

NURSE'S OPENING DAY TIP SHEET

Inside information from the GFC Nursing Staff

We want to make your check-in experience as smooth as possible. Here is how you can help:

- Medications brought on opening day should be in ample supply. Please ensure that **NO meds expire** during the session and all supplies are properly labeled with your child's name.
- **All medications** (prescription, over-the-counter, etc) **must have a written doctor's prescription** in order to be collected and administered at camp. All medications **MUST** be in their **ORIGINAL** prescription bottles. No gummies will be accepted.
 - **If the medication label designates a BID (twice daily) or TID (three times daily) timing, please send a prescription bottle with label for each prescribed time of the day. You can obtain extra bottles/labels from your pharmacist.**
- We follow the instructions/dosage on the prescription/medication bottle, as given by your child's physician. If you have been told by the physician to change the dose, please bring a written prescription from the child's physician stating the dose change. Depending on the medication and dose change, our medical director may want to speak with you. Please discuss with your child prior to arriving at camp what medications he/she will be taking and when he/she will be taking them.
- **Over-the-counter medications:** Due to space constraints, we can only accept OTC meds prescribed by your child's medical doctor with script. A physician prescription/note stating dosing, frequency, and REASON for daily need must be included.
 - No need to send OTC "as needed" allergy, pain or stomach medications as GFC has numerous in stock to aid in a variety of needs. These include (many of which we have in liquid form): Claritin/Zyrtec, Maalox, Tylenol, Ibuprofen, Robitussin, and more.
- Powdered medications or supplements (Miralax, Metamucil) should be sent in premeasured labeled (not by the parent, but by a pharmacist) Single dose packets. Your pharmacy can prepare these for you. Your child will spend less time waiting for the nurse to measure and pour at each medication pass.
- **No gummy vitamins or supplements. No exceptions.** If your physician feels your child must have a vitamin supplement while at camp, send us a physician's prescription, rationale, and a chewable vitamin, please.
- Avoid sending liquid, "redi-tab" melt aways or individual foil packed medications. These all cause large time constraints during medication administration, not to mention during the check in process on opening day. Please send Chewable or pill form to camp only, and have your child master the technique of chewing the medication or swallowing the pill prior to the start of camp.
- We encourage you to consent to our mealtime medication distribution schedule on all medications. We would like to limit the number of bedtime medications being given. Bedtime medications are highly discouraged unless the medication(s) cause drowsiness and/or the physician specifically prescribed for bedtime use. The time missed in the bunk during bedtime meds is so very important for the bunk community.
- Provide written, detailed instructions on growth hormone plans and type 1 diabetes care, as well as directions for how your child takes their medications (crushed with applesauce, 30 minutes prior to a meal, etc). Asthma and Migraine action plans from your physician are a requirement.

Before turning in your medications, open all boxes and **label ALL** medication bottles with a sharpie marker with your child's name; please label each piece of nose sprays (cap and bottle), inhalers (mouthpiece and medication chamber), Advair disks, etc. Bunk names will be added at check-in.