

Home Medicine Chest

Caution: -

- This is not a recommendation but an Illustrative list of medicines to be kept at home for simple symptoms, please ask your doctor to help make this list as per your needs.
- To be taken under doctor's supervision. Be mindful of dosage and method of intake.

Headache/ Fever / Pain / Back ache	Paracetamol, Combiflam, Crocin, Nucoxia BD (Ortho inflammation), Tylenol 500 mg
Cold, Sneezing, Running Nose, Cough	Wikoryl tablet - (Allergy, cold, headache, throat); Alegra120 (night); Cetrizine 10 mg (faster), Day Livo Citrizine 5 mg Day
Dry Cough	Lozenges, Steamer, Alex, Honeytus Cough syrup
Diarrhea	Brakke, Imodium (acute watery diarrhea -2), Econorm (SOS), Electral powder, Darolac (probiotic), Isabgol (with curds)
Constipation	Isabgol (with hot milk); Cremalax (2 with hot water/ milk)
Muscle Spasm / Sprain	Morbizox (muscle relaxant)
Skin cuts/ Bruises	Betadyne ointment; Betadyne 5%; T Bat ointment
Burns	Silver X ointment
Insect Bite/ Bee Sting	Cleaning Cold pack; Cetrizine
Insomnia	Restyl 0.25, Nitrest 0.5 (habit forming), Jetlag related: Fulnite
Nausea / Gastritis/ Indigestion	Gelusil; Gaviscon; Unienzyme; Nexpro 40 mg
Acute Vomiting	Ondem 4 mg, Domstal
Giddiness/ Travel / Motion sickness	Avomine 25 mg SOS
Mouth Ulcers	Zyttee ointment
Stomach pain / Colic intestine/ renal	Meftal Spas, Metrogyl 400 mg
Antibiotic for infections	<i>strictly under doctors' supervision</i> Azithromycin Azee 500(throat, lungs - once a day - 3 days); Cifran 500 (stomach infections)

First Aid Kit: Cotton, band aids, alcohol swabs, micropore tapes 1/2“and 1“, Crepe bandage 3”, Sterile dressings - gauge swab multiple sizes, bandage

Crepe bandages, wrist band, knee cap for sprains and local pain in joints

Note: Be mindful of keeping medicines under right temperatures. Cool, closed and dark places are most suitable, some need to be refrigerated. Please read instructions of storage for all medicines. Keep track of any allergies you may have to any of the above.

Disclaimer: The above list of medicines may be taken after approval of your doctor. These do not account for any history or allergies you may have. Some are to be taken under doctor's supervision only.

Patient For Patient Safety Foundation

