



Dr. Niral Patel | Dr. Sarah Kline | Nicole Madalon | Courtney Blanchard

<p>Nausea / Vomiting Sea Bands Emetrol (if not diabetic) 1-2Tbsp over 8oz of ice Vitamin B6 50mg (3x daily) & Unisom at bedtime (will cause drowsiness) *Avoid Pepto Bismol* Ginger candies or tea Peppermint</p> <p>Pain Acetaminophen (Tylenol) *No ibuprofen (Advil, Motrin) *</p> <p>Heartburn Pepcid AC Maalox Mylanta Tums Rolaids</p> <p>Hemorrhoids Preparation H Anusol Tucks Witch Hazel Sitz Bath</p> <p>Rashes Hydrocortisone cream Calamine lotion Benadryl cream Oatmeal bath (Aveeno)</p>	<p>First Aid Neosporin Bacitracin J & J Pepcid AC Maalox Mylana Tums Rolaids</p> <p>Cold & Allergy Tylenol (acetaminophen) or Tylenol Cold Saline drops/spray Allegra Benadryl Claritin Zyrtec Robitussin DM Vicks Cough Syrup Cepacol, Vicks, Halls Chloraseptic spray Mucinex</p> <p>Constipation Citrucel Fiberall/Fibercon Benefiber Metamucil Colace Miralax Milk of Magnesia Hot Prune Juice Hot Tea w/ Molasses (if not diabetic) *Make sure you are drinking a lot of water* **Avoid Mineral Oil & Castor Oil**</p>	<p>Diarrhea *For a max of 24 hours only, and only after 12 weeks* Imodium and Kaopectate</p> <p>BRAT Diet (Bananas, Rice, Applesauce, Toast)</p> <p>Headache Tylenol (acetaminophen), Regular (325 mg) 2 tablets every 4 to 6 hours as needed or Extra Strength (500 mg) 2 tablets every 6 hours as needed</p> <p>Yeast Infection Monistat 7</p> <p>Sleep Unisom Tylenol PM</p>
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