

## Items to have on hand at home

Aviva Alyeshmerni MD

### Medications:

1. 1% Hydrocortisone (itchy or painful bites). Make sure it is not mixed with other “healing” creams/ingredients
2. Clotrimazole or Iotrimin antifungal cream (diaper and skin rash from moisture/heat)
3. Benadryl Syrup and chew tabs
4. Mucinex – Pure Guaifenesin- pink mini melt box for 4 yrs and up. Very safe (good for asthmatics)
5. Simethicone Gas Drops, Chews, Capsules - Mylanta Gas Minis are my favorite and can be used for 18 mos and up, Little Remedies, Mylicon
6. Zarbees cough syrup infant and Children – Zinc.
7. Zarbees Melatonin as a sleep aid for short periods
8. Tums or Rolaids
9. Motrin Syrup and Tylenol Syrup
10. Tylenol SUPPOSITORIES (Feverall™)!!
11. Daily Vit D, Multivitamin and DHA, Prenatal for BF Moms
12. Eldeberry/Zinc/Echinacea immune syrup
13. Kids Mulleins Garlic ear oil- helps prevent inner ear infections when advised by MD
14. Cold Eeze™ zinc throat lozenges
15. Miralax for chronic constipation
16. Docusol for acute constipation
17. Epsom Salts to aid in wound/muscle healing
18. Bleach (for bleach bath as recommended for recurrent Staph infections)
19. Alcohol SwimEar™ drops (prevents outer ear infections when water is retained in the canal).
20. EmergenC™ Juice packs with Vitamin C/D/Zinc

21. Pure Aloe for burns
22. Zinc and Titanium based sunscreen (Banana Boat Mineral white tube)
23. Hepa Filter and Humidifier (Clean every 7 days with vinegar)

### Rx- Call MD before using:

24. Bactroban (mupirocin) for skin infections (pus filled mosquito bites or “spider bites” may be staph).
25. Zofran anti-nausea 4 mg Oral Dissolvable Tabs
26. Prednisone - severe allergy relief works in 15 minutes for asthma and hives

### For Baby

27. Chest Rub with menthol/eucalyptus etc.
28. Saline nasal spray
29. Nose Naspira or Freida
30. Desitin Purple 40% Zinc
31. BabyMoov cosydream newborn lounger (~~Boppy / Decatot~~)
32. My Brest Friend nursing pillow
33. Evivo probiotic for breastfeeding moms
34. Johnson and Johnson’s baby Qtips
35. Safety First Nail Clippers
36. Baby Delight Snuggle Nest Dream Portable Infant Sleeper
37. Water wipes and Cornstarch if there is a family history of skin rash and eczema
38. For families with sensitive skin, start with only Water Wipes and hypoallergenic diapers (Baby’s Only, Pure Pampers, Seventh Generation Free and Clear, Coterie, Huggies Special Delivery, and others)