

Symptom	Medication	Symptom	Medication
Allergies	Loratidine (Alavert® or Claritin®) Diphenhydramine (Benadryl®) Cetirizine (Zyrtec®)	Nausea/vomiting Morning Sickness	Pyridoxine (vitamin B-6) Take 25 mg three to four times a day Doxylamine (Unisom®) Take one-half of a 25 mg tablet before bedtime, may repeat dose in AM if nausea is persistent Phosphorated carbohydrates (Emetrol® Syrup) Dimenhydrinate (Dramamine®) Ginger tabs (ginger) Sea-Band®
Constipation	Methylcellulose (Citrucel® or Unifiber®) Docusate sodium (Colace®) Senna (Senokot®) Calcium polycarbophil (FiberCon®) Psyllium (Metamucil®) Milk of magnesia (magnesium hydroxide) Mineral oil (one ounce) in juice Polyethylene Glycol 3350 (MiraLAX®)	Pain	Tylenol® (acetaminophen) Take 650 to 1,000 mg every four hours as needed. Do not take more than 4,000 mg in 24 hours. If you don't have relief in 24 hours, call the office. If your pain is in your abdomen or pelvis, call the office.
Cough	Read the label, dextromethorphan and guaifenesin are safe. Select a product that is alcohol free and avoid decongestants such as phenylephrine and pseudoephedrine	Rash	Colloidal oatmeal (Aveeno® Soothing Bath) Pramoxine, zinc acetate (Caladryl® Clear® lotion) Calamine lotion Hydrocortisone Cream (Cortaid®) Menthol, pramoxine (Gold Bond®) Diphenhydramine (Benadryl®)
Diarrhea	Loperamide (Imodium®) avoid: Bismuth subsalicylate (Pepto-Bismol®)	Sinus congestion and cold	Saline nasal spray (Ocean Mist®) Saline sinus rinse (Netti-Pot®) Chlorpheniramine (Clor-Trimetron®) Dextromethorphan, guaifenesin Avoid all products with phenylpropanolamine , phenylephrine , and pseudoephedrine
Fever	Tylenol® (acetaminophen) Take 650 milligrams (mg) every four hours for temperature higher than 100.4 degrees F. If you have a fever for more than 12 hours, call the office.	Sleep Problems	Doxylamine (Unisom®) Dyphenhydramine (Benadryl®, Tylenol PM®)
Gas	Aluminum hydroxide Magnesium hydroxide Simethicone Read the product label and don't take if there are additional drugs.	Sore throat	Dyclonine hydrochloride (Cepacol®) Benzocaine or phenol spray (Chloraseptic®) do not take for more than 2 days Menthol cough drops (Halls® or Robitussin® lozenges)
Heartburn	Aluminum hydroxide Magnesium carbonate Calcium Carbonate (Tums®/ Rolaids®) Famotidine (Pepcid®) Ranitidine (Zantac®) Omeprazole (Prilosec®)	Vaginal yeast infection	Miconazole (Monistat 7®) Clotrimazole (Gyne-Lotrimin®) Butoconazole (Gynazole-1®)
Hemorrhoids	Hydrocortisone (Anusol-HC®) Phenylephrine (when used for hemorrhoids) Pramoxine (Preparation-H®) Witch hazel (Tucks®)		