

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 Claritin Flonase Nasal Spray Zyrtec	
Cold/Congestion	Tylenol Cold & Flu Robitussin DM Mucinex Cough lozenges 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 Senokot	Laxative
Gas	Phazyme Simethicone	(Gas-X)
Diarrhea	Imodium 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 amount 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 Saltwater Gargle Throat lozenges	1/2 tsp salt with 8 oz of warm water

Tooth Pain

Orajel

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 Providers instructions.

