

As a general rule, try conservative measures first to relieve bothersome symptoms and if symptoms worsen despite several days of treatment, contact the clinic.

This is not an all inclusive list of medications. If you have questions about other medications, please contact the clinic.

Cold/Cough/Allergies

Robitussin, Robitussin DM, Sudafed, Benadryl, Chlor-Trimeton, Actifed, Claritin, Tylenol Sinus, Alavert

For cold symptoms, we recommend rest, hydration, and using a humidifier to avoid dry air.

Sore Throat

Chloraseptic spray or lozenges, Cepacol lozenges, Halls cough drops

Pain

Tylenol or generic Acetaminophen 650-1000mg every 6 hours as needed (*do not exceed 3 grams in a 24-hour period*)

For headaches, we also recommend using a cool cloth on your forehead and avoiding light and loud sounds. NO Ibuprofen, Motrin, Advil, aspirin or Aleve.

Nausea

Vitamin B6, Emetrol, Unisom

If you have severe nausea, call you provider

Hemorrhoids

Anusol, Preparation H, Tucks pads

Heartburn/Reflux/Gas

Tums, Maalox, Mylanta, Zantac, Roloids, Pepcid AC, Gas-X, Simethicone (Gas-X), Mylicon chewables, Prevacid

Avoid spicy foods, carbonated beverages and acidic foods such as tomatoes, tomato sauces and orange juice. Try not to eat just before lying down, as this can worsen symptoms.

NO Peptobismol (contains aspirin)

NO Alkaseltzer (contains aspirin)

Diarrhea

Immodium, Kaopectate

If not resolving in 48 hours, call your provider.

Constipation

Metamucil, Colace (docusate), Milk of Magnesia, Citrucel, Fibercon

To avoid constipation, drink plenty of water and eat fruits, vegetables, raisin bran, whole grain cereals, prunes and pears.

Rash

Hydrocortisone cream, Benadryl (oral or cream), Calamine lotion

If not resolving in 48 hours, call your provider.

Vaginal Yeast Infections

Monistat 3 or 7 day