



# Solutions for Common Discomforts

## Heartburn

- Stay away from greasy and spicy food
- Eat smaller meals, but more often
- Do not lie down just after eating
- Elevate the head of the bed with pillows while sleeping
- Any antacid: Maalox, Mylanta, Gaviscon, Tums. Drink plenty of water with antacid tablets as it helps increase effectiveness.

## Dizziness

- Change your position slowly
- Get up slowly after you have been lying down
- Eat regular meals/drink plenty of liquids
- Do not stay in the sun
- Report any dizziness to your doctor

## Varicose veins

- Avoid stockings or girdles with elastic bands
- Take short rests with legs raised

## Shooting Pains Down Legs

- Change positions: If you are sitting, stand up; if you are standing up, sit down.

## Lower Leg cramp

- Elevate legs often during the day
- Point toes upward and press down on kneecap
- Apply a heating pad or hot water bottle for relief
- Avoid heavy meals at bedtime

## Increased Secretions (Mucous-nose/throat/mouth)

- Do not use over the counter medicine. Check with your doctor

## Trouble Sleeping

- Do not eat just before sleeping
- To help relax, try drinking milk
- Take a warm bath before you go to bed or practice relaxation exercises

## Feeling Faint When Lying On back

- Lie on your left side

## Colds/Runny nose/Sore Throat

- Warm salt water gargles, zinc lozenges, Chloraseptic spray for sore throats
- Saline nose spray and humidifier for sinus congestion
- Sudafed, Actifed, Dimetapp, Chlortrimetron or Benadryl

## Cough

- Robitussin Cough Syrup, expectorant or other over the counter cough syrup as long as it DOES NOT CONTAIN ALCOHOL.

## Hemorrhoids

- Tucks pads and ice packs
- Annusol HC suppository
- Preparation H

## Constipation

- Any stool softener may be used
- NO LAXATIVES
- Drink at least a gallon of water a day
- Eat plenty of fiber rich foods such as fruits and vegetables, whole grains, high fiber cereal, and cooked dried beans
- Metamucil or Citracel are ineffective without the water

## Diarrhea

- Kaopectate
- Immodium A.D.

## Headache, Muscle Aches, and fever

- Tylenol (acetaminophen)

## Gas

- Mylicon