non-Rx*) • Desloratadine (Aerius, generics)* • Fexofenadine (Allegra)* • Loratadine (Claritin, generics)* Antihistamine/Corticosteroid Combinations (Nasal): • Azelastine/Fluticasone Propionate (Dymista) • Olopatadine/Mometasone furoate (Ryaltris) Corticosteroids (Nasal): • Beclomethasone • Budesonide (Rhinocort Aqua, generics) • Ciclesonide (Omnaris) • Fluticasone Furoate (Avamys) • Fluticasone Propionate (Flonase, other generics)* • Mometasone (Nasonex, generics) • Triamcinolone (Nasacort AQ, generics, Nasacort Allergy 24HR*) Anticholinergics (Nasal): • Ipratropium Antihistamine/Decongestant Combinations: • Cetirizine/Pseudoephedrine (Reactine Complete)* • Desloratadine/Pseudoephedrine (Aerius Dual Action 12 Hour)* • Fexofenadine/Pseudoephedrine (Allegra-d)* • Loratadine/Pseudoephedrine (Claritin Allergy + Sinus)* Decongestants: • Pseudoephedrine (Tantafed, generics)* Decongestants (Nasal): • Oxymetazoline (Claritin Allergy Decongestant, Drixoral, generics)* • Phenylephrine (Dristan Nasal Mist)* • Xylometazoline (Otrivin, generics)* Ophthalmic Antihistamine Drugs • <i>Where allergic conjunctivitis symptoms overlap, see Allergic Conjunctivitis Ophthalmic Drugs</i>
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Conjunctivitis • Allergic • Bacterial • Viral	Ophthalmic Drugs	Antibacterials, Ophthalmic: • Erythromycin Ointment (generics) • Fusidic Acid Drops (Fucithalamic Acid) • Gramicidin/Polymyxin (Polysporin Eye/Ear Drops, generics)* • Polymyxin B/Trimethoprim (Polytrim, generics) • Tobramycin Drops, Ointment (generics) Antibacterials, Fluroquinolones, Ophthalmic** Allergic Conjunctivitis, Ophthalmic Drugs • Olopatadine 0.1%, 0. 2%, 0.7% (Patanol and generics, Pataday and generics, Pazeo) • Ketotifen Fumarate (Zaditor, generics) • Bepotastine Besilate (Bepreve) • Antazoline/ Naphazoline (Refresh Eye Allergy Relief, others)* • Pheniramine/ Naphazoline (Visine, Naphcon-a, others)*
Contraception	Contraceptives	Hormonal: • Combined Estrogen and Progestin (Monophasic): Brevicon 1/35, Select 1/35, Brevicon 0.5/35, Marvelon, Apri, Freya, Mirvala, Yasmin, Min-ovral, Portia, Ovima, Seasonale, Seasonique, Indayo, Loestrin 1.5/30, Yaz, Yaz Plus, Alesse, Alysena, Aviane, Minestrin 1/20, LOLO • Combined Estrogen And Progestin (Triphasic): Linessa, Synphasic, Tricira Lo, Triquilar. • Progestin Only (Oral): Jencycla, Movisse, Slynd • Progestin Only (Implant): Nexplanon • Progestin Only (Injectable): Depo-provera • Progestin Only (Intrauterine System): Mirena, Kyleena • Transdermal: Evra • Vaginal Ring: Nuvaring, generics Non-hormonal Contraception: • Copper-t IUD: Flexi-t, Liberte, Mona Lisa Emergency Contraceptives: • Ulipristal: Ella • Levonorgestrel: Plan B, Backup Plan Onestep, other generics*
Dermatitis • Allergic • Atopic • Contact • Diaper • Seborrheic	Topical Drugs	*Emollients: • E.g. Glycol, Shea Butter, Glaxal Base, Keri Lotion, Lubriderm, Neutrogena, Aveeno, others *Humectants/Hydrating Agents: • E.g. Alpha-hydroxy Acids (Glycolic Acid, Lactic Acid), Glycerin, Panthenol, Lecithin, others *Occlusives: • E.g. Beeswax, Petrolatum, Dimethicone, Mineral Oil *Barrier Repair Products: • Eg. Ceramides/Cholesterol/Free Fatty Acids (Epiceram Skin Barrier Emulsion, others)

		Bath Products: - Eg. Bath Oils, colloidal oatmeal (Aveeno Bath Preparations, others) Topical Antifungals - Selenium Sulfide 2.5% Suspension (Selsun) - Ciclopirox Olamine 1% Cream, Lotion, Shampoo (Loprox, Stieprox) - Zinc pyrithione (Head and Shoulders)* - Clotrimazole 1% Cream (Canesten Topical, Clotrimaderm, other generics)* - Ketoconazole 2% Cream, Shampoo 1%, (Ketoderm, Nizoral*) - Miconazole 2% Cream (Micatin Derm, Monistat Derm, generics)* - Nystatin 100,000 Units/G Cream* Corticosteroids, Low-potency: - Desonide 0.05% - Hydrocortisone 1%*, 2.5% Corticosteroids, Medium-potency: - Beclomethasone Dipropionate 0.025% (Propaderm) - Betamethasone Valerate 0.05% (Luxiq, generics) - Clobetasone Butyrate 0.05% (Spectro Eczemacare Medicated Cream) - Fluocinolone Acetonide 0.01% (Derma-smoothe/FS) - Hydrocortisone Valerate 0.2% (Hydroval) - Prednicarbate 0.1% (Dermatop) - Triamcinolone Acetonide 0.1%, 0.5% (Aristocort cream, ointments, generics) **Phosphodiesterase 4 Inhibitors: - Crisaborol (Eucrisa) - Roflumilast (Zoryve) **Calcineurin Inhibitors: - Tacrolimus (Protopic) - Pimecrolimus (Elidel) Corticosteroids, High-potency** Corticosteroids, Ultra-high Potency**
Dysmenorrhea	Nonsteroidal Anti-inflammatory Drugs (Nsaids)	Nsaids, Acetic Acid Derivatives: - Diclofenac Potassium (generics), Diclofenac Sodium***(generics) Nsaids, Fenamates: - Mefenamic Acid (Ponstan, generics) Nsaids, Propionic Acid Derivatives: - Ibuprofen (Advil, Motrin, generics - Rx & Non-Rx*) - Ketoprofen - Naproxen (Generics) ; Naproxen Sodium (Aleve, other generics – Rx & Non-Rx*) Nsaids, COX-2 Inhibitors

		Celecoxib*** (Celebrex, other generics)
Fungal Infections - Onychomycosis (Nail) - Tinea Corporis Infection (Ringworm) - Tinea Cruris Infection (Jock Itch) - Tinea Pedis Infection (Athlete's Foot)	Topical Drugs	Allyllyamines: - Terbinafine 1% Cream (Lamisil) Azoles: - Clotrimazole 1% Cream (Canesten Topical, Clotrimaderm, other generics)* - Ketoconazole 2% Cream, Shampoo 1%, (Ketoderm, Nizoral*) - Miconazole 2% Cream (Micatin Derm, Monistat Derm, generics)* - Efinaconazole 10% Solution (Jublia) Pyridones: - Ciclopirox Olamine 8% Laquer (Penlac, generics) Combination Products: - Propylene Glycol 66.4%/Urea 20%/Lactic Acid 10% Solution (Emtrix)* Antifungal/Corticosteroid Combinations: - Clotrimazole 1%/betamethasone dipropionate 0.05% (Lotriderm) Polyenes: - Nystatin 100,000 Units/G Cream* Thiocarbamates: - Tolnaftate 1% Cream, Spray (Tinactin)*
Gastroesophageal Reflux Disease/Dyspepsia	Gastric Acid-reducing Drugs	*Antacids/Antacids: - Alginate/Magnesium Carbonate (Gaviscon Tablets, generics)* - Aluminum Hydroxide/Magnesium Hydroxide Combinations (Almagel, Diovol, others)* - Calcium Carbonate (Tums, others)* ; Magnesium Salts (Milk Of Magnesia, generics)* Histamine H2-receptor Antagonists: - Cimetidine (generics) - Famotidine (Pepcid AC*, generics - (Rx & Non-Rx*)) - Nizatidine (Axid) - Ranitidine (Zantac, other generics - (Rx & Non-Rx*)) Proton Pump Inhibitors: - Dexlansoprazole (Dexilant) - Esomeprazole (Nexium 24HR*, generics - Rx & Non-Rx*) - Lansoprazole (Prevacid, generics) - Omeprazole (Losec, generics - Rx & Non-Rx*) - Pantoprazole Magnesium (Tecta, generics) - Pantoprazole Sodium (Pantoloc, generics) - Rabeprazole (Pariet, generics)

Headache	Nonsteroidal Anti-inflammatory Drugs (Nsaids)	Analgesics: - Ibuprofen (Advil, Motrin, generic Rx & Non-Rx*) - Naproxen (Generics) ; Naproxen Sodium (Aleve, other generics – Rx & Non-Rx*) - Acetaminophen (Tylenol, generics)*
Hemorrhoids	Topical Drugs	*Hamamelis based: (E.g. Preparation H-PE gel, wipes, Tucks Cleansing Pads)* <i>Combination products:</i> Zinc Sulfate, Pramoxine: (Anusol, Anusol Plus, generics)* Hydrocortisone, Zinc Sulfate: - Anodan-HC, Anusol-HC ointment, suppositories, other generics Hydrocortisone, Zinc Sulfate, Pramoxine: - Proctodan-HC ointment, suppositories Hydrocortisone, Pramoxine: - Proctofoam HC Hydrocortisone, Dibucaine, Esculin, Framycetin: - Proctol, Proctosedyl ointment, suppositories, other generics
Herpes Labialis (Cold Sores)	Topical Drugs (Including Antiviral), other Types Of Antiviral Drugs	Antivirals (Oral): - Valacyclovir (Valtrex, generics) - Acyclovir (Zovirax Oral, generics)*** - Famciclovir (Famvir, generics)*** Antivirals (Topical): - Acyclovir (Zovirax Cream, Zovirax Ointment, generics)*** - Acyclovir/Hydrocortisone (Xerese) Other: - Docosanol 10% (Abreva)* *Analgesics (Topical): - Benzocaine (Anbesol, Kank-a Mouth Pain, Orajel, Zilactin-b)* - Camphor/Menthol/Phenol (Blistex, Blistex Lip Medex, others)* - Lidocaine (Maxilene, Lidodan Topical Solution)* - Pramoxine (Gold Bond Medicated Anti-itch, Polysporin Itch Relief, others)*
Impetigo	Topical Drugs	Antibiotics (Topical): - Fusidic Acid (Fucidin) - Mupirocin (generics) - Ozenoxacin (Ozanex) - Bacitracin/Gramicidin/Polymyxin B (Polysporin Products, generics)*

Oral Aphthous Ulcers (Canker Sores)	Topical Drugs	*Anesthetics: - Benzocaine (Anbesol, Kank-a, Orajel, others)*, Lidocaine (Xylocaine Viscous, generics)* Anti-infectives: - Chlorhexidine 0.12% Oral Rinse (Peridex, Perichlor, Periogard, other generics) Anti-inflammatories/Topical Corticosteroids: - Triamcinolone Acetonide (Oracort) Protectants: - Carboxymethyl Cellulose (Orabase Paste)*
Oropharyngeal Candidiasis (Oral Thrush)	Antifungal Drugs	Antifungals, Polyenes: Nystatin (generics) Antifungals, Azoles **
Musculoskeletal Pain	Nonsteroidal Anti-inflammatory Drugs (Nsaids)	Nsaids (Oral): - Ibuprofen (Advil, Motrin, generics – Rx & Non-Rx*) - Naproxen (Generics) ; Naproxen Sodium (Aleve, other generics – Rx & Non-Rx*) - Diclofenac Potassium (generics), Diclofenac Sodium***(generics) Nsaids, COX-2 Inhibitors - Celecoxib (Celebrex, other generics) Nsaids (Topical): - Diclofenac Diethylamine (Voltaren Emulgel, Voltaren Emulgel Extra Strength)* - Diclofenac Sodium (Pennsaid, generics)
Shingles (Herpes Zoster)	Antiviral Drugs	Antivirals: - Acyclovir (Zovirax, generics) - Famciclovir (Famvir, generics) - Valacyclovir (Valtrex, generics)
Nicotine Dependence	Nicotine Cessation Drugs	*Nicotine Replacement, Immediate-release: - Nicotine Gum/Chewing Pieces (Nicorette Gum, Thrive, generics)* - Nicotine Lozenges (Thrive Lozenges)* - Nicotine Inhaler (Nicorette Inhaler)* - Nicotine Mouthspray (Nicorette Quickmist)* *Nicotine Replacement, Sustained-release: - Nicotine Transdermal Patch (Habitrol, Nicoderm, generics)* Nicotine Receptor Partial Agonists: - Varenicline (Champix, generics) - Cytisine (Cravv)* Antidepressants: - Bupropion (Zyban) - Nortriptyline (Aventyl, generics)*** Alpha-2-adrenergic Receptor Agonists: - Clonidine (generics)***

Threadworms Or Pinworms	Anthelmintic Drugs	Anthelmintics: • Mebendazole (Vermox) • Pyrantel Pamoate (Combantrin, generics)*
Urinary Tract Infection (Uncomplicated)	Antibiotic Drugs	Refer to local antimicrobial susceptibility data and up to date clinical resources, E.g. Bugs and Drugs for the selection of appropriate antimicrobials: Nitrofurantoin Derivatives: • Nitrofurantoin Macrocrystals (generics) • Nitrofurantoin Monohydrate/Macrocrystals (generics) Phosphoric Acid Derivatives: • Fosfomycin Tromethamine (Monurol, generics) Folate Antagonists: • Trimethoprim Sulfonamide Combinations: • Sulfamethoxazole/Trimethoprim Cephalosporins, Fluoroquinolones**
Urticaria, Including Insect Bites	Antihistamines Topical Drugs (Including Antihistamines), other Antihistamine Drugs	Antihistamines: • Rupatadine (Rupall) • Bilastine (Blexten) • Hydroxyzine • Chlorpheniramine (generics)* • Diphenhydramine (Benadryl, generics)* • Cetirizine (Reactine, generics – Rx & Non-Rx*) • Desloratadine (Aerius, generics)* • Fexofenadine (Allegra)* • Loratadine (Claritin, generics)* *Astringents • Zinc Oxide Cream/Paste (Zincofax, generics)* *Counterirritants: • Menthol or Camphor-containing products (Rub A-535, others)* *Emollients: • Emollients (moisture creams, white petrolatum, others)* Corticosteroids, Topical: • Desonide 0.05% (generics) • Hydrocortisone 0.5%*, 1%*, 2.5% (generics)

Vaginal Candidiasis (Yeast Infection)	Antifungal Drugs	Antifungals, Azole (Oral): • Fluconazole (Diflucan One, Canesoral, generics)* Antifungals, Azole (Topical): • Clotrimazole (Canesten Vaginal, generics)* • Miconazole (Monistat, generics)* • Terconazole (Terazol 7, generics)
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