



AFTER-VISIT RESOURCE

Medical Care Product Guide

Scan a product's QR code or use its printed short link to view the item discussed at your visit.

Patient: _____ Visit date: _____

HOW TO USE THIS GUIDE

Use your phone's camera to scan the QR code beside the product. The printed short link is included as a backup. Product listings, prices, and availability may change.

Commission disclosure: Bluestem Health receives a commission when products are purchased through links in this guide.

Important: Follow the individualized instructions from your medical care team and the product label. Contact the office if you are unsure which item, dose, or technique is right for you. This guide does not replace medical advice.

INSIDE THIS GUIDE

Skin and personal care | Medication organization | Pediatric care | Pain relief | Digestive health | Diabetes device support

Skin & Personal Care

Options for everyday skin concerns. Use only on the areas discussed with your medical care team.

PRODUCT DETAILS	SCAN
Aquaphor Healing Ointment, Skin Protectant 7 oz. A skin-protectant ointment option for dry, chafed, or irritated skin; use as directed. https://amzn.to/4hzoWgf	
Aquaphor Healing Ointment, Skin Protectant 14 oz. A larger-size skin-protectant ointment for the same home-care use. https://amzn.to/4coCCXZ	
Amazon Basic Care Hemorrhoid Ointment An over-the-counter option for temporary hemorrhoid symptom relief; follow the label and contact your care team for bleeding or persistent symptoms. https://amzn.to/4hzvhlz	
PanOxyl Antimicrobial Acne Creamy Wash, 6 oz. A benzoyl-peroxide acne wash option; it may dry skin or bleach fabrics, so follow label directions. https://amzn.to/4xZNMen	
CeraVe Salicylic Acid Body Wash, 10 oz. A salicylic-acid body wash option for rough or bumpy skin; avoid irritated or broken skin unless instructed. https://amzn.to/4xJnFrW	

Medication Organization

Organization tools can support a medication routine. Keep all medicines secured from children and pets.

PRODUCT DETAILS	SCAN
Amazon 7-Day Weekly Pill Organizer A once-daily organizer option; confirm each medicine and schedule before filling it. https://amzn.to/4qc4vYU	
Amazon 7-Day Weekly Pill Organizer (AM & PM) A twice-daily organizer option with separate morning and evening compartments. https://amzn.to/4xGAMtP	
ZVZM 7-Day Pill Organizer (4 Times a Day) A large weekly organizer with four compartments per day; confirm each medicine and dosing time before filling it. https://amzn.to/4xk8k0R	

Pediatric Care

Use age-appropriate products only and follow your child's care plan and the package directions.

PRODUCT DETAILS	SCAN
Frida Baby SnotSucker Nasal Aspirator for Baby A manual nasal-aspirator option for clearing mucus; clean it after each use. https://amzn.to/4qk8liT	
Amazon Solimo Chest Rub Cough Suppressant and Topical Analgesic, 3.53 oz. A topical chest-rub option; check the age restrictions and use only as the label directs. https://amzn.to/4bMrpAh	

Pain Relief

Confirm that topical pain-relief products are appropriate with your medical care team.

PRODUCT DETAILS	SCAN
GeriCare Topical Arthritis Pain Relief Gel Diclofenac Sodium 1% (NSAID), 3.53 oz. A topical NSAID option for arthritis pain; use only on labeled areas and as directed. https://amzn.to/4xFjMnI	

Digestive Health

Ask your medical care team which option fits your symptoms, medicines, and health history.

PRODUCT DETAILS	SCAN
Amazon Soft Fiber Gummies for Digestive Health and Regularity, Orange/Lemon/Strawberry (90-count) A fiber-supplement option for digestive health and regularity; take as directed with adequate fluids. https://amzn.to/3UvjZL1	
Amazon Stool Softener Laxative, Docusate Sodium 100 mg (100-count) A docusate stool-softener option for occasional constipation; ask for guidance if symptoms persist. https://amzn.to/45Zg0JV	

Diabetes Device Support

Adhesive products may help secure compatible glucose sensors. Apply to clean, dry, unbroken skin.

PRODUCT DETAILS	SCAN
Torbot Group Skin Tac Barrier A tacky skin-barrier option that may improve device adhesion; stop use if irritation occurs. https://amzn.to/4xQtdkt	
Libre 3 Sensor Cover Adhesive Patches - Waterproof A waterproof over-patch option made for compatible Libre 3 sensors; confirm fit before use. https://amzn.to/4wz05wT	
G7 Over Patches, Beige (20 pack) A beige over-patch option made for compatible Dexcom G7 sensors; confirm fit before use. https://amzn.to/4zm18mx	

Bring questions to your next visit - your medical care team can help you choose among similar products and review safe use.