

# Low Risk Medications

Here are some low risk over-the-counter medications that you may take for the following symptoms:

## **Coughs, Colds, Congestion**

- Contact 12 Hour Cold, 12 Hour Cold Maximum Strength, Severe Cold and Flu, Severe Cold and Flu Non-drowsy, Continuous Action, Cough Formula, Cough & Sore Throat
- Benadryl Allergy/Cold, Allergy Congestion
- Robitussin DM, Night Relief
- Tylenol Cold Non-drowsy, Multi Symptom Cold Complete, Cold Severe Congestion Non-drowsy, Sinus Non-drowsy, Flu Non drowsy
- Sudafed Cold and Sinus, Cold and Cough, Non-drying Sinus, Severe Cold Formula, Sinus Headache
- Sominex
- Any throat or cough drops, or sprays
- Actifed, Chlor-Trimeton, Vicks

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## **Pain Relievers**

Tylenol, Extra Strength Tylenol, Acetaminophen, Panadol, Temptra, Anacin Aspirin Free

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## **Antacids**

Maalox, Maalox Plus, Mylanta, Mylanta II, Riopan, Riopan Plus, Tums, Roloids

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## **Stool Softeners**

Colace, Surfak, Metamucil, Citrucel, Fibercon, Dialose, Milk of Magnesia

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## **Nasal Sprays**

Afrin, Dristan, Neosynephrine, Ocean Nasal Spray

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## **Diarrhea**

Kaopectate or Imodium A/D, Pedialyte, Ricelyte, Rehydrate, Gatorade

*Note: If diarrhea persists more than two days, or if bloody, call the office.*

A recommended diet for diarrhea includes unsweetened cereal, rice, potatoes, noodles, crackers, bananas, applesauce, toast, soup, yogurt, vegetables, fruits. Avoid sweets, soft drinks, apple juice, Jell-O, or fats.