

NON-PRESCRIPTION MEDICATIONS

Heartburn/ Gas/ Indigestion

Mylanta *Zantac*
Maalox *Pepcid*
Tums *Mylicon*
Gas-X *Gaviscon*

Seasonal Allergies

Claritin
Benadryl
Nasal Saline Spray

Nausea

Ginger *Chamomile*
Dramamine *Sea Bands*
Doxylamine *Emertrol*
Vitamin B6 *Nestrex*

Congestion/ Cough/ Cold

Sudafed *Afrin- used sparingly*
Actifed *Nasal saline spray*
Mucinex *Tylenol cold & sinus*
Delsym

Constipation

Stool Softeners *Laxatives*
Colace *Milk of Magnesia*
Senakot *Metamucil*
Pericolace *Miralax*
 Fibercon

Sore Throat or Cough

Salt water gargle
Cepastat
Cepacol
Robutissin DM

Hemorrhoids

Anusol *Sitz Baths*
Preparation H
Tucks Pads
Witch Hazel

Leg Cramps

Calcet
Caltrate
Os-cal
Magnesium

Diarrhea

Imodium *Kaopectate*

Headache/ Muscle Aches/ Pains

Tylenol *Icy Hot*

Insomnia

Benadryl
Tylenol PM
Unisom/ Doxylamine

DO NOT TAKE: NSAIDS (Aleve, Advil, Ibuprofen, Aspirin), Pepto bismol, Mineral oils, Alka Seltzer