

## Tips to Treat Common Health issues

**Sore Throat:** Ibuprofen, Tylenol, benzocaine throat lozenges. Most go away within the week.

**Head congestion:** Dayquil/Nyquil or Nasal sprays: Flonase, Nasacort. If severe use oxymetazoline (generic Afrin) for 3 days or use Sudafed. Drink extra water or non-caffeinated beverages.

**Runny nose:** See above

**Cough:** cough syrups aren't much help. A teaspoon of honey several times a day will help.  
If your nose is running use Flonase or Nasacort to stop the drip.  
Mucinex helps because it makes you thirsty. It is intended for helping get mucous out of your lungs. Most mucous begins in your nose. If you can stop that, your cough will get better.

**Heartburn:** Avoid chocolate, alcohol, caffeine, greasy, fried, spicy foods. Don't eat within 2 h of bedtime.

If you are overweight-lose weight.

Avoid tight clothing around your waist.

Elevate the head of your bed on 4 inch blocks or sleep sitting up.

Carry Tums for quick relief.

Try OTC Pepcid, Zantac, Tagamet or Prilosec daily for 2 weeks. Stop to see if heartburn quits.

If it starts again, begin medication again and take daily.

**Blood in the toilet or on toilet paper:** Increase fruits and vegetables to 3 a day.

Try Carrots, apples, oranges and other vegetables that don't have to be cooked.

Warm up some corn, eat vegetables other than potatoes.

If you drink alcohol, cut back. Increase water and non-caffeinated beverages. Get more exercise.

Try over the counter cortisone ointment or cream a couple times a day on a hemorrhoid.

Clean your bottom with soap and water after a bowel movement until the bleeding stops.

Avoid straining when having a bowel movement.

**Constipation:** all the above plus a stool softener such as Colace 50 mg. 2 a day for 2 weeks will work.

**Diarrhea:** Give your intestines a rest.

Eat a bland diet and low fiber foods such as bananas, rice, applesauce, white toast.

Avoid milk, ice cream, greasy, spicy and high fiber foods.

Try macaroni and foods that usually constipate you until this resolves.

Immodium AD or PeptoBismol will help slow down the number of BMs.

Wonder about over-the-counter meds? See our OTC guide at <http://health.iupui.edu>

General health education page <http://health.iupui.edu/education/general/index.html>

