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| **CALL US IF ANY OF YOUR PROBLEMS ARE SEVERE OR CONTINUE DESPITE TREATMENT ATTEMPS AT 402-421-8581** |
| **Problem** | **Over the Counter Medication** | **Alternative Measures** |
| **Allergies** | Benadryl, Claritin (regular), Zyrtec, Nasonex, Flonase | Avoid aggravating factors, nasal rinse |
| **Colds/ Nasal Congestion** | Mucinex, Robitussin | Vicks, Vaporizer/ Humidifier |
| **Back Pain** | Tylenol, Ben- Gay, Icy Hot | Heat or cold massage, acupuncture, chiropractor, maternity belt for support, shoes with arch support, limits on lifting, sleep on side with pillow |
| **Bloating/ Gas** | Gas-X (Simethicone) | Avoid gas causing foods |
| **Constipation** | Stool softener: Colace; Fiber: Senokot, Dulcolax, Metamucil; Laxatives: Miralax, Milk of Magnesia | Increase fluid intake (64-96 oz per day), Prunes or prune juice daily, Increase dietary fiber, regular exercise |
| **Cough** | Vicks 44, Delsym, Cough Drops |  |
| **Diarrhea** | Immodium, Kaopectate \*NO PEPTO BISMOL\* | Usually best to let it run its course, clear liquid diet for 24-48 hours, Gatorade, BRAT diet: (bananas, rice, applesauce, toast) |
| **First Aid Ointment** | Bacitracin, Neosporin |  |
| **Fever 100.4\*** | Tylenol | Cool compress, increase fluid intake |
| **Headache** | Tylenol, Caffeine, Excedrin Tension(\*Call clinic for specific Ibuprofen instructions\*) | Increase fluids, Rest, Stress Reduction, Massage, Acupuncture, Chiropractor, Warm Compress with Lavender Oil |
| **Heartburn/ Indigestion** | Tums, Rolaids, Maalox, Mylanta, Pepcid AC, Prilosec | Frequent small meals, wait to lie down after eating at least 30 minutes, raw almonds, papaya tablets |
| **Hemorrhoids** | Preparation H, Anusol HC, Tucks pads, Stool softeners, Mothers Love (Rhoid balm) | Avoid Constipation and straining, increase fiber and fluids, sitz baths, ice baths |
| **Insect Repellant** | EPA registered products, including those with DEET | Lemon eucalyptus oil, cover up with clothing, use fans to keep air moving |
| **Insomnia** | Benadryl, Tylenol PM, Unisom | Warm baths, Lavender, Deep breathing, Daily exercise, Avoid caffeine, Chamomile tea, Rescue Sleep |
| **Leg Cramps** | Calcium 1,000 mg at bedtime, Magnesium Lactate supplements  | Avoid pointing toes/ flexing feet when cramping, Increase fluids, Hot shower, or Warm bath |
| **Ligament Pain** | Tylenol  | Maternity Belt |
| **Nausea/ Vomiting** | Unisom ½ tab in AM and 1 tab in PM, Vitamin B6 50mg, Dramamine | Peppermint or Ginger tea or candy, sip ginger ale, Sea bands, Acupuncture, Toast or crackers before getting out of bed  |
| **Sore Throat** | Tylenol, Throat lozenges, Chloraseptic spray, Cough drops | Warm saline gargles, Increase fluid |
| **Sunscreen** | SPF of at least 30 (protection against UVA and UVB rays) | Cover up with cool and breathable long sleeve clothing, wear a hat, stay under shaded areas when possible |
| **Swelling** | Vitamin B6 (50-100mg per day) | Lemon juice, Watermelon, Strawberries, Cucumber, Increase water intake, Swimming, Decrease salt intake, Compression Stockings |