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| Acne               | • Cetaphil® Gentle Skin Cleanser  
                    • CeraVe® Hydrating Cleanser  
                    • Glytone           | Nausea/Vomiting    | • Vitamin B6 (take 25mg four times a day)  
                    | Motion Sickness     | • Unisom® Sleep Tabs (doxylamine succinate) Take one-half 25mg tablet and 25mg of Vitamin B6 three to four times a day. |
| Allergies          | • Alavery® or Claritin® (loratadine)  
                    • Benadryl® (diphenhydramine)  
                    • Zyrtec® (cetirizine)          | Pain               | • TYLENOL® (acetaminophen) Take 650mg to 1,000mg every 4-6 hours as needed. Do not take more than 3,000mg in 24 hours. If you don't have relief in 24 hours, call the clinic. |
|                     |                                                                             | (Call the clinic if pain is in your abdomen.)  
                    |                  |                                                                             |
| Constipation       | • Citrucel or Unifiber®  
                    • Colace®  
                    • Ex-lax®  
                    • Fiber caplets or Fiber Con®  
                    • Metamucil® psyllium  
                    • Milk of Magnesia  
                    • Mineral Oil (one ounce) in prune juice  
                    • ClearLax, MiraLax® | Rash               | • Aveeno® Soothing bath treatment (colloidal oatmeal)  
                    |                  | • Caladryl Clear® lotion (calamine, zinc oxide)  
                    |                  | • Cortaid® (hydrocortisone)  
                    |                  | • Gold Bond®1% Medicated Anti-itch Cream (Menthol, Pramoxine)  
                    |                  | AVOID IN THE FIRST TRIMESTER |
| Diarrhea           | • Imodium® (Loperamide)                                                      | Sinus/             | • Chlor-Trimeton (chlorpheniramine)  
                    |                  | Congestion/Cold | • Coricidin HBP® Chest Congestion and Cough (dextromethorphan, guaifenesin)  
                    |                  |                  | • Ocean Mist® nasal spray (saline sprays)  
                    |                  |                  | • Sudafed® (pseudoephedrine)  
                    |                  |                  | AVOID IN THE FIRST TRIMESTER |
| Cough              | • Vicks® Nature Fusion Cough (dextromethorphan hydrobromide)  
                    • Delsym® 12-Hour Extended Release  
                    • Mucinex® (Guafenesin)          | Sleep              | • Unisom® Sleep Tabs (doxylamine succinate)  
                    | Disturbance        | • TYLENOL® PM (acetaminophen, diphenhydramine HCL)  
                    |                  |                                                                             |
| Gas                | • Gas-X® chewable tablets or Maalox® (simethicone)  
                    • Mylanta® maximum strength liquid or Maalox® | Sore Throat        | • Cepacol® Maximum Strength Sore Throat Spray or Sudcets® lozenges (dyclonine hydrochloride)  
                    |                  |                  | • Chloraseptic® lozenges (benzoicaine) or spray (phenol) Do not take longer than 2 days.  
                    |                  |                  | • Halls® or Robitussin® lozenges (menthol)  
                    |                  |                  | • Vicks® lozenges with honey (dextromethorphan hydrobromide)  
                    |                  |                                                                             |
| Heartburn          | • Gaviscon® (aluminum hydroxide, magnesium carbonate)  
                    • Zantac® (Ranitidine)  
                    • Pepcid® (Famotidine)  
                    • Maalox tablets or Rolaids® or Titralac® or Tums® (take less than 2,000 mg) | Vaginal Yeast      | • Per CDC - Only Topical/”Azole” creams for 7 days.  
                    |                  | Infection         | • Gyne-Lotrimin® ( clotrimazole)  
                    |                  |                  | • Monistat® 7 vaginal cream (miconazole)  
                    |                  |                                                                             |
| Hemorrhoids        | • Anusol-HC® or Preparation H® Hydrocortisone  
                    • Preparation H® (phenylephrine, pramoxine, glycerin, petroleum)  
                    • Tucks® pads (witch hazel) | | |