

Remember: Ibuprofen and aspirin (unless you meet certain criteria) are not recommended during pregnancy.

Allergies

- Antihistamines (Zyrtec, Claritin, Allegra, and Benadryl)

Constipation

- Increase water intake
- Increase fiber intake
- Stool softener (Colace or Docusate)
- Citrucel • Metamucil
- Fibercon • Miralax
- Konsyl • Senokot

Cough

- Robitussin or Robitussin DM (one teaspoonful every 4-6 hours)
- Cough drops

Diarrhea

- Immodium
- Kaopectate

Headache

- Tylenol (500 mg every 4 hours as needed)

Hemorrhoids

- Tucks pads
- Anusol
- Preparation H with cortisone (ointment or suppositories)

Heartburn, Gas or Upset Stomach

- Maalox
- Mylanta
- Mylicon
- Pepcid AC
- Prilosec
- Riopan
- Tagament
- Tums

Insomnia

- Benadryl
- Tylenol PM
- Unisom

Nasal Congestion or Cold

- Warm salt water gargles
- Cold air humidifier
- Benadryl (25 mg every 6 hours)
- Flonase
- Mucinex
- Nasonex
- Ocean nasal spray
- Sudafed
- Tylenol cold medications

Nausea

- Emetrol
- Ginger (ginger ale, ginger tea, ginger tablets)
- Sea bands
- Vitamin B-6 (50 mg, twice a day)

If these options do not help, notify the office and we can recommend other treatments.

Skin Irritation

- Alpha Keri
 - Aquaphor
 - Aveeno
 - Caladryl
 - Benadryl lotion, spray or cream, hydrocortisone
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