



COMPLAINT	OK TO USE	<u>DO NOT USE</u>
Pain Relievers	Acetaminophen (Tylenol) 650mg every 4 hours as needed	Ibuprofen (Advil) Aleve Aspirin (unless instructed by your provider)
Heartburn	Tums/Rolaids; use as directed Maalox/Mylanta; use as directed Pepcid AC 20mg daily	Pepto Bismol Alka Seltzer
Gas	Simethicone (Mylicon, Gas-X) 80mg up to 4 times daily, after meals and at bedtime	
Nausea	Ginger capsules 250mg 4 times a day Vitamin B6 10-25mg 3-4 times daily Unisom ½ tablet 30 min before bed	Pepto Bismol
Diarrhea	Immodium; use as directed	Kaopectate Pepto Bismol
Cold/Nasal Congestion	Sudafed/Pseudoephedrine; 30-60mg every 4-6hrs (Avoid use in the 1 st trimester and while breastfeeding) Robitussin DM; 2-4 teaspoons every 4-6 hours Mucinex; use as directed	Combination products or medications that contain: <ul style="list-style-type: none"> • Alcohol • Aspirin • Ibuprofen • Iodine • Phenylephrine/Sudafed PE
Rash	Hydrocortisone Cream Benadryl Cream	

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Allergies	Benadryl; 25mg every 6-8hrs Claritin; 10mg daily Zyrtec; 10mg daily	
Yeast Infection	Any over the counter yeast medication	
Antibiotics	Macrobid Penicillin Erythromycin Amoxicillin Keflex Ceftin	Tetracyclines Sulfa medications: Bactrim Septra
Acne		Salicylic Acid