

Medication	When to Use
Acetaminophen (Tylenol)	Acetaminophen (Tylenol)
Ibuprofen (Advil)/Naproxen (Aleve)	Pain, headache/migraine, and inflammation
Dextromethorphan (Delsym)	Dry cough
Guaifenesin (Mucinex)	Wet cough (helps clear mucus)
Phenylephrine (Sudafed PE) *Over the counter*	Nasal congestion
Pseudoephedrine (Sudafed) *Behind the counter*	Nasal congestion
Doxylamine (FT Sleep Aid)	Insomnia
Camphor and Menthol (Vicks VapoRub)	Cough
Oxymetazoline (Afrin)	Nasal congestion
Loratadine (Claritin)/Cetirizine (Zyrtec)	Runny nose, sneezing, and watery eyes
Loperamide (Imodium)	Diarrhea
Meclizine (Bonine)/Dimenhydrinate (Dramamine)	Nausea, vomiting, and vertigo

For dosing, duration, and side effects of each medication listed in the table above, please see the instructions on the box or bottle or package insert