

My Travel Medicines Checklist (for ADULTS)

Common Ailments	Medicines for Adults	Important Notes	√
Fever, Headache	Paracetamol Ibuprofen	Do not exceed the dose recommended by your doctor or pharmacist.	
Runny Nose/ Allergies /Rash	Loratidine Cetirizine Chlorpheniramine	Some medicines may cause drowsiness. Do inform your pharmacist if you prefer a non-drowsy option.	
Blocked Nose	Oxymetazoline nose drops	Avoid using nose drops for more than 3 days in a row as long term use can cause your blocked nose to get worse. After 3 days of continuous use, stop for 2 days before restarting.	
Runny and Blocked nose	Actifed®, Zyrtec- D® Loratidine + Pseudoephedrine	Some medicines may cause drowsiness. Do inform your pharmacist if you prefer a non-drowsy option.	
Sore Throat	Diffiam®, Trachisan® Dorithricin®, Dequalinium	Do not exceed the dose recommended by your doctor or pharmacist.	
Cough	Dextromethorphan Diphenhydramine Guaifenesin	Depending on the type of cough, the pharmacist can recommend a suitable cough syrup. Some cough syrups may cause drowsiness. Do inform our pharmacist if you prefer a non-drowsy alternative.	
Diarrhoea	Charcoal, Imodium® Lomotil®, Oral Rehydration Salts	Take charcoal at least 2 hours apart from all other medicines.	
Gastric Irritation and Indigestion	Antacids, Omeprazole, Famotidine, Ranitidine, Domperidone	Antacids may reduce the effect of some medicines. Do check with your pharmacist.	
Motion Sickness	Dimenhydrinate, Cinnarizine	These medicines may cause drowsiness. You should take the medicine 30mins before starting your journey.	
Insect Repellents	DEET containing mosquito repellants	Do not use on cuts, wounds or irritated skin.	
Insect Bites/ Rash	Hydrocortisone 1% cream	Apply thinly on affected area	
Anti-Malarial	Check with your pharmacist	The choice of anti-malarial medicines depends on the place of travel. Some anti-malarial medicines need to be taken 1 week before leaving Singapore.	
Sunblock	At least SPF 15	Apply at least 30mins before going under the sun.	
Dry Skin	Urea cream Aqueous cream		
Dry, Chapped lips	Lip balm		
Low immunity	Vitamin C Vitamin B complex	Do not exceed the dose recommended by your doctor or pharmacist	
First Aid supplies	Plasters, sterile gauze, alcohol swabs, antiseptic cream		
Personal Hygiene	Hand sanitizer, Wet wipes		

IMPORTANT

1. Inform our pharmacist if you have any drug allergies, medical conditions and/or are taking other medicines.
2. This checklist does not replace medical advice. Certain medicines may not be suitable in some medical conditions.
3. Talk to our friendly NHG Pharmacist for more travel advice.

Pharmacist's Name: _____ Date: _____

Customer's Name: _____ Contact No.: _____

My Travel Medicines Checklist (for CHILDREN)

Common Ailments	Medicines for Children	Important Notes	√
Fever, Headache	Paracetamol Ibuprofen	Do not exceed the dose recommended by your doctor or pharmacist	
Runny Nose/ Allergies /Rash	Loratidine Cetirizine Chlorpheniramine	Some medicines may cause drowsiness. Do inform your pharmacist if you prefer a non-drowsy option	
Blocked Nose	Oxymetazoline nose drops	Avoid using nose drops for more than 3 days in a row as long term use can cause your blocked nose to get worse. After 3 days of continuous use, stop for 2 days before restarting.	
Runny and Blocked nose	Actifed Syrup®	Some medicines may cause drowsiness. Do inform your pharmacist if you prefer a non-drowsy option	
Sore Throat	Dequalinium	Do not exceed the dose recommended by your doctor or pharmacist	
Diarrhoea	Smecta® Oral Rehydration Salts	Take Smecta® at least 2 hours apart from other medicines	
Gastric Irritation and Indigestion	Check with your pharmacist		
Motion Sickness	Dimenhydrinate Promethazine	These medicines may cause drowsiness. You should take the medicine 30mins before starting your journey Promethazine should not be used in children less than 2 years old	
Insect Repellents	Citronella Patch/Repellent DEET containing mosquito repellants (~7-20%)	Do not use on cuts, wounds or irritated skin. DEET products should not be used in children less than 2 months old.	
Insect Bites/ Rash	Calamine Lotion	Shake well before using	
Anti-Malarial	Check with your pharmacist	The choice of anti-malarial medicines depends on the place of travel. Some anti-malarial medicines need to be taken 1 week before leaving Singapore.	
Sunblock	At least SPF 15	Apply at least 30mins before going under the sun.	
Dry Skin	Urea cream Aqueous cream		
Dry, Chapped lips	Lip balm		
Low immunity	Vitamin C Vitamin B complex	Do not exceed the dose recommended by your doctor or pharmacist.	
First Aid supplies	Plasters, sterile gauze, alcohol swabs, antiseptic cream		
Personal Hygiene	Hand sanitizer, Wet wipes		

IMPORTANT

1. Inform our pharmacist if you have any drug allergies, medical conditions and/or are taking other medicines.
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