

Medications and Uses

EmergenC- mix a packet with water and drink when you feel run down or a cold coming on.

Ibuprofen/Advil- take one tablet every 4 to 6 hours for a headache, muscular aches and pains, sinus pressure and if you have a fever

Hydrocortisone 1% anti-itch cream- use for minor skin irritations and rashes and insect bites, do not use more than 3 to 4 times a day

TUMS- helps with upset stomach, gas and heartburn

Famotidine/ Pepcid AC- one tablet relieves heartburn due to acid indigestion

Antihistamine/ Benadryl- relieves sneezing/itchy watery eyes, runny nose and itchy throat due to allergies or a cold. Take one to two tablets every 4 to 6 hours. Take only at night, it makes you sleepy.

Phenylephrine/Sudafed- relieves sinus congestion and pressure. Take for a stuffy nose, 1 tablet every 4 hours.

Neosporin- soothes painful cuts, scrapes and burns and helps prevent infection