

Problem	Safe to take
Indigestion, heartburn, gas, upset stomach	<p>Papaya Tablets</p> <p>Antacids for heartburn (Tums, Roloids, Mylanta, Maalox)</p> <p>Simethicone for gas pains (Gas-X, Mylicon, Phazyme)</p>
Cough or cold	<p>Guaifenesin plus dextromethorphan (Robitussin DM, Benylin Expectorant, Vicks Cough Syrup)</p> <p>Cough drops</p> <p>Vicks VapoRub</p> <p>Pseudoephedrine hydrochloride (Novafed, Sudafed)</p>
Pain relief, headache, or fever	Acetaminophen (Tylenol, Anacin-3)
Allergy relief	<p>Chlorpheniramine antihistamine alone (Chlor-Trimeton allergy tablets)</p> <p>Diphenhydramin (Benadryl)</p> <p>Clemastine fumarate (Tavist)</p> <p>Oxymetazoline (Afrin Spray)</p> <p>Over use can damage nasal passages.</p>

Problem	Safe to Take
Constipation, hemorrhoids, and diarrhea	<p>Bulking products can be used regularly (Metamucil, Citrucel)</p> <p>Laxatives and stool softeners (Colace, Dulcolax, milk of magnesia)</p> <p>Hemorrhoid creams (Tucks, Preparation H, or Anusol)</p> <p>Anti-diarrhea medication (Imodium, Kaopectate)</p>
Yeast infections and other fungal infections such as athlete's foot	<p>Garlic and Yogurt</p> <p>Miconazole (Monistat 3)</p> <p>Clotrimazole (Gyne-Lotrimin 3, Mycelex 7, Cruex, Lotrimin AF, Desenex)</p> <p>Tioconazole (Monistat 1, Vagistat 1)</p> <p>Nystatin (Bio-Statin, Mycostatin, Nilstat)</p> <p>Butoconazole (Gynazole 1, Femstat 3, Mycelex 3)</p> <p>Butenafine (Lotrimin Ultra)</p>
Insomnia	<p>Diphenhydramine (Benadryl, Nytol, Somnex-2)</p> <p>Doxylamine succinate (Unisom Nighttime Sleep-Aid)</p>
First-aid preparations	Polysporin, Cortaid, Lanacort