

Ailment	Medication	Notes
Acne	Benzoyl Peroxide Salicylic Acid	Avoid: Accutane, Retin-A, Tetracycline, Minocycline
Anemia	*see notes	Speak with your provider about prescribed medications for anemia
Allergies	Allegra Benedryl Clariton Flonase Nasal Spray Zyrtec	
Cold/Congestion	Tylenol Cold & Flu Robitussin DM Mucinex cough lozanges Netti Pot	*Do not take any medication that contains alcohol
Constipation	Citrucel Metamucil Fibercon Konsyl Natural Calm	**Fiber
	Colace	**Stool Softener::
	Dulcolax Milk of Magnesia Miralax Senakot	**Laxative
Gas	Phazyme Simethicone	(Gas-X)
Diarrhea	Immodium AD Kaopectate	*BRAT (Bananas, Rice, Applesauce, Toast) Diet, Increase Fluids
Fever	Tylenol Extra Strength Tylenol	*Dosing per bottle instructions
Head Lice	Nix Ric	*Do not use Kwell
Heartburn or indigestion	Tums Rolaids Mylanta Pepcid Complete Maalox Prilosec OTC Zantac	

Hemorrhoids	Preparation H Anusol Tucks Pads	
Nausea / Vomiting	Unisom + B6 Emetrol Ginger Peppermint Tea Hard Candies Lemonade Saltines Sea Bands Bracelets	25 mg doxylamine (Unisom) + 25 mg B6 - take 2x / day Tea, Capsule, or Crystalized candied
Pain/Muscle Aches Headache	Tylenol Extra Strength Tylenol small amt of caffeine	
Rash / Burn	Hydrocortisone Caladryl Benadryl Cream Aloe Oatmeal Bath Eucerin Cream Sunscreen	Cream or Ointment Cream or Lotion
Sleep Aids	Unisom Benedryl	
Sore Throat	Cepacol Cepastat Salt Water Gargle Throat lozenges	1/2 tsp salt with 8 oz of warm water
Tooth Pain	Oragel	
Yeast Infections	Monistat 7 Clotrimazole 7	

Please do not take any aspirin or other anti-inflammatory medications such as Advil, Ibuprofen, Aleve or similar products without your Provider's instructions.