

## WHAT MEDICATIONS CAN I TAKE?

### **NAUSEA & VOMITING**

- 1 Unisom ( it has an anti-nausea effect )
- 2 Benadryl ( it has an anti-nausea effect )
- 3 Ginger 250mg ( in the herb section )

### **COLD/COUGH**

- 1 Saline nasal spray ( Afrin )
- 2 Sudafed
- 3 Tylenol Cold
- 4 Tylenol Cough
- 5 Robitussin ( plain or DM )
- 6 Any sore throat lozenges or cough drops

### **ALLERGIES**

- 1 Tylenol Sinus & Allergy
- 2 Benadryl 25mg
- 3 Clariten
- 4 Zrytec
- 5 Any over the counter antihistamine

### **CONSTIPATION**

- 1 Milk of Magnesia
- 2 Surfak
- 3 Colace
- 4 Peri-Colace
- 5 Metamucil
- 6 Citrucel

### **DIARRHEA**

- 1 Immodium AD
- 2 Kaopectate

### **HEADACHES/BACK PAIN/GENERAL PAIN**

- 1 Tylenol
- 2 Ex-Tylenol

**NO ASPIRIN** and **NO IBUPROFEN** (motrin or advil ) unless ordered by your doctor.