

Basic medications and first aid

Minor illness and mild aches or pains are common. It is useful to keep a few medicines at home in case you need something when you can't get to a pharmacy. Always read the labels carefully and follow the instructions, and store the medicines out of the reach of children. Your pharmacist is a good person to give you more information about over-the-counter medicines which do not need a prescription from your doctor. See your doctor if your symptoms get worse or do not go away.

Note:

- Before taking a medicine, always read the packet label and the leaflet inside the packet. This is for instructions on how to take the medicine and on who should not take the medicine, and for a list of possible side-effects.
- Remember, children will need a different dose from adults, and a different dose depending on their age. Therefore, always check the label for the correct dose.
- Keep all medicines out of the reach of children.

Some basic medicines and their uses:-

1. Aspirin for pain or fever.

About aspirin

Type of medicine	An antipyretic analgesic
Used for	Relief of fever, and aches and pains such as headache, toothache and period pains
Also called	Acetylsalicylic acid; Anadin®; Disprin®; Nu-Seals®; Resprin®
Available as	Tablets, dispersible tablets, melt-in-the-mouth (orodispersible) tablets, enteric-coated tablets and suppositories

2. Paracetamol

About paracetamol

Type of medicine	Painkiller
Used for	Pain and fever (high temperature) in adults and children
Also called	Acetaminophen (in US); Alvedon®; Calpol®; Disprol®; Hedex®; Mandanol®; Medinol®; Panadol®
Available as	Tablet, capsule, soluble tablet, 'melt-in-the-mouth' tablet, oral liquid, oral liquid sachets, suppository and injection

3. Ibuprofen for pain and inflammation

About ibuprofen

Type of medicine	A non-steroidal anti-inflammatory drug (NSAID)
Used for	Relief of pain, inflammation, or fever
Also called (UK)	Anadin®, Brufen®; Calprofen®; Cuprofen®; Fenpaed®; Ibucalm®; Ibular®; Mandafen®; Nurofen®
Also called (USA)	Advil®; Alivio®; Aprofen®; Cedaprin®; CounterAct® IB; Dolex®; Dragon Tabs®; Flex-Prin®; Ibutab®; Motrin® IB; Probufen®; Profen® IB; Proprinal®
Available as	Tablets, capsules, effervescent granules, oral liquid medicine, modified-release tablets, orodispersible (melt in the mouth) tablets, chewable capsules

4. **Calcium with colecalciferol** Accrete D3, Adcal-D3, Cacit D3, Calceos, Calcichew D3, Calci-D, Calfovite D3, Colekal-D3, Evacal D3, Kalcipos-D, Natecal D3, Sunvit-D3, TheiCal-D3

About calcium with colecalciferol

Type of medicine	Mineral and vitamin supplement
Used for	To promote healthy bones and to prevent osteoporosis
Also called	Colecalciferol is also called vitamin D ₃ Cholecalciferol (in US) Accrete D3®; Adcal-D3®; Cacit D3®; Calceos®; Calcichew D3®; Calci-D®; Calfovite D3®; Colekal-D3®; Evacal D3®; Kalcipos-D®; Natecal D3®; Sunvit-D3®; TheiCal-D3®
Available as	Tablets, chewable tablets, soluble tablets and sachets

5. Dicycloverine

About dicycloverine

Type of medicine	An antimuscarinic antispasmodic
Used for	Relief of symptoms caused by gastrointestinal cramps
Also called	Dicyclomine (in US)
Available as	Tablets and oral liquid medicine

6. Domperidone for sickness

About domperidone

Type of medicine	Anti-emetic
Used for	Nausea and vomiting in adults and in children over 12 years of age
Also called	Motilium®
Available as	Tablets and oral liquid medicine

Metronidazole for bacterial infection Flagyl

About metronidazole

Type of medicine	Antimicrobial agent (antibiotic)
Used for	To treat or prevent infection
Also called	Flagyl®
Available as	Tablets, oral liquid medicine, suppositories, and injection

7. Fexofenadine tablets Telfast, Allegra

About fexofenadine

Type of medicine	A non-drowsy antihistamine
Used for	Seasonal allergic rhinitis (hay fever); chronic urticaria (hives)
Also called (UK)	Telfast®
Also called (USA)	Allegra®; Aller-Ease®; Mucinex® Allergy; Wal-Fex® Combination brand: Allegra-D® (fexofenadine with pseudoephedrine)
Available as	Tablets; oral liquid medicine and melt-in-the-mouth tablet (USA only)

8. Fusidic acid for skin infections

About fusidic acid cream/ointment

Type of medicine	An antibacterial skin preparation
Used for	Skin infections (adults and children)
Also called	Brand names: Fucidin®; Fucidin® H (fusidic acid with hydrocortisone); Fucibet®, Xemacort® (fusidic acid with betamethasone) Alternative generic name: sodium fusidate
Available as	Cream and ointment

9. Hydrocortisone for mild inflammatory skin conditions

About hydrocortisone

Type of medicine	A mild topical corticosteroid
Used for	Mild inflammatory skin conditions such as eczema and dermatitis; insect bites; nappy rash
Also called	Dermacort®; Hc45®; Mildison®;

Available as	Cream and ointment
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10. Mefenamic acid for pain and inflammation

About mefenamic acid

Type of medicine	A non-steroidal anti-inflammatory drug (NSAID)
Used for	Relief of pain and inflammation in adults and in children over 12 years of age
Also called	Ponstan®
Available as	Capsules, tablets, oral liquid medicine

11. Miconazole for fungal skin and nail infections

About miconazole for fungal skin and nail infections

Type of medicine	An antifungal medicine
Used for	Fungal skin infections, fungal nail infections
Also called	Daktarin®; Daktacort® (miconazole with hydrocortisone)
Available as	Cream, ointment, powder and spray

Available as	Tablets, orodispersible tablets (which melt in the mouth) and oral liquid medicine
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12. Ranitidine to reduce stomach acid Zantac

About ranitidine

Type of medicine	H ₂ -receptor antagonist
Used for	Treatment of conditions caused by too much acid being produced in the stomach
Also called	Zantac®
Available as	Tablets and oral liquid medicine

Home Medication Checklist:

Pain and fever medications	Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin)
Antiseptic solutions	Betadine solution
Topical Antibiotics	Fucidin Cream
Hydrocortisone	Dermovate Cream
Antifungal medications	Miconaz Cream
Stomach and Intestinal Disorders	Maloox
Antihistamines	Claritine
Decongestants	Sudafed
Cough medicines	Mucinex
Indigestion treatment	Antacid Tablets
Sunscreen	Bioderma sunscreen
Oral rehydration salts	Rehydran
First aid	Bandages Plasters Thermometer Eyewash solution Sterile dressings Medical tape

