

Appendix E.5 Caregiver Interview Prep Guide

Caregiver Interview Participant Preparatory Guide

During the interview you will be asked questions about your health before, during, and after your pregnancy with your child, and about the health of your child after birth. For example, we will be asking you about some conditions you and your child might have had, medications you and your child might have taken, and other treatments and procedures you and your child might have undergone. We will also be asking a few questions about your child's biological father.

Because we know that it might be hard to remember certain events and the names of certain medications and treatments that you and your child might have taken, we have made this Preparatory Guide to help you remember such things. The interviewer will ask you to look at the lists in this guide in case you cannot remember. The interviewer will tell you which list to look at to help you answer a question. The lists do not include all conditions, medications, and treatments. Please tell the interviewer if you or your child were diagnosed with a condition, took a medication, or had a treatment that is not on one of the lists.

Please try to have this guide handy during your interview. The interview will go much faster if you are able to refer to it during the interview. It may take as long as two hours to go through the interview if you do not have it handy.

Some of the questions in the interview refer to the time period three months before pregnancy through the end of breastfeeding (if you breastfed). On the next page is a Pregnancy Reference Form to help you remember the dates before, during, and after your pregnancy. Please try to remember your expected due date and the number of months you breastfed before the interview. You do not need to do anything with this form before the interview. The interviewer will talk with you about how to fill it out.

PRE-PREGNANCY
1ST TRIMESTER
2ND TRIMESTER
3RD TRIMESTER
BREASTFEEDING
POST-PREGNANCY

CHILD'S NAME: _____

PREGNANCY REFERENCE FORM

| LINE | | START DATE | | | to | END DATE | | |
|------|---|------------|-----|------|----|----------|-----|------|
| | | Month | Day | Year | | Month | Day | Year |
| -3 | 3 Months PRE-pregnancy (-3) | | | | to | | | |
| -2 | 2 Months PRE-pregnancy (-2) | | | | to | | | |
| -1 | 1 Month PRE-pregnancy (-1) | | | | to | | | |
| 1 | MONTH 1 of pregnancy (1) | | | | to | | | |
| 2 | MONTH 2 of pregnancy (2) | | | | to | | | |
| 3 | MONTH 3 of pregnancy (3) | | | | to | | | |
| 4 | MONTH 4 of pregnancy (4) | | | | to | | | |
| 5 | MONTH 5 of pregnancy (5) | | | | to | | | |
| 6 | MONTH 6 of pregnancy (6) | | | | to | | | |
| 7 | MONTH 7 of pregnancy (7) | | | | to | | | |
| 8 | MONTH 8 of pregnancy (8) | | | | to | | | |
| 9 | MONTH 9 of pregnancy (9) | | | | to | | | |
| 10 | MONTH 10 of pregnancy (EDC) (10) | | | | to | | | |
| DOB | Date of BIRTH | | | | | | | |
| BF | # of days/ weeks/months breastfed | | | | | | | |

CHILD'S NAME: _____

PREGNANCY REFERENCE FORM

| LINE | | START DATE | | | to | END DATE | | |
|------|---|------------|-----|------|----|----------|-----|------|
| | | Month | Day | Year | | Month | Day | Year |
| -3 | 3 Months PRE-pregnancy (-3) | | | | to | | | |
| -2 | 2 Months PRE-pregnancy (-2) | | | | to | | | |
| -1 | 1 Month PRE-pregnancy (-1) | | | | to | | | |
| 1 | MONTH 1 of pregnancy (1) | | | | to | | | |
| 2 | MONTH 2 of pregnancy (2) | | | | to | | | |
| 3 | MONTH 3 of pregnancy (3) | | | | to | | | |
| 4 | MONTH 4 of pregnancy (4) | | | | to | | | |
| 5 | MONTH 5 of pregnancy (5) | | | | to | | | |
| 6 | MONTH 6 of pregnancy (6) | | | | to | | | |
| 7 | MONTH 7 of pregnancy (7) | | | | to | | | |
| 8 | MONTH 8 of pregnancy (8) | | | | to | | | |
| 9 | MONTH 9 of pregnancy (9) | | | | to | | | |
| 10 | MONTH 10 of pregnancy (EDC) (10) | | | | to | | | |
| DOB | Date of BIRTH | | | | | | | |
| BF | # of days/ weeks/months breastfed | | | | | | | |

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LIST 1
DIAGNOSIS FROM HEALTH CARE PROVIDER

MEDICAL DIAGNOSIS

Asperger's Syndrome
Attention Deficit Hyperactivity Disorder (ADHD) or ADD
Autism
Behavioral Problem
Bipolar disorder
Birth Defects (specify)
Cerebral Palsy
Childhood Disintegrative Disorder
Childhood-onset schizophrenia
Developmental Delay
Down Syndrome
Fragile X Syndrome
Hearing Problems
Learning Disabilities
Mental Retardation
Movement or Coordination Problems
Neurofibromatosis
Obsessive compulsive disorder
Other Developmental Problem
Pervasive Developmental Disorder Not Otherwise Specified
Reactive attachment disorder of infancy or early childhood
Reading Difficulty
Rett's Syndrome
Seizure Disorder / Epilepsy
Self-Injuring Behavior
Sensory integration disorder
Sleep Disorder
Speech Delays
Tourette's Disorder / Tic Disorder
Tuberous Sclerosis
Vision Problems that cannot be corrected with glasses or contact lenses

LIST 1b
DIAGNOSIS FROM HEALTH CARE PROVIDER

MEDICAL DIAGNOSIS

Birth Defects (specify)

Down Syndrome

Fragile X Syndrome

Neurofibromatosis

Tuberous Sclerosis

LIST 2
ORAL CONTRACEPTIVES
(including morning after pill preparations)

| BRAND AND GENERIC NAMES | |
|--------------------------------|------------------|
| Alesse | Norethindrone |
| Brevicon | Norinyl |
| Demulen | Nor-Q.D |
| Desogen | Ortho-Cept |
| Estrostep | OrthoCyclen |
| Levlen | Ortho-Novum |
| Levlite | Ortho Tri-Cyclen |
| Levora | Ovcon |
| Loestrin | Ovral |
| Lo/Ovral | Tri-Levlen |
| Micronor | Tri-Norinyl |
| Mircette | Triphasil |
| Modicon | Trivora |
| Necon | Zovia |
| Nordette | |

LIST 3
OTHER METHODS OF CONTRACEPTION

| METHOD | |
|---|--------------------------|
| Birth control patch (Ortho-Evra) | Rhythm / calendar method |
| Condoms (male or female) | Sponge |
| Depo-Provera | Tubal ligation |
| Diaphragm / cervical cap | Vaginal ring (NuvaRing) |
| Intrauterine device (IUD) | Vasectomy |
| Jelly, foam or suppositories, or other spermicide | Withdrawal method |
| Norplant | |

LIST 4a
FERTILITY MEDICATIONS TAKEN BY MEN

| MEDICATION BY TYPE | | MEDICATION BY NAME | |
|---|--|---|---|
| Antibiotics | Other male infertility medication | Antibiotics | Novarel |
| Anti-estrogen medications | Cabergoline | Bravelle | Ovidrel |
| Clomid | Danazol | Bromocriptine | Parlodel |
| Clomiphene citrate | Donocrine | Cabergoline | Pergonal |
| Milophene | Dostinex | Chorionic Gonadotrophin hCG | Pregnyl |
| Serophene | Factrel | Clomid | Profasi |
| Tamoxifen | Gonadorelin | Clomiphene citrate | Repronex |
| Hormonal injections | Leuprolide | Danazol | Serophene |
| Bravelle | Lupron | Donocrine | Steroid medications |
| Chorionic Gonadotrophin hCG | Lutrepulse | Dostinex | Synarel |
| Fertinex | Synarel | Factrel | Tamoxifen |
| Follistim | Nafarelin | Fertinex | Testosterone pill, injections or transdermal gel or patch |
| Follitrophin Alpha | Medicine to reduce prolactin | Follistim | Urofollitrophin |
| Follitrophin Beta | Bromocriptine | Follitrophin Alpha | |
| FSH | Parlodel | Follitrophin Beta | |
| Gonal F | Steroid medications | FSH | |
| HCG | Testosterone pill, injections or transdermal gel or patch | Gonadorelin | |
| Humegon | | Gonal F | |
| Menotrophins: Follicle Stimulating Hormone + Luteinizing Hormone or Interstitial Cell Stimulating Hormone | | HCG | |
| Metrodin | | Humegon | |
| Novarel | | Leuprolide | |
| Ovidrel | | Lupron | |
| Pergonal | | Lutrepulse | |
| Pregnyl | | Menotrophins: Follicle Stimulating Hormone + Luteinizing Hormone or Interstitial Cell Stimulating Hormone | |
| Profasi | | Metrodin | |
| Repronex | | Milophene | |
| Urofollitrophin | | Nafarelin | |

LIST 4b
MEDICATION TAKEN FOR PREVENTION OF MISCARRIAGE

MEDICATION

Baby aspirin
Crinone vaginal gel
Gamma globulin
Heparin
IVIg Therapy or Immunotherapy
Progesterone
Progesterone injection or implant
Prometrium or other progesterone capsules
Steroid treatment (specify)
Vaginal progesterone suppositories

LIST 4c
FERTILITY MEDICATIONS TAKEN BY WOMEN

MEDICATION BY TYPE

Same medications also presented in complete alphabetized list on following page

| Injections or pills to stimulate your ovaries to produce eggs | Injection to trigger ovulation once your ovaries had produced eggs | Other medications |
|--|---|--------------------------|
| Bravelle | Chorionic Gonadotrophin hCG | Bromocriptine |
| Clomid | HCG | Cabaser |
| Clomiphene citrate | Novarel | Cabergoline |
| Fertinex | Ovidrel | Danazol |
| Follistim | Pregnyl | Danocrine |
| Follitrophin Alpha | Profasi | Dostinex |
| Follitrophin Beta | Medication to suppress your body's natural hormone production (injection or nasal spray) | Estradiol patches |
| FSH | | Estrace pills |
| Gonal F | | Factrel |
| Humegon | | Gonadorelin |
| Menotrophins: Follicle Stimulating Hormone + Luteinizing Hormone or Interstitial Cell Stimulating Hormone | Abarelix | Lutrepulse |
| | Antagon | Parlodel |
| Metrodin | Cetrotide | |
| Milophene | Deslorelin | |
| Pergonal | Eligard | |
| Repronex | Ganirelix | |
| Serophene | Goserelin | |
| Urofollitrophin | Historelin | |
| Progesterone medication to prepare the uterine lining for pregnancy or help prevent an early pregnancy loss | Leuprolide | |
| | Lupron | |
| | Nafarelin | |
| Crinone vaginal gel | Suprefact | |
| Cyclogest cream | Suprecor | |
| Microgest | Synarel | |
| Progesterone implant | Tryptorelin | |
| Progesterone injection | Zoladex | |
| Progesterone vaginal suppositories | | |
| Prometrium | | |
| Utrogestan | | |

LIST 4c
FERTILITY MEDICATIONS TAKEN BY WOMEN

MEDICATION BY NAME

Same medications also presented by type on previous page

| | |
|-----------------------------|---|
| Abarelix | HCG |
| Antagon | Historelin |
| Bravelle | Humegon |
| Bromocriptine | Leuprolide |
| Buserelin | Lupron |
| Cabaser | Lutrepulse |
| Cabergoline | Menotrophins: Follicle Stimulating Hormone + Luteinizing Hormone or Interstitial Cell Stimulating Hormone |
| Cetrotide | Metrodin |
| Chorionic Gonadotrophin hCG | Microgest |
| Clomid | Milophene |
| Clomiphene citrate | Nafarelin |
| Crinone vaginal gel | Novarel |
| Cyclogest cream | Ovidrel |
| Danazol | Parlodel |
| Danocrine | Pergonal |
| Deslorelin | Pregnyl |
| Dostinex | Profasi |
| Eligard | Progesterone implant |
| Estradiol patches | Progesterone injection |
| Estrace pills | Progesterone vaginal suppositories |
| Factrel | Prometrium |
| Fertinex | Repronex |
| Follistim | Serophene |
| Follitrophin Alpha | Suprefact |
| Follitrophin Beta | Suprecor |
| FSH | Synarel |
| Ganirelix | Tryptorelin |
| Gonadorelin | Urofollitrophin |
| Gonal F | Utrogestan |
| Goserelin | Zoladex |

**LIST 5
FERTILITY PROCEDURES**

PROCEDURE

Artificial insemination or intrauterine insemination
 Donor embryo transfer
 Frozen or thawed embryo transfer
 Gamete intrafallopian transfer or GIFT
 In vitro fertilization or IVF with vaginal embryo transfer
 Zygote intrafallopian transfer or ZIFT or pronuclear stage transfer or PROST or tubal embryo transfer or TET

**LIST 6
MAJOR REPRODUCTIVE AND PERINATAL INFECTIONS**

INFECTION

| | |
|--|-----------------------------------|
| Bacterial vaginosis | Influenza (flu) |
| Candidiasis (yeast infection) | Meningitis |
| Chicken pox | Mononucleosis (mono) |
| Chlamydia | Myocarditis |
| Cystitis NOS | Parvovirus or Fifth disease |
| Cytomegalovirus | Pelvic inflammatory disease (PID) |
| Encephalitis | Pneumonia |
| Endocarditis | Pyelonephritis (kidney infection) |
| Endometriosis | Rubella or German measles |
| Fibroids | Septicemia (blood infection) |
| Genital herpes | Shingles |
| Group B streptococcal infection | Staphylococcal infection (cysts) |
| Hepatitis A | Syphilis |
| Hepatitis B | Toxoplasmosis |
| Hepatitis C | Trichomoniasis (Trich) |
| Hepatitis NOS | Upper respiratory infection |
| HIV/AIDS | Urinary tract infection |
| Human papilloma virus (HPV) or genital warts or venereal warts | Vaginitis NOS |

LIST 7a
MEDICATIONS: Antibiotics / Antiviral / Antifungal

| MEDICATION | |
|-------------------|-----------------------------|
| Achromycin | Levofloxacin |
| Acyclovir | Macrobid |
| Amoxicillin | Metronidazole |
| Amoxil | Minocin |
| Augmentin | Minocycline |
| Azithromycin | Mycostatin |
| Bactrim | Nilstat |
| Biaxin | Nitrofurantoin |
| Cefprozil | Novacet |
| Ceftin | Novo-Doxylin |
| Cefuroxime | Nystatin |
| Cefzil | Nystex |
| Cephalexin | Panmycin |
| Cipro | Penicillin |
| Ciprofloxacin | Penicillin VK |
| Clarithromycin | Penicillin V potassium |
| Cleocin | Protostat |
| Clindamycin | Quixin |
| Cofatrim | Septra |
| Cotrim | Sodium sulfacetamide-sulfur |
| Diflucan | Sulfatrim |
| Doxycin | Sumycin |
| Doxycycline | Tetracap |
| Doxytec | Tetracycline |
| Dynacin | Topicycline |
| EES | Trimox |
| E-Mycin | Valacyclovir |
| Erythrocin | Valtrex |
| Erythromycin | Veetids |
| Flagyl | Vibramycin |
| Fluconazole | Vibra-Tabs |
| Ilosone | Zithromax |
| Keflex | Zovirax |
| Levaquin | |

LIST 7b
MEDICATIONS: Pain Medications / Fever Reducers / Muscle Relaxants

| MEDICATION | |
|--------------------|--------------|
| Acetaminophen | Motrin |
| Advil | Naprelan |
| Aleve | Naprosyn |
| Anaprox | Naproxen |
| Aspirin | Nuprin |
| Carisoprodol | Oxycontin |
| Celebrex | Oxycodone |
| Celecoxib | Pamprin |
| Cotanal | Propoxyphene |
| Cyclobenzaprine | Rofecoxib |
| Darvon | Roxicet |
| Excedrine Migraine | Roxycodone |
| Flexeril | Soma |
| Genpril | Tramadol |
| Haltran | Tylenol |
| Hydrocodone | Ultram |
| Ibuprofen | Vanadom |
| Medipren | Vioxx |
| Midol 200 | |

LIST 7c
MEDICATIONS: Over-The-Counter Cold / Flu / Allergy Medication

| MEDICATION | |
|------------------------------------|---------------------------------|
| Afrin | Guaifenesin |
| Afrin original 12-hour nasal spray | Hexylresorcinol |
| Benadryl | Loratadine |
| Cepacol | Nasal Crom Allergy Prevention |
| Cepastat | Nyquil |
| Cetylpyridinium | Oxymetazoline |
| Chlorpheniramine maleate | Pertussin dm |
| Chlor-Trimeton | Pseudoephedrine HCl |
| Claritin | Robitussin |
| Clemastine fumarate | Sucrets |
| Cromolyn sodium | Sudafed |
| Dextromethorphan | Tavist-1 |
| Dimetapp | Tylenol Flu |
| Diphenhydramine HCl | Vicks Sinex 12-hour nasal spray |
| Dristan 12-hour nasal spray | |

LIST 7d
MEDICATIONS: Other Allergy Medications

| MEDICATION |
|-------------------|
| Allegra |
| Cetirizine |
| Fexofenadine |
| Flonase |
| Fluticasone |
| Mometasone |
| Montelukast |
| Nasonex |
| Singulair |
| Zyrtec |

LIST 7e
MEDICATIONS: Diabetes Medications

| MEDICATION | |
|-------------------|----------------------------|
| Acarbose | Glucovance |
| Actos | Glyburide |
| Amaryl | Glynase |
| Avandia | Glyset |
| Chlorpropamide | Metformin hydrochloride |
| Diabeta | Micronase |
| Diabinese | Pioglitazone hydrochloride |
| Glimepiride | Miglitol |
| Glipizide | Prandin |
| Glucophage | Precose |
| Glucophage XR | Repaglinide |
| Glucotrol | Rosiglitazone maleate |
| Glucotrol XL | |

LIST 7f
MEDICATIONS: Seizure Medications

| MEDICATION | |
|-------------------|---------------|
| Barbita | Luminal |
| Carbamazepine | Mebaral |
| Clonazepam | Mephobarbital |
| Depakene capsules | Mysoline |
| Depakote Tabs | Neurontin |
| Diazepam | Phenobarbital |
| Dilantin | Phenytoin |
| Divalproex | Primidone |
| Ethosuximide | Solfoton |
| Felbamate | Tegretol |
| Felbatol | Tiagabine |
| Gabapentin | Topamax |
| Gabapril | Topiramate |
| Klonopin | Valium |
| Lamictal | Valproic acid |
| Lamotrigine | Zarontin |

LIST 7g
MEDICATIONS: Anti-Depressants / Anti-Anxiety / Psychotropic Medications

| MEDICATION | | |
|------------------------|----------------------|---------------|
| Adapin | Dextrostat | Molindone |
| Adderall | Diazepam | Nefazodone |
| Alprazolam | Doxepin | Norpramin |
| Amitriptyline | Doxypin | Nortriptyline |
| Amoxapine | Effexor | Pamelor |
| Amphetamine | Elavil | Paroxetine |
| Amphetamines NOS | Endep | Paxil |
| Anafranil | Escitalopram oxalate | Pemoline |
| Asendin | Fluoxetine | Remeron |
| Ativan | Fluvoxamine | Ritalin |
| Atomoxetine | Focalin | Sertraline |
| Aventyl | Halcion | Serzone |
| Bupropion | Haldol | Sinequan |
| Celexa | Haloperidol | Sinequan |
| Chlordiazepoxide | Imipramine | Strattera |
| Chlorpromazine | Klonopin | Thorazine |
| Citalopram | Lexapro | Tofranil |
| Clomipramine | Librium | Trazodone |
| Clonazepam | Lithium | Triazolam |
| Concerta | Lorazepam | Valium |
| Cylert | Luvox | Venlafaxine |
| Desipramine | Metadate | Wellbutrin |
| Desoxyn | Methamphetamine | Xanax |
| Desyrel | Methylin | Zoloft |
| Dexedrine | Methylphenidate | Zyban |
| Dexmethylphenidate HCl | Mirtazapine | |
| Dextroamphetamine | Moban | |

LIST 7h
MEDICATIONS: High Blood Pressure Medications

| MEDICATION | |
|----------------------|--------------|
| Ace Inhibitor NOS | Inderal |
| Acupril | Isoptin |
| Adalat | Lisinopril |
| Aldomet Tablet | Lopressor |
| Altace | Methyldopa |
| Antihypertensive NOS | Metoprolol |
| Apresazide | Nifedipine |
| Apresoline | Prinivil |
| Atenolol | Procardia |
| Beta blocker NOS | Propranolol |
| Calan | Quinapril HC |
| Capoten | Ramipril |
| Captopril | Tenormin |
| Cardizem | Toprol XL |
| Covera | Vasotec |
| Dilacor | Veralan |
| Diltiazem HCL | Verapamil |
| Enalapril Maleate | Zestril |
| Hydralazine | |

LIST 7i
MEDICATIONS: Medications / Treatments For Thyroid Disorders

| MEDICATION | |
|-------------------|--------------------|
| Armour Thyroid | Liotrix |
| Cytomel | Radioactive iodine |
| ¹³¹ I | Synthroid |
| Levothroid | Surgery |
| Levothyroxine | Thyrolar |
| Levoxyl | Triostat |
| Liothyronine | |

LIST 7j
MEDICATIONS: Asthma Medications

| MEDICATION | |
|-----------------------|-------------------------------|
| Accolate | |
| Albuterol | Methylprednisolone |
| Alupent | Mometasone |
| Aminophylline | Montelukast |
| Atrovent | Nasal Crom Allergy Prevention |
| Beclomethasone | Nasalcrom |
| Beclovent | Nasonex |
| Beconase | Nedercromin sodium |
| Brethine | Oxtriphylline |
| Brethine | Phyllocontin |
| Bricanyl | Pirbuterol |
| Bronkometer | Prednisone |
| Choledyl | Primatene |
| Cromolyn sodium | Salmeterol |
| Cromolyn sodium nasal | Serevent |
| Deltasone | Singulair |
| Epinephrine | Slo-Phyllin |
| Flovent | Tedral |
| Intal | Terbutaline |
| Ipratropium | Theophylline |
| Isoetharine | Tilade |
| Isoproterenol | Truphylline |
| Isuprel | Vancenase |
| Levalbuterol | Vanceril |
| Marax | Ventolin |
| Maxair | Xopenex |
| Medrol | Zafirlukast |
| Metaprel | Zileuton |
| Metaproterenol | Zyflo |

LIST 7k
MEDICATIONS: Weight-Loss Pills / Medications

| MEDICATION | | |
|-------------------|--------------------------|----------------------|
| Acutrim | Mazindol | Phentermine |
| Adipex | Meridia | Phentermine resin SA |
| Adipost | Melfiat | Phentride |
| Benzphetamine | Metabolife | Phenylpropanolamine |
| Bontril | Obenix | Plegine |
| Dexatrim | Obezine | Sanorex |
| Didrex | Orlistat | Sibutramine |
| Diethylpropion | Pentercot | Tenuate |
| Fastin | Phendiet | Teramine |
| Ionanine | Phendimetrazine | Xenical |
| Mazanor | Phendimetrazine tartrate | Zantryl |

LIST 7l
MEDICATIONS: Constipation Medications

| | |
|---|--|
| MEDICATION: Bulk-Forming (Psyllium) | MEDICATION: Stimulants |
| Citrucel Metamucil | Carter's |
| Fiber Choice | Correctol Magnesium Citrate |
| Fibercon | Doxidan |
| Metamucil | Dulcolax |
| Ultra-Fiber | Ex-Lax |
| MEDICATION: Herbals (Stimulants) | Fleet Laxative |
| Nature's Resource | Freelax |
| Nature's Way | Glycerin Suppositories |
| Senna | Magnesium Citrate Phillips' Milk of Magnesia |
| Senokot | Phillips' Milk of Magnesia |
| MEDICATION: Stool Softeners (Emollients) | MEDICATION: Lubricants |
| Colace | Castor Oil Mineral Oil |
| Peri-Colace Sof-Lax | Mineral Oil |
| Phillips' Stool Softener Laxative Softgels | |
| Sof-Lax | |

LIST 7m
MEDICATIONS: Sleep Medications

MEDICATION

Ambien
Dalmane
Flurazepam
Restoril
Temazepam
Zolpidem

LIST 7n
MEDICATIONS: Other Medications

MEDICATION

| | | |
|------------------------|--------------------|--------------------|
| Accutane | Finevin | Protonix |
| Aciphex | Imitrex | Rabeprazole sodium |
| Adapalene | Isotretinoin | Ranitidine |
| Axelex | Lansoprazole SR | Retin-A |
| Axid | Maalox | Rolaids |
| Azelaic acid | Methotrexate | Sumatriptan |
| Bupropion | Misoprostol | Tagamet |
| Calcium carbonate | Nexium | Tazorac |
| Cimetidine | Nicotine Patch NOS | Tazarotene |
| Coumadin | Nizatidine | Treretinoin |
| Cytotec | Omeprazole SA | Tums |
| Depakene | Pantoprazole | Valproic acid |
| Differin | Pepcid | Warfarin |
| Esomeprazole magnesium | Prevacid | Zantac |
| Famotidine | Prilosec | Zyban |

LIST 7o
MEDICATIONS: Herbal Medications

| MEDICATION | | |
|-------------------|----------------|-----------------|
| Absinthe | Echinacea | Milk Thistle |
| Aloe | Eucalyptus | Noni |
| Angelica | Ephedra | Red Clover |
| Arnica | Feverwort | Rooibos |
| Belladonna | Frankincense | Saw Palmetto |
| Black Cohosh | Gingko | St. John's Wort |
| Birch | Ginseng | Senna |
| Borage | Glucosamine | Southernwood |
| Chamomile | Horse Chestnut | Valerian |
| Chicory | Kava | Wormwood |
| Chondroitin | Licorice | Yarrow |
| Dong Quai | Ma Huang | |

LIST 7p
ALTERNATIVE TREATMENTS

TREATMENT BY TYPE Same treatments also presented by name on following page

| | |
|--|---|
| Diets | Gastrointestinal treatments |
| Gluten free/casein free | Acidophilus/ mixed probiotics |
| Specific Carbohydrate Free | Alkaline Salts |
| Yeast Free | Bethanecol/ urocholine |
| Other elimination diet (e.g., Finegold, sugar free, others) | Epsom Salt baths |
| Natural and/or vitamin supplements | Enzyme aide |
| B6 and Magnesium (SuperNuThera) | Histamine 2 blockers – Cimetadine (Zantac) |
| Carnosine | Pepcid |
| Cod Liver Oil | Secretin |
| D-Cycloserine | Oxidative stress |
| DMG (Dimethylglycine) | Glutathione (oral, transdermal, or IV) |
| Fatty acids (EFA) or Omega 3 Fatty Acids | Thiamine tetrahydrofurfuryl (TTFD); Allithiamine (Transdermal TTFD) |
| Folic acid | Anti-infectives or immune |
| Grapefruit seed extract | Antibiotic therapy |
| Melatonin | Antifungal (anti-yeast) agents (Nystatin, Diflucan) |
| Methyl-B12 (oral or shot)/ Methylcobalamin (concentrated Vitamin B12) injections | Antiviral: Valtrex (for herpes); Acyclovir, Famvir, Immunovir |
| Tryptophan | Aqua Flora (anti yeast) |
| Tyrosine | Colustrum |
| Vitamin A (as cod liver oil) | Immunoglobulins Intravenous or Oral, BayGam |
| Vitamin B12 | Natural anti-virals: Lauricidin, Larch araginogalactins, IP-6 (Inositol hexaphosphate), Myco-Immune |
| Vitamin C | Transfer factor |
| Vitamin Supplements (other) | Vancomycin |
| Chelation (for mercury) | Withhold immunization(s) |
| Chelators: DMSA | Antibiotic therapy |
| Natural chelators: alpha lipoic acid | Other |
| | Oxytocin |
| | Hyperbaric Oxygen (HBOT) |
| | Chiropractic Care |
| | Massage |
| | Meditation |
| | Deep breathing exercises |

LIST 8
Autoimmune Disorders

| DISORDER | |
|---------------------------|---|
| Addison's Disease | Hyperthyroidism |
| Aplastic Anemia | Irritable bowel syndrome |
| Ankylosing Spondylitis | Migraine Headaches |
| Asthma | Mixed connective tissue disease |
| Autoimmune hepatitis | Multiple sclerosis |
| Celiac Disease | Myasthenia Gravis |
| Crohn's Disease | Narcolepsy |
| Dermatitis herpetiformis | Optic neuritis |
| Diabetes | Pemphigus |
| Use insulin | Reiter's Syndrome |
| Not on insulin | Rheumatoid Arthritis |
| Gestational diabetes only | Scleroderma (progressive systemic sclerosis, CREST) |
| Eczema / Psoriasis | Sjogren's syndrome |
| Giant cell arteritis | Stevens-Johnson syndrome |
| Graves Disease | Sydenham's chorea |
| Guillain-Barre Syndrome | Systemic lupus erythematosus (SLE) |
| Hashimoto thyroiditis | Thrombocytopenia (immune, idiopathic) |
| Hemolytic Anemia | Tourette's syndrome |
| Hypothyroidism | Ulcerative colitis |

LIST 9
PREGNANCY CONDITIONS

| CONDITION | |
|----------------------|--|
| Anemia | Incompetent cervix |
| Chorioamnionitis | Low blood pressure that required medical treatment |
| Eclampsia | Pregnancy-induced hypertension or preeclampsia |
| Gestational diabetes | Premature rupture of your membranes |
| HELLP syndrome | Pre-term or early labor |
| Hyperemesis | Vaginal bleeding |

LIST 10
MEDICAL CONDITIONS OF CHILD

| CONDITION | |
|---------------------------|---|
| Chicken pox | Bacterial Meningitis |
| Cytomegalovirus | Viral Meningitis |
| Diphtheria | Mumps |
| Ear infection, recurrent | Parvovirus or Fifth Disease |
| Eczema/ Psoriasis | Pneumonia |
| German measles or rubella | Respiratory Syncytial Virus (RSV) |
| Hepatitis A | Seizure disorder/Epilepsy |
| Hepatitis B | Skin condition (Specify type) |
| Hepatitis C | Streptococcus, Group B or Group B Strep |
| Hepatitis NOS | Tetanus |
| Herpes infection | Tonsillitis |
| HIV | Toxoplasmosis |
| Lyme Disease | Tuberculosis |
| Measles | Urinary tract infection (UTI) |

LIST 11a
MEDICATIONS FOR CHILD: Antibiotics / Anti-Viral / Anti-Fungals

| MEDICATION | | |
|--------------------------------|-----------------------------|-------------------|
| Acyclovir | Cotrim | Quixin |
| Amoxicillin/ Amoxil/ Augmentin | Diflucan | Septra/ Sulfatrim |
| Azithromycin | Doxycin/ Doxytec/ Doxyclyne | Valacyclovir |
| Bactrim | Fluconazole | Valtrex |
| Cipro / Ciprofloxacin | Levaquin | Vibramycin |
| Cleocin | Levofloxacin | Vibra-Tabs |
| Clarithromycin | Novo-Doxylin | Zithromax |
| Clindamycin | Penicillin | Zovirax |
| Cofatrim | | |

LIST 11b
MEDICATIONS FOR CHILD: Pain Relief / Fever Reduction / Cold / Flu / Allergy Medications

| MEDICATION | | |
|--------------------------|-------------------------------|---------------------------------|
| Acetaminophen | Dimetapp | Oxymetazoline |
| Advil, Children's | Diphenhydramine HCl | Pseudoephedrine HCl |
| Afrin | Dristan 12-hour nasal spray | Robitussin |
| Benadryl | Guaifenesin | Sudafed |
| Chlorpheniramine maleate | Ibuprofen | Triaminic |
| Chlor-Trimeton | Motrin, Children's | Tylenol, Children's |
| Cromolyn sodium | Nasal Crom Allergy Prevention | Vicks Sinex 12-hour nasal spray |

LIST 11c
MEDICATIONS FOR CHILD: Anti-Seizure Medications

| MEDICATION | | |
|--------------------------|-----------------------|---------------|
| Benzodiazepine (valium) | Gabapril | Phenytoin |
| Carbamazepine/ Carbetrol | Ketogenic Diet | Primidone |
| Clonazepam | Klonopin | Solfoton |
| Depakene capsules | Lamictal | Tegretol |
| Depakote Tabs | Lamotrigine | Tiagabine |
| Dilantin | Luminal | Topamax |
| Diazepam | Mebaral | Topiramate |
| Divalproex | Mephobarbital | Valium |
| Ethosuximide | Mysoline | Valproic acid |
| Felbamate | Neurontin | Zonisamide |
| Felbatol | Phenobarbital Barbita | Zarontin |
| Gabapentin | | |

LIST 11d
MEDICATIONS FOR CHILD: Medications for Constipation

| MEDICATION | |
|-----------------------------------|--|
| STIMULANT | ORAL |
| Fleet Suppositories | Magnesium Citrate |
| Dulcolax suppositories | Magnesium Hydroxide (Phillips' Milk of Magnesia) |
| Senna (Senkot) | OTHER |
| STOOL SOFTENER (Emollient) | Glycerine Suppositories |
| Children's Colace | Lactulose |
| Mineral oil | |

LIST 11e
MEDICATIONS FOR CHILD: Other Medications

| | |
|------------------------------------|---------------------|
| Adderall/ Adderall XR | Methylin |
| Atomoxetine | Methylphenidate |
| Bupropion/ Buspar | Pemoline |
| Concerta | Ritalin/ Ritalin LA |
| Cylert | Strattera |
| Dexedrine/ dextroamphetamine salts | Ventolin |
| Dextrostat | Wellbutrin |
| Focalin/ Focalin XR | Xopenex |
| Levalbuterol | Zileuton |
| Metadate/ Metadate CD | Zyflo |

LIST 11f
MEDICATIONS: Herbal Medications for Child

| MEDICATION | | |
|-------------------|----------------|-----------------|
| Absinthe | Echinacea | Milk Thistle |
| Aloe | Eucalyptus | Noni |
| Angelica | Ephedra | Red Clover |
| Arnica | Feverwort | Rooibos |
| Belladonna | Frankincense | Saw Palmetto |
| Black Cohosh | Gingko | St. John's Wort |
| Birch | Ginseng | Senna |
| Borage | Glucosamine | Southernwood |
| Chamomile | Horse Chestnut | Valerian |
| Chicory | Kava | Wormwood |
| Chondroitin | Licorice | Yarrow |
| Dong Quai | Ma Huang | |

LIST 11g
ALTERNATIVE TREATMENTS FOR CHILD

TREATMENT BY TYPE Same treatments also presented by name on following page

| | |
|--|---|
| Diets | Gastrointestinal treatments |
| Gluten free/casein free | Acidophilus/ mixed probiotics |
| Specific Carbohydrate Free | Alkaline Salts |
| Yeast Free | Bethanecol/ urocholine |
| Other elimination diet (e.g., Finegold, sugar free, others) | Epsom Salt baths |
| Natural and/or vitamin supplements | Enzyme aide |
| B6 and Magnesium (SuperNuThera) | Histamine 2 blockers – Cimetadine (Zantac) |
| Carnosine | Pepcid |
| Cod Liver Oil | Secretin |
| D-Cycloserine | Oxidative stress |
| DMG (Dimethylglycine) | Glutathione (oral, transdermal, or IV) |
| Fatty acids (EFA) or Omega 3 Fatty Acids | Thiamine tetrahydrofurfuryl (TTFD); Allithiamine (Transdermal TTFD) |
| Folic acid | Anti-infectives or immune |
| Grapefruit seed extract | Antibiotic therapy |
| Melatonin | Antifungal (anti-yeast) agents (Nystatin, Diflucan) |
| Methyl-B12 (oral or shot)/ Methylcobalamin (concentrated Vitamin B12) injections | Antiviral: Valtrex (for herpes); Acyclovir, Famvir, Immunovir |
| Tryptophan | Aqua Flora (anti yeast) |
| Tyrosine | Colustrum |
| Vitamin A (as cod liver oil) | Immunoglobulins Intravenous or Oral, BayGam |
| Vitamin B12 | Natural anti-virals: Lauricidin, Larch araginogalactins, IP-6 (Inositol hexaphosphate), Myco-Immune |
| Vitamin C | Transfer factor |
| Vitamin Supplements (other) | Vancomycin |
| Chelation (for mercury) | Withhold immunization(s) |
| Chelators: DMSA | Antibiotic therapy |
| Natural chelators: alpha lipoic acid | Other |
| | Oxytocin |
| | Hyperbaric Oxygen (HBOT) |
| | Chiropractic Care |

LIST 11g
ALTERNATIVE TREATMENTS FOR CHILD

TREATMENT BY NAME Same treatments also presented by type on previous page

| | |
|--|---|
| Acidophilus/ mixed probiotics | Histamine 2 blockers – Cimetadine (Zantac) |
| Alkaline Salts | Hyperbaric Oxygen (HBOT) |
| Antibiotic therapy | Immunoglobulins Intravenous or Oral, BayGam |
| Antifungal agents (Nystatin, Diflucan) | Melatonin |
| Antiviral: Valtrex (for herpes); Acyclovir, Famvir, Immunovir | Methyl-B12 (oral or shot)/ Methylcobalamin (concentrated Vitamin B12) injections |
| Aqua Flora | Natural anti-virals: Lauricidin, Larch araginogalactins, IP-6 (Inositol hexaphosphate), Myco-Immune |
| B6 and Magnesium (SuperNuThera) | Natural chelators: alpha lipoic acid, vitamin C, glutathione |
| Bethanecol/ urocholine | Oxytocin |
| Carnosine | Pepcid |
| Chelators: DMSA, DMPS, EDTA | Secretin |
| Cod Liver Oil | Super-Nu Thera (see B6/mg++) |
| Colostrum | Transfer factor |
| D-Cycloserine | Thiamine tetrahydrofurfuryl (TTFD); Allithiamine (Transdermal TTFD) |
| Diet: Gluten free/ casein free diet; Specific Carbohydrate Diet; Yeast-free diet or other elimination diet | Tryptophan |
| DMG (Dimethylglycine) | Tyrosine |
| Enzyme aide | Vancomycin |
| Epsom Salt baths | Vitamin A (as cod liver oil) |
| Fatty acids (EFA) or Omega 3 Fatty Acids | Vitamin C |
| Folic acid | Vitamin Supplements (other) |
| Glutathione (oral, transdermal, or IV) | Withhold immunization(s) |
| Grapefruit seed extract | |

LIST 12
CHEMICALS AND SUBSTANCES

| CHEMICAL/SUBSTANCE | | |
|--|---------------------------|---|
| Adhesives or glues, like rubber cement | Glycol ethers | Pesticides or herbicides |
| Alcohols, such as methanol or ethanol | Lacquers | Fungicides |
| Anesthetic gases | Metals | Herbicides |
| Automotive fluids | Chromium | Insecticides |
| Antifreeze | Lead | Rat poison |
| Brake fluid | Manganese | Pharmaceuticals or drugs |
| Degreasers | Mercury | Phthalates |
| Freon | Metal dust or fumes | Styrene |
| Gasoline | Nickel | Toluene |
| Benzene | Oil-based paints | Trichloroethylene or TCE or trichlorethane or TCA |
| Carbon disulfide | Paint strippers | Varnishes |
| Carbon tetrachloride | Paint thinners | Vinyl chloride |
| Diesel fumes | Perchloroethylene or perc | X-ray or radioactive materials |
| Ethylene oxide | | Xylene |

