

Approved Medication List

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

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

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