



Allergies

- Claritin
- Benadryl
- Zyrtec
- Alavert

Cold/Flu/Sinus

- Tylenol Cold & Flu
- Tylenol Cold & Sinus
- Mucinex
- Vitamin C
- Vicks
- Sudafed (max 3 days)

Constipation

- Metamucil
- Konsyl
- Fibercon
- Citrucel
- Milk of Magnesia
- Dulcolax (soft chews only)
- Colace
- Fleet Enema
- Miralax
- Potassium

Cough

- Robitussin

Diarrhea (only 24 hr use after 12 wks of pregnancy)

- Kaopectate
- Imodium

Hemorrhoids

- Preparation H
- Tucks
- Witch Hazel
- Anusol

Insomnia

- Benadryl
- Melatonin
- Chamomile tea
- Unisom

Itching/Rash

- Hydrocortisone 1%
- Benadryl
- Oatmeal bath
- Caladryl lotion

Leg Cramps

- Calcium Carbonate (max 1,000 mg/day)
- B12
- Magnesium (max 350 mg/day)

Nausea/Vomiting

- Vitamin B6 (10-25 mg 3-4x/day)
- Ginger root (250 mg 4x/day)
- Unisom (12.5 mg)
- Emetrol
- Peppermint

Pain Relievers

- Tylenol/Acetaminophen
- Do not take Ibuprofen

Reflux/Heartburn/Gas

- Tums
- Maalox
- Mylanta
- Pepcid
- Prevacid
- Gas X (simethicone)

Sore Throat

- Chloraseptic Spray
- Lozenges

Yeast Infection

- Monistat 7 day
- Terazol