

Women's Healthcare of Southern Indiana, LLC
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	Medication
Insomnia	Tylenol PM/Benadryl
Constipation	Fiber supplements – FiberCon, Fiber Choice, Metamucil, Citrucel, All Bran or Fiber One Cereal. Stool softeners – Colace or Surfak Suppositories – Glycerin or Dulcolax Enemas – Fleets
Cough	Robitussin, Robitussin DM, cough drops
Congestion	Sudafed, Actifed, Tylenol Sinus AM or PM, TylenolCold, Benadryl, Vicks Vapo Rub, Claritin or Claritin D
Nose Bleeds	Saline nasal spray or drops, humidifier
Headache or Pain	Tylenol or Tylenol Extra-Strength
Sore Throat	Tylenol, Tylenol Extra-Strength, cough drops, Chloraseptic
Diarrhea	Imodium AD
Acne	Benzoyl Peroxide (Clearasil) or Salicylic acid products
Heartburn	TUMS, Mylanta, Gaviscon, Zantac, Tagamet or Pepcid –AC, Prilosec OTC
Round Ligament Pain	Tylenol or Tylenol Extra-Strength, microwave heating pad, Thermacare heat packs
Itching	Benadryl tablets or cream
Yeast Infection	3 to 7 day antifungal – Monistat, Femstat
Hemorrhoids	Preparation H (with cortisone), Anusol, Tucks Pads
Nausea	Emetrol
Cold Sore	Abreva