

**Comparable Trade/Generic Medications approved. Please contact the clinic or pharmacist with any questions.**

Condition	Medication	Condition	Medication
<b>Acne</b>	<ul style="list-style-type: none"> <li>Cetaphil® Gentle Skin Cleanser</li> <li>CeraVe® Hydrating Cleanser</li> <li>Glytone</li> </ul>	<b>Nausea/Vomiting Motion Sickness</b>	<ul style="list-style-type: none"> <li>Vitamin B6 (take 25mg four times a day)</li> <li>Unisom® Sleep Tabs (doxylamine succinate) Take one-half 25mg tablet and 25mg of Vitamin B6 three to four times a day.</li> </ul>
<b>Allergies</b>	<ul style="list-style-type: none"> <li>Alavery® or Claritin® (loratadine)</li> <li>Benadryl® (diphenhydramine)</li> <li>Zyrtec® (cetirizine)</li> </ul>	<b>Pain</b> (Call the clinic if pain is in your abdomen.)	<ul style="list-style-type: none"> <li>Tylenol® (acetaminophen) Take 650mg to 1,000mg every 4-6 hours as needed. Do not take more than 3,000mg in 24 hours. If you don't have relief in 24 hours, call the clinic.</li> </ul>
<b>Constipation</b>	<ul style="list-style-type: none"> <li>Citrucel or Unifiber®</li> <li>Colace®</li> <li>Ex-lax®</li> <li>Fiber caplets or Fiber Con®</li> <li>Metamucil® psyllium</li> <li>Milk of Magnesia</li> <li>Mineral Oil (one ounce) in prune juice</li> <li>ClearLax, MiraLax®</li> </ul>	<b>Rash</b> (Call the clinic if you have an allergic reaction, or no relief)	<ul style="list-style-type: none"> <li>Aveeno® Soothing bath treatment (colloidal oatmeal)</li> <li>Caladryl Clear® lotion (calamine, zinc oxide)</li> <li>Cortaid® (hydrocortisone)</li> <li>Gold Bond® 1% Medicated Anti-itch Cream (Menthol, Pramoxine)</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>Imodium® (Loperamide)</li> </ul>	<b>Sinus/ Congestion/Cold</b>	<ul style="list-style-type: none"> <li>Chlor-Trimeton (chlorpheniramine)</li> <li>Coricidin HBP® Chest Congestion and Cough (dextromethorphan, guaifenesin)</li> <li>Ocean Mist® nasal spray (saline sprays)</li> <li>Sudafed® (pseudoephedrine)</li> </ul> <p><b>AVOID IN THE FIRST TRIMESTER</b></p>
<b>Cough</b>	<ul style="list-style-type: none"> <li>Vicks® Nature Fusion Cough (dextromethorphan hydrobromide)</li> <li>Delsym® 12-Hour Extended Release</li> <li>Mucinex® (Guaifenesin)</li> </ul>	<b>Sleep Disturbance</b>	<ul style="list-style-type: none"> <li>Unisom® Sleep Tabs (doxylamine succinate)</li> <li>Tylenol® PM (acetaminophen, diphenhydramine HCL)</li> </ul>
<b>Gas</b>	<ul style="list-style-type: none"> <li>Gas-X® chewable tablets or Maalox® (simethicone)</li> <li>Mylanta® maximum strength liquid or Maalox®</li> </ul>	<b>Sore Throat</b>	<ul style="list-style-type: none"> <li>Cepacol® Maximum Strength Sore Throat Spray or Sucrets® lozenges (dyclonine hydrochloride)</li> <li>Chloraseptic® lozenges (benzocaine) or spray (phenol) Do not take longer than 2 days.</li> <li>Halls® or Robitussin® lozenges (menthol)</li> <li>Vicks® lozenges with honey (dextromethorphan hydrobromide)</li> </ul>
<b>Heartburn</b>	<ul style="list-style-type: none"> <li>Gaviscon® (aluminum hydroxide, magnesium carbonate)</li> <li>Zantac® (Ranitidine)</li> <li>Pepcid® (Famotidine)</li> <li>Maalox tablets or Rolaids® or Titalac® or Tums® (take less than 2,000 mg)</li> </ul>	<b>Vaginal Yeast Infection</b>	<ul style="list-style-type: none"> <li>Per CDC - Only Topical/"Azole" creams for 7 days.</li> <li>Gyne-Lotrimin® (clotrimazole)</li> <li>Monistat® 7 vaginal cream (miconazole)</li> </ul>
<b>Hemorrhoids</b>	<ul style="list-style-type: none"> <li>Anusol-HC® or Preparation H® Hydrocortisone</li> <li>Preparation H® (phenylephrine, pramoxine, glycerin, petroleum)</li> <li>Tucks® pads (witch hazel)</li> </ul>		