

ORAL MEDICATION (OTC MEDICATIONS)			
No.	Medication Name	Dosage and Frequency (for ages above 12y.o.)	Use
1.	Antacid tablets 250mg	1-2 tablets, 1-3 hours after meal (to be chewed)	For relief of heart burn / gastric pain/ indigestion
2.	Antacid 200ml	10-15mls, 1-3 hours after meal	For relief of heart burn / gastric pain / indigestion
3.	Diffiam 3mg	1-3 lozenges a day	For relief of sore throat
4.	Ibuprofen 200mg	1-2 tablets 6hourly	For relief of pain and fever
5.	Lactulose 200ml	10-45mls once a day	For relief of constipation
6.	Lacteol fort 800mg	2sachet-1 st dose 1 sachet- 2 nd dose 6-8hours between doses	Treatment of diarrhoea and irritable bowel syndrome
7.	Loratadine 10mg	>30kg-10mg once daily <30kg- 5mg once daily	Anti-histamine (rash, itch, runny nose)
8.	Oral rehydration salt 7.84 gram/sachet	1 sachet to be dissolved in 250mls of water. Taken when necessary.	Treatment/prevention of dehydration and replacement of electrolytes
9.	Paracetamol 500mg	1-2 tablets 6-8hourly Max 8 tablets a day	Treatment/prevention For relief of pain and fever
10.	Robitussin PS 100ml	10mls 6 hourly	For relief of cough with nasal congestion
11.	Robitussin EX 100ml	10-20mls 4 hourly	For relief of cough with phlegm and chest congestion
12.	Thymol gargle 100 ml	One capful when necessary	Antiseptic mouth wash
13.	Ultracarbon 250 mg	2-4 tablets 3-4 times a day	For relief of Diarrhoea or loose stool
TOPICAL MEDICATION (OTC MEDICATIONS)			
No.	Medication Name /Dosage	Frequency	Use
1.	Aloe Vera gel 90ml	Applied sparingly to affected areas when necessary.	For relief of sun burn
2.	Bacidin Cream 15mg		Antiseptic – prevention of infection in wounds
3.	Burnaid gel 118ml		For Burns management – pain relief and aid in healing process
4.	Counterpain 30g		Treatment for minor aches and pains of muscles/joints e.g. backache and sprains
5.	Cavilon lotion 28ml		Sensitive skin – e.g eczema
6.	Calamine lotion 100ml		For relief of itch
7.	Daktarin powder 20g		Anti-fungal – e.g. to treat athlete's foot, tinea ringworm, thrush infections (skin, vagina)
8.	Hirudoid cream 40g		For treatment of bruises/haematoma

9.	Lubricant eye drops 0.4ml	1 drop to affected eye when necessary	To relief dry and irritated eyes
10.	Miconazole cream 15g	Applied sparingly to affected areas when necessary.	Anti-fungal – e.g. to treat athlete's foot, tinea ringworm, thrush infections (skin, vagina)
11.	Optrex eye lotion 110ml	1 capful to affected eye 3-4 times a day as neccessary	Eye wash for relief of eye irritation or burning sensations
12.	Potassium permanganate solution 100ml	Dilute 1 part to 8 part of solution for use on affected area	Skin disinfectant and cleansing agent – used for soothing eczema and drying wet wounds
13.	SOOV cream 25 g	Apply to affected area up to 4 times daily	For relief of pain / itch from insect bites/ reaction to plants
14.	Voltaren gel 20g	Rub to affected area 3-4 times daily	For relief of pain / Anti- inflammatory
15.	Aqua Cream	Apply to affected area when necessary	For management of dry or sensitive skin
16.	Vaseline gel 50ml	Apply to affected area when necessary	For management of dry skin
EMERGENCY MEDICATIONS			
1.	IM Epinephrine 0.3mg Auto-Injector (Epi-Pen)	Single dose (follow instructions on device)	For use in Anaphylaxis
2.	INH Methoxyflurane 99.9% (Penthrox)	Single dose, administer using device provided	For use in severe pain relief
3.	MDI Salbutamol (Ventolin Evohaler)	To be given Doctor's advice	For use in Asthma (only if patient has run out of his own supply)