

<b><u>Allergy</u></b>	Benadryl	Zyrtec 10 mg	Dristan	Chlor-Trimeton	Drink at least 68 oz. of water
	Sudafed	Claritin 10 mg	Nasal Saline Spray		
<b><u>Cold &amp; Flu</u></b>	Tylenol (Acetaminophen) Actifed Neosynephrine Sudafed Dristan				Drink at least 68 oz. of water
<b><u>Cough &amp; Sore Throat</u></b>	Robitussin DM Trind-DM Vicks Cough Syrup Halls Cough Drops and any throat lozenges/sprays				Drink at least 68 oz. of water
<b><u>Constipation</u></b>	Metamucil	Fiberall/Fibercon	Milk of Magnesia	Senakot	Drink at least 68 oz. of water Add fiber to diet and eat green leafy veggies
	Citrucel		Colace		
<b><u>Diarrhea</u></b>	Use for 24 hours only, must be 12 weeks along pregnancy Kaopectate Imodium DM Parapectolin				Drink at least 68 oz. of water
<b><u>First Aid Ointment</u></b>	J & J Bacitracin Neosporin				
<b><u>Headache</u></b>	Tylenol (Acetaminophen) or Tylenol Ex-Strength 1,000 mg ever 4-6 hours Excedrine Migrane (Aspirin Free)				One cup strong coffee (no sugar added) or 1/2 cup of a caffeinated beverage
<b><u>Heartburn</u></b>	Mallox	Tums	Riopan	Prilosec	Do not eat 2 hours prior to sleep. Elevate head during sleep.
	Mylanta	Gaviscon	Prevacid	Zantac	
<b><u>Hemorrhoids</u></b>	Preparation H Anusol Witch Hazel Tucks				
<b><u>Nausea &amp; Vomiting</u></b>	Vitamin B6 (100 mg tablet)	Emetrol (if not diabetic)	Emetrex	Sea Bands	Eat small meals throughout the day instead of 3 large meals
	Lemons	Gingersnap Cookies	Ginger Ale	Saltine Crackers	
<b><u>Rashes</u></b>	Hydrocortisone Cream or Ointment Caladryl lotion or Cream Oatmeal bath (Aveeno)				
<b><u>Yeast Infection</u></b>	Monistat (3-7 day treatment) Terazol				Eat a yogurt daily

\* Please Note: No Drug can be considered 100% safe to use during pregnancy. Only take medication as directed by the manufacture's label or by your healthcare provider.