

Recommended Medications for Cold and Cough for **Non-Pregnant** NaPro Patients- Handout

Recommendations below are for my NON-Pregnant NaPro patients only. **If you are pregnant, please consult with the ObGyn whom you have chosen to deliver your baby.**

FOR FEVER OR PAIN:

- **Ibuprofen** 600 mg at first twinge of pain, ok to repeat in 8 hrs if you still have a twinge. Be sure to take this medication with food. Do not take if you have pre-existing GI conditions.
- **Tylenol Extra Strength** 1000 mg every 6 hrs can be used if you have GI problems or you prefer not to take ibuprofen.

FOR NASAL CONGESTION:

- **Sudafed (pseudoephedrine)** 30 mg, take one tab every 4 to 6 hrs. If this is ineffective and you don't feel anxious or jittery, ok to take two tabs every 6 hours. This has to be purchased from a pharmacist since it is not kept on the shelves, but it does not need a prescription. *Don't take this if you have high blood pressure or if you take medications for high blood pressure.*
- **Nasocort Allergy 24 hr nasal spray (triamcinolone)**, 2 sprays in each nostril once daily on day one and two, then decrease to 1 spray in each nostril daily. Stop using after 1 week.
- **Benadryl (diphenhydramine)** 25 mg, take one tab every 4-6 hrs, if ineffective can try two tabs every 6 hrs, stop taking this after three days. This can make you drowsy, so do not drive after dosing.

FOR COUGH:

Mucinex (guaifenesin) ER 600 mg, take 1-2 tablets every 12 hours, no more than 4 tablets in 24 hrs. This has an extra benefit if increasing your cervical mucus to help you achieve a pregnancy.

FOR HEADACHE:

- **Ibuprofen** 600 mg at first twinge of pain, ok to repeat in 8 hrs if you still have a twinge. Be sure to take this medication with food. Do not take if you have pre-existing GI conditions.
- **Tylenol Extra Strength** 1000 mg every 6 hrs can be used if you have GI problems or you prefer not to take ibuprofen.

FOR DIARRHEA

- The [Brat Diet](#) is amazing effective for loose stools and safe in very small children.

FOR SLEEP:

- **Melatonin**, try 3 mg to 10 mg once daily at bedtime. Some research is emerging indicating melatonin may have an [anti-oxidant and anti-inflammatory effects](#).
- **Benadryl (diphenhydramine)** 25 mg, take one tab every 4-6 hrs, if ineffective can try two tabs every 6 hrs, stop taking this after three days. This can make you drowsy, so do not drive after dosing.

NOTE:

You can rest assured that all of the above medications I have recommended for your short-term use are safe to take if you are currently taking [bio-identical progesterone](#).