

Allergies.....Actifed, Sudafed (pseudoephedrine hydrochloride),
Benadryl, Claritin
Cough/Cold..... Robitussin (plain), Tylenol
Congestion.....Actifed, Sudafed, Benadryl (diphenhydramine
hydrochloride)
Constipation.....Metamucil, Surfak, Colace, Fibercon, Milk of Magnesia
DiarrheaImodium
Gas/Flatus.....Mylanta, Simethicone (gas-x)
Headache/Fever.....Acetaminophen (Tylenol)
Heartburn/Indigestion...Mylanta, Riopan, Tums (avoid Alka-Seltzer), Zantac,
Tagamet
Hemorrhoids.....Anusol cream or suppositories, Tucks
Herpes.....Don Burrows soaks, discuss with your doctors office a
prescription for an anti-herpes prescription
Nausea.....Emetrol, Vitamin B6 (Pyroxidine) 25 mg per day
Sore Throat.....Cepacol lozenges, warm salt-water gargles
Skin Irritation.....Calamine, Caladryl, Corticaine, Lanacort, and Neosporin