

BRAT diet: banana, rice, applesauce, toast

Tylenol: 1000mg in morning  
1000 mg in afternoon/evening  
Can take together with  
Oxy

Colace stool softener

NO Advil/Ibuprofen/aleve

Nettipot/Bottle

Distilled water or boiled water

Antihistamine (Zyrtec, Claritin, Allegra)  
at bedtime