

## Approved Medication List

Acne	Allergy	Antibiotics
<ul style="list-style-type: none"> <li>• Clindamycin</li> <li>• Topical Erythromycin</li> </ul>	<p><i>Plain formulas recommended</i></p> <ul style="list-style-type: none"> <li>• Benadryl (Diphenhydramine)</li> <li>• Claritin (Loratidine)</li> <li>• Zyrtec (Cetirizine)</li> <li>• Nasal saline rinse</li> </ul>	<ul style="list-style-type: none"> <li>• Ceclor</li> <li>• Cephalosporins</li> <li>• E-mycins</li> <li>• Keflex</li> <li>• Macrobid/Macroclantin</li> <li>• Penicillin</li> <li>• Zithromax</li> <li>• Bactrim</li> </ul>
Cold/Sinus	Constipation	Diarrhea
<ul style="list-style-type: none"> <li>• Saline nasal sprays</li> <li>• Vicks Vapor Rub</li> <li>• Bedside humidifier</li> <li>• Halls cough drops</li> <li>• Benadryl</li> <li>• Chloraseptic spray</li> <li>• Robitussin DM (Dexomethrophan)</li> </ul>	<ul style="list-style-type: none"> <li>• Miralax</li> <li>• Colace (Docusate Sodium)</li> <li>• Fibercon</li> <li>• Metamucil</li> <li>• Magnesium</li> <li>• Culturelle chewable probiotic</li> </ul>	<ul style="list-style-type: none"> <li>• Culturelle chewable probiotic</li> <li>• Imodium AD</li> </ul>
Gas	Headache	Heartburn/Upset Stomach
<ul style="list-style-type: none"> <li>• Gas-X</li> <li>• Mylicon</li> <li>• Phazyme</li> </ul>	<ul style="list-style-type: none"> <li>• Cold compress</li> <li>• Increased fluid intake</li> <li>• Tylenol (Acetaminophen)</li> <li>• Peppermint essential oil applied to temples (if no problem with high blood pressure)</li> <li>• Lavendar rice pack around neck</li> </ul>	<p><i>Avoid lying down for at least 1 hour after meals</i></p> <ul style="list-style-type: none"> <li>• Maalox</li> <li>• Mylanta</li> <li>• Pepcid AC (Famotidine)</li> <li>• Pepcid Complete</li> <li>• Roloids</li> <li>• Zantac (Ranitidine)</li> <li>• Tums</li> <li>• Gaviscon</li> </ul>
Hemorrhoids	Herpes	Lice
<ul style="list-style-type: none"> <li>• Preparation H</li> <li>• Anusol/Anusal H.C.</li> <li>• Tucks (witch hazel) pads</li> </ul>	<ul style="list-style-type: none"> <li>• Acyclovir</li> <li>• Famvir</li> <li>• Valtrex</li> </ul>	<ul style="list-style-type: none"> <li>• Rid</li> </ul>

<b>Leg Cramps</b>	<b>Nausea and Vomiting</b>	<b>Pain</b>
<ul style="list-style-type: none"> <li>• Tums</li> </ul>	<ul style="list-style-type: none"> <li>• Emetrol</li> <li>• Unisom (Doxylamine)</li> <li>• Diclegis</li> <li>• Vitamin B6</li> <li>• Dramamine</li> <li>• Ginger Root 250 mg, 4x daily</li> <li>• Sea bands</li> <li>• High complex carbs at bedtime</li> <li>• Peppermint</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> </ul>
<b>Rash</b>	<b>Sleep Issues</b>	<b>Yeast Infection</b>
<ul style="list-style-type: none"> <li>• Benadryl</li> <li>• 1% Hydrocortisone Cream</li> </ul>	<ul style="list-style-type: none"> <li>• Benadryl</li> <li>• Chamomile Tea</li> <li>• Unisom</li> <li>• Tylenol PM</li> <li>• Lavendar Essential Oil</li> </ul>	<ul style="list-style-type: none"> <li>• Monistat (<i>avoid 1 day creams</i>)</li> </ul>

\*\*If you have any questions or concerns about this medication list, please contact your provider.