

## Approved Medication List

Acne	Allergy (Plain formulas recommended)	Antibiotics
<ul style="list-style-type: none"> <li>• Clindamycin</li> <li>• Topical Erythromycin</li> </ul> <p>AVOID: Accutane, Retin-A, Tetracycline, Minocycline, Vitamin A beyond prenatal vit</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/Macrochantin</li> <li>• Penicillin</li> <li>• Zithromax</li> <li>• Bactrim (AVOID in 3rd Trimester)</li> </ul> <p>AVOID: Cipro, Tetracycline, Minocycline, Levaquin</p>
Cold/Sinus	Constipation	Diarrhea
<ul style="list-style-type: none"> <li>• Saline nasal sprays</li> <li>• Vicks Vapor Rub</li> <li>• Benadryl</li> <li>• Robitussin DM (Dexomethrophan)</li> <li>• Mucinex (guaifenesin)</li> <li>• Chloraseptic spray</li> <li>• Bedside humidifier</li> <li>• Halls cough drops</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> <li>• Citrucel</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) Regular or Extra Strength</li> <li>• Peppermint essential oil applied to temples (if no problem with high blood pressure)</li> <li>• Lavendar rice pack around neck</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid lying down for at least 1 hour after meals</li> <li>• Maalox</li> <li>• Mylanta</li> <li>• Pepcid AC (Famotidine)</li> <li>• Pepcid Complete</li> <li>• Roloids</li> <li>• Tums (limit 6 per day)</li> <li>• Gaviscon</li> <li>• Prilosec</li> <li>• Aciphex</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> <li>• Hydrocortisone OTC</li> <li>• Vaseline Lotion applied to tissue</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> <p>AVOID: Kwell</p>
Leg Cramps	Nausea and vomiting	Pain
<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, 4 x daily</li> <li>• Sea bands</li> <li>• High complex carbs at bedtime</li> <li>• Peppermint</li> <li>• Acupressure</li> </ul>	<ul style="list-style-type: none"> <li>• Tylenol (Acetaminophen)</li> </ul> <p>AVOID: Ibuprofen (Motrin, advil) and Naprosyn (Aleve)</p>
Rash	Sleep Issues	Yeast infection (7 day creams preferred)
<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>• Unisom</li> <li>• Tylenol PM</li> <li>• Lavendar Essential Oil</li> <li>• Warm Milk-add vanilla or sugar for flavor</li> </ul>	<ul style="list-style-type: none"> <li>• Monistat</li> <li>• Gyne-lotrimin</li> <li>• Terazol</li> </ul> <p>AVOID: 1 day creams</p>
Tooth pain		
<ul style="list-style-type: none"> <li>• Oragel</li> </ul>		