

## Medication List

### COLD & FLU SYMPTOMS

Tylenol-Regular  
Tylenol-Extra Strength Cold & Sinus  
Sudafed  
Robitussin-Regular or DM  
Dimetapp  
Triaminic  
Cough Drops (Halls with Zinc preferred)  
Chlor-Trimenton

### PAIN

Tylenol (Acetaminophen)  
Tylenol PM  
Extra Strength Tylenol

### DECONGESTANTS

Sudafed Cold  
Robitussin CF  
Ocean Nasal Spray  
Sudafed

### ALLERGIES

Benadryl  
Dimetapp  
Zyrtec  
Claritin

### INSOMNIA

Benadryl  
Unisom

### MORNING SICKNESS

Ginger Tea  
Vitamin B6 (pyridoxine) 50mg- 1 tab 3 times/day  
Unisom (doxylamine)  
Sea Bands

### SKIN RASHES

Benadryl Cream  
Hydrocortisone Cream- .5% or 1%

### HEMORRHOIDS

Anusol  
Tucks  
Preparation-H  
Hydrocortisone

### CONSTIPATION

Colace  
Fibercon  
Citrucel  
Metamucil  
Surfak  
Milk of Magnesia

### DIARRHEA

Imodium  
Kaopectate

### ACID REFLUX, INDIGESTION, GAS

Tums  
Gas-X (Simethicone)  
Tagamet  
Ripran  
Rolaide  
Mylanta  
Pepcid  
Zantac  
Gaviscon  
DO NOT USE Pepto Bismol

### VAGINAL INFECTIONS

-Monistat



**DO NOT USE: Ibuprofen, Aleve, Motrin, Advil**

