

# Recommended Home / Travel Medication

*This list is aimed at enabling you to manage a crisis until you can get to professional care. **It does not replace professional care** and is not intended to be a complete treatment for the symptoms / diseases mentioned below. Dosages are not included as they differ according to age and weight. Phone your doctor if you do not know. The aim is to have essential medication available to enable your doctor to give practical advice until you can get to help.*

*The items listed are over and above what you might have available in your 1st Aid Kit at home or in your vehicle.*

*Remember that in treating fever, medications from the groupings tabled should be used alternatively in order to obtain the best results. For example, Panado should be followed up with Neurofen/Ponstan if possible.*

## Get help as soon as possible if

- Fever is not reducing after 1 hour.
- Child's breath is more than 60 per minute for more than 10 minutes especially if not febrile.
- Child is vomiting everything.
- Child has signs of dehydration
  - Child has not passed urine for more than 8 hours,
  - Mouth is dry,
  - Eyes are sunken
  - Child is not able to play or sit upright when fever is down.

## Get help immediately if

- Child is fitting
- Unconscious
- Cyanotic (blue skin and or face).

### Most essential medication and first aid equipment

- Pain and Fever medication
- Medication against vomiting
- Gauze and bandage to stop bleeding from wounds
- Something for burns like Burnshield

If your child has suffered from a tight chest like Croup or Bronchiolitis or Asthma Nebulize with appropriate ampules. (Discuss with your doctor)

Symptoms and General Information	Groups	More Specific Information	Commercial names
<b>Fever or pain</b>			
Choose 2 from different groups and give alternating every 4 hours as needed.	Paracetamol	Syrup	Panado / Calpol / Painamol etc
		Suppository	Empaped
	Ipubrufen	Syrup	Neurofen / Brufen / Ibugesic / Ibucine etc
	Mefanemic Acid	Syrup	Ponstan / Ponstel / Adco-Mefanemic Acid etc
		Suppository	Ponstan
Diclofenac	Suppository	Panamor / Voltaren	

<b>Diarrhoea</b>				
<p><b>Fluids are the most essential</b> part of managing diarrhoea Give <b>small amounts</b> every few minutes till watery/loose stools stop (+/-125 -250 ml after each stool, according to child's size.)</p> <p>Beware of dehydration. See signs above table.</p> <p>Be extra careful if your child is vomiting too.</p> <p><b>Never use medication to stop diarrhoea in children as it can lead to hidden fluid losses (hypovolemic shock) or septic shock. Both are life threatening.</b></p>	Rehydration fluids	Home mix	<u>Home mix recipe:</u> 1 litre of cooled down boiled water, 6 flat teaspoons of sugar ½ flat teaspoon of salt. (Can use a <b>small amount</b> cool drink like Oros to flavour it)	
		Commercially available Mixtures	Rehydrate / Hydrol / Ceralyte / Hydra Choice etc	
				Older children can drink Energade / Poweraid / Game. (Commercial Sports Drinks) <b>but dilute it ½ to ½ with water.</b>
	Protective barrier for gut lining	Sachets	Tusectan / Smecta	
	Minerals to speed up healing of gut lining	Tablets or Syrup	Zinplex	
	Probiotics	Drops / Powder / chew tablets	Reuterina / Florabalance / Probiflora / Culturelle etc	
<b>Vomiting</b>				
Never give more than 3 times a day and stop as soon as vomiting stops.	Anti-emetics	Suppository	Valoid suppositories	
		Syrup	Medazine / Maxalon / Emex etc	
		Rapitabs	Zofer Rapitabs	
<b>Tummy Cramps</b>				
Choose one, if not helping try the other. If not working try another.	Hyospasmol		Hyospasmol / Scopex / Buscopan	
	Herbal		Iburgast Fennel or Camomile tea	
	Herbal with charcoal		Colic Calm	

<b>Blocked Nose</b>			
	Saline nose drops or spray.	Wash out / dilute phlegm	Salex / Sterimar / Iliadin Saline / Demezine seawater etc.
	Vaso-constrictives	Shrinking the blood vessels, reducing the swelling.	Iliadin / Otrivin or equivalent
<b>Sore Throat</b>			
	Local anaesthetics with or without antiseptics	Sprays	Andolex C / Orochlor spray
		Lollies	Goldex Lollies
	Oral pain medication		(Pain meds mentioned above under fever or pain given 4 hourly to control pain will also help).
<b>Earache</b>			
<b>Do not use if child has Ventilation Tubes (Grommets) or ear is discharging or if eardrum has perforation</b>	Local anaesthetics		Covancaïn, Universal, Adco Autised, Aurone Forte for pain control
	Oral pain medication		(Pain meds mentioned above under fever or pain given 4 hourly to control pain will also help).
<b>Sore Mouth</b>			
If the problem leads to poor fluid intake, watch out for signs of dehydration as dehydration can be life threatening. If there are also sores around the mouth and elsewhere, rather consult your doctor. If the problem does not resolve within a few days, rather take your child to a doctor.	Local anaesthetic	Drops or gel	Prodol / T gel / Andolex gel
		Sprays	Andolex C / Throflam / Orochlor spray
	Oral pain medication		(Pain meds mentioned above under fever or pain given 4 hourly to control pain will also help).

<b>Cold and Flu / Wet cough</b>			
Most people have their own favourite combination drugs.	Combinations		Adco-Cold and Flu Bronkese Comp / Adco Linctopent
	Separate Medications	Pain and Fever meds	See Pain and Fever above plus
		Antihistamines to dry up a runny nose.	Allergex / Demezine
		Breaking down phlegm to loosen sticky secretions	Mucospect / ACC 200
	Local anaesthetics	Can use throat spray to relieve irritation in throat	Andolex C / Throflam / Orochlor
<b>Tight / Wheezy chest / Dry cough</b>			
Most people who had this problem before have their own prescription  With small children at home and living far from an emergency unit it may be wise to have a syrup at home.	Chronic Medication	Aerosols with or without Spacers	e.g. Budeflam / Asthavent / Venteze / Ventolin inhalers.
	Short term relievers	Nebulizations	Pulmicort / Duolin Nebs
		Syrup	Venteze syrup / Alcophyllax / Duro-Tuss syrup
<b>Itchy skin lesions</b>			
	Home remedies		Maizena / Prep
	Antihistamines	Ointments	Allergex ointment
			StopItch ointment
			Antithan ointment
	Other	Syrups	Allergex syrup
			Demazine syrup etc
			Texa / Allecet syrup
Other	Lotions	Calamine lotion	
		Pox-Clin	
<b>Burns</b>			
Except for minor burns take child to nearest casualty after applying Burnshield	Soothing and anti-inflammatory covering	Sachets	Burnshield

<b>Minor Skin Infections</b>			
	Disinfectant		Your choice of Peroxide, Saltwater etc.
	Antibacterial		Bactroban/Supiroban/ Nuban ointment
	Antifungal		Medaspore / Nystacid ointment
<b>Bleeds / Wounds</b>			
	Gauss and Crepe bandage / Plasters		