

OVER-THE-COUNTER (OTC) PRODUCT UPDATES - FAQ

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In recent months, several new and updated over-the-counter (OTC) items have become available for patients to purchase. This document is intended to serve as a guide for pharmacists to use when answering questions from patients and colleagues regarding these products.

**Please note references for this handout are available upon request.

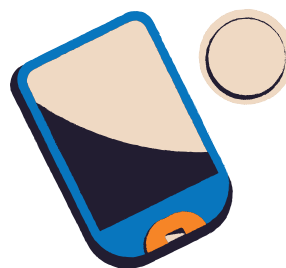
CONTINUOUS GLUCOSE MONITORS (CGMS)

What are continuous glucose monitors (CGMs)?

- A biosensor and smartphone application combination system that measures, records, analyzes, and displays blood glucose levels in real time
- Glucose biosensor systems help to detect normal, low, or high blood glucose levels
- Glucose information can be used to see how lifestyle choices impact glucose levels

WHAT CGM OPTIONS ARE AVAILABLE OVER THE COUNTER?

- Stelo (Dexcom)
- Lingo (Abbott)



WHAT IS THE COST/COVERAGE?

- Not covered by insurance
- HSA and FSA eligible
- Stelo:
 - <https://www.stelo.com/en-us>
- Lingo:
 - <https://www.hellolingo.com/>

WHO CAN USE THESE CGMS?

- Patients 18 years old and older who are diabetic, prediabetic, or interested in tracking blood glucose
- Not for those with problematic hypoglycemia
- Not for those on insulin or dialysis

WHERE CAN YOU PURCHASE THE OTC CGMS?

- Available online for one time purchase or recurring subscription/plan

HOW LONG DOES EACH SENSOR LAST?

- Stelo lasts up to 15 days with a 12-hour grace period
- Lingo lasts up to 14 days

HOW DO THE CGMS WORK?

- The biosensors measure your glucose via a filament that extends just below the skin
- The biosensor is attached to the skin on the back of your upper arm
- Information is transmitted from the biosensor to a smartphone application

HOW LONG DOES EACH SENSOR LAST?

- Stelo:
 - Up to 15 days with a 12-hour grace period
- Lingo:
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UNIQUE FEATURES OF THESE PRODUCTS



- Stelo:
 - Apple and Android smartphone compatible- no separate reader available
 - Glucose levels, target ranges, and glucose patterns updated and displayed on your smartphone every 5 minutes
 - Spike detection, personalized insights, in app learning, meal and activity logging
 - Water resistant
- Lingo:
 - Apple only compatibility- no separate reader available
 - Glucose levels updated and displayed on your smartphone every minute
 - Glucose graph, food and activity logging, personal insights, and Lingo challenges
 - Lingo Count: A metric designed to help identify the glucose spikes that matter in your data and translate each spike into a single number that represents its impact on your metabolic health
 - Waterproof up to 8 feet



ORAL CONTRACEPTIVES

WHAT PRODUCTS ARE AVAILABLE OTC?



- Opill- norgestrel 0.075mg (progestin-only pill; also called POP or minipill)

WHO CAN USE OTC ORAL CONTRACEPTIVES?

- Anyone who may be able to become pregnant (no need for parental consent)
- Caution: Refer to state law for age restrictions regarding health care provider interventions/recommendations

WHERE CAN YOU PURCHASE THEM?

- Local major retailer
- Online
- Available in all states

HOW DO YOU USE THEM?

- Must be taken at the same time daily for 98% effectiveness.
- Take within the same 3-hour time frame every day
- If > 3 hours late or if patient does not take it for 1+ days, backup contraceptive method is needed during the next 2 days (48 hours)

CONTRAINDICATIONS/PRECAUTIONS?

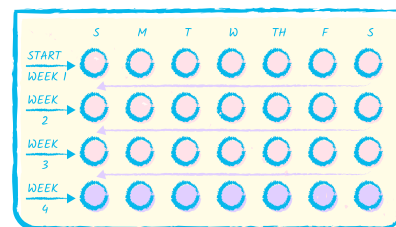
- History of or current breast cancer
- During pregnancy
- With any other hormonal contraception
- Not for use as emergency contraception

WHAT IS THE COST/COVERAGE?

- Most commercial or government-provided public insurances cover with no out-of-pocket cost (\$0 copay)
- Can use HSA/FSA
- Manufacturer has an Opill Cost Assistance Program if financial aid is needed for those without insurance and who have a household income \leq 200% of the Federal Poverty Level, adjusted for household size

HOW MANY CAN YOU GET AT A TIME?

- 1-month, 3-month: online, in-store
- 6-months: subscription through manufacturer



NALOXONE (NARCAN)

WHAT PRODUCTS ARE AVAILABLE OTC?

- The FDA approved Narcan 4 mg nasal spray for OTC, non-prescription use



HOW DO YOU USE IT?

- Step #1:** Lay the person on their back and tilt their head up
- Step #2:** Spray – Insert device into either nostril and press plunger firmly
- Step #3:** Stay – Call 911 immediately after giving first dose
 - Continue to administer doses as needed and wait with the person until help arrives

WHEN DO YOU GIVE IT?

- Administer Narcan when you are concerned someone may have experienced an opioid overdose
- Typical signs/symptoms of opioid overdose include:
 - Unresponsiveness or unconsciousness
 - Pinpoint pupils
 - Snoring or gurgling sounds coming from mouth
 - Blue lips or fingernails
 - Shallow, slowed, or stopped breathing
 - Cold or clammy skin

WHO CAN USE OTC NALOXONE?

- No age limit, prescription, or ID required to obtain Narcan 4 mg nasal spray.

WHERE CAN YOU PURCHASE IT?

- Most local pharmacies
- Online

WHAT IS THE COST/COVERAGE?

- Price varies depending upon where it is purchased
- You can also ask your provider to send a prescription for Narcan to your pharmacy to see if it is covered by your insurance

APPROPRIATE STORAGE?

- Narcan nasal spray should be stored at room temperature or refrigerated between 36- and 77- degrees Fahrenheit
- Do not freeze
- Avoid excessive heat above 104 degrees Fahrenheit
- Protect from light
- Adhere to expiration date as printed on the package



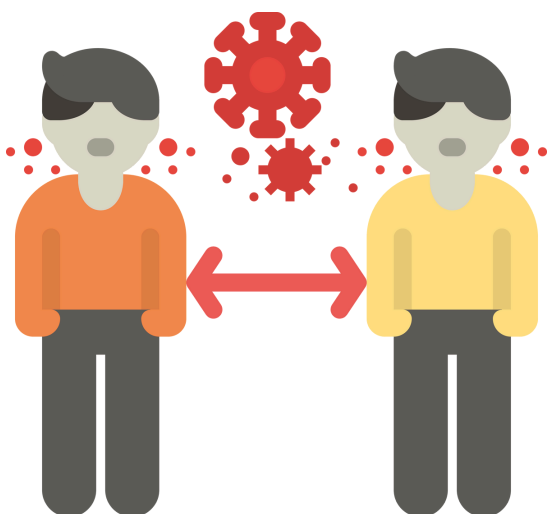
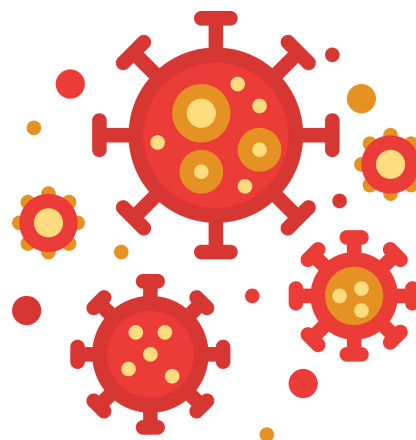
COMBINED INFLUENZA A&B AND COVID-19 HOME TESTS

WHAT PRODUCTS ARE AVAILABLE OTC?

- Several manufacturers – Search for “covid” at <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cflVD/search.cfm> and many of the recent approvals are for combined Covid/flu (A and B) home test kits
- Pfizer (Lucira) and Abbott (Binax Now), as well as Ihealth, CorDX, Well life, and Flow flex all manufacture tests
- Most are nasal swab tests
- Typically 10 – 30 minutes to result – Complex deciphering of test results

WHO CAN USE THEM?

- 14 and older for self-test
- 2 years and up for adult assisted test
- Currently SYMPTOMATIC patient between day 1 – 4 after symptom onset – May differ slightly with each manufacturer/individual test



WHAT IS THE COST/COVERAGE?

- Varies depending on brand and number of tests in box
- FSA coverage
- Potential for insurance coverage depending on plan

WHERE CAN YOU PURCHASE THEM?

- Major pharmacy retailers
- Online

SYPHILIS STD AT HOME TEST

WHAT PRODUCTS ARE AVAILABLE OTC?

- First To Know (www.firsttoknow.com) is the first test to give results in 15 minutes at home without sending a sample to a lab and waiting for results.
- Positive results require verification at a provider's office.
- Tests for syphilis antibodies in whole blood

WHAT IS THE COST/COVERAGE?

- Varies depending on where it is purchased
- Not covered by insurance, but could be purchased with HSA

WHO CAN USE THEM?

- Anyone who is concerned about being exposed to syphilis and is asymptomatic
- No age restrictions
- Anyone who has had syphilis in the past may test positive from previous infections and not be currently infected
- Patients receiving gamma globulin infusions, those with positive rheumatoid factor tests, and those with Epstein Barr virus antibodies may have inaccurate results

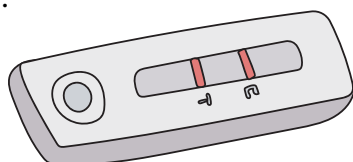
WHERE CAN YOU PURCHASE THEM?

- Online pharmacy vendors
- Major pharmacy retailers
- Manufacturer website

GONORRHEA, CHLAMYDIA, AND TRICHOMONIASIS AT HOME TESTS

WHAT PRODUCTS ARE AVAILABLE OTC?

- Visby Women's Sexual Health Test
- Available starting July 2025 per Visbymedical.com
- Gives results for each infection within 30 minutes using a self collected vaginal swab
- PCR test – similar to in office testing
- Phone application to help with interpretation of results and next steps for treatment of any identified infection.



WHO CAN USE THEM?

- Designed only for people assigned female at birth and requires a self collected vaginal swab
- Test can be done regardless of symptoms or lack of symptoms
- There is not information available about potential causes of false positive or false negative results, or timing of test administration after previous infection and treatment

WHAT IS THE COST/COVERAGE?

- There is not yet any information about cost of the product or insurance coverage