

My Travel Medicines Checklist

Common Ailments	Medication - Adults	Important Notes	<input checked="" type="checkbox"/>
Fever, Headache	Paracetamol tablets Ibuprofen tablets	Do not exceed stated dose	<input type="checkbox"/>
Runny nose	Loratadine/Cetirizine/ Chlorpheniramine	Some medications may cause drowsiness. Do inform our pharmacist if you prefer a non-drowsy alternative.	<input type="checkbox"/>
Blocked nose	Pseudoephedrine tabs/ Oxymetazoline nasal drops	Do not use nasal drops for more than 3 days continuously	<input type="checkbox"/>
Runny & blocked nose	Actifed® / Clarinase® / Zyrtec-D®	Some medications may cause drowsiness. Do inform our pharmacist if you prefer a non-drowsy alternative.	<input type="checkbox"/>
Sore Throat	Diffiam®, Trachisan®, Dorithricin®, Dequalinium®	Do not exceed stated dose	<input type="checkbox"/>
Diarrhoea	Charcoal® / Lomotil® / Imodium® Oral rehydration salts	Take charcoal at least 2hrs apart from all other medications	<input type="checkbox"/> <input type="checkbox"/>
Gastric irritation and indigestion	Antacids, Motilium®	Antacids may reduce the effect of some medications, please check with our pharmacist first.	<input type="checkbox"/>
Motion sickness	Novomin® / Cinnarizine	May cause drowsiness. To be taken 30mins before starting journey	<input type="checkbox"/>
Insect Repellants	DEET≈28%	Do a patch test for allergy for first time users	<input type="checkbox"/>
Insect bites/Rash	Hydrocortisone 1% cream	Apply sparingly	<input type="checkbox"/>
	Oral antihistamines	Some medications may cause drowsiness.	<input type="checkbox"/>
Anti-malarial	Check with our pharmacist	Some antimalarial needs to be taken 1 week before departure.	<input type="checkbox"/>
Sunblock	At least SPF 15	To apply at least 30mins before going under the sun.	<input type="checkbox"/>
Dry skin	Urea cream/ vitamin E moisturizers	Do a patch test for allergy for first time users	<input type="checkbox"/>
Dry, chapped lips	Lip balm	Do a patch test for allergy for first time users	<input type="checkbox"/>
Low immunity	Vitamin C, Vitamin B complex	Do not exceed stated dose	<input type="checkbox"/>
First aid supplies	Plasters, sterile gauze, alcohol swabs, antiseptic cream		<input type="checkbox"/>
Personal hygiene	Hand sanitizer, wet wipes		<input type="checkbox"/>

IMPORTANT

1. Inform our pharmacist if you have any drug allergies, underlying medical conditions and/or taking other medicines.
2. This checklist is not a substitute for medical advice. Certain medications 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

Common Ailments	Medication - Children	Important Notes	
Fever, Headache	Paracetamol	Do not exceed stated dose	<input type="checkbox"/>
Runny nose	Loratidine / Cetirizine / Chlorpheniramine syrup	Some medications may cause drowsiness. Do inform our pharmacist if you prefer a non-drowsy alternative.	<input type="checkbox"/>
Blocked nose	Oxymetazoline nasal drops	Avoid prolonged usage to prevent worsening of nasal congestion. After 3 days of continuous use, discontinue for 2 days before restarting.	<input type="checkbox"/>
Runny & blocked nose	Clarinase®/Actifed® syrup	Some medications may cause drowsiness. Do inform our pharmacist if you prefer a non-drowsy alternative.	<input type="checkbox"/>
Sore Throat	Dequalinium®	Do not exceed stated dose	<input type="checkbox"/>
Diarrhoea	Smecta® Oral rehydration salts	Do not exceed stated dose	<input type="checkbox"/> <input type="checkbox"/>
Gastric irritation and indigestion	Check with our pharmacist		<input type="checkbox"/>
Motion sickness	Promethazine <i>*Not to be used for children < 2 years old</i>	May cause drowsiness. To be taken 30mins before starting journey	<input type="checkbox"/>
Insect Repellants	Citronella repellent / patch	Do a patch test for allergy for first time users	<input type="checkbox"/>
Insect bites/Rash	Calamine lotion		<input type="checkbox"/>
	Oral antihistamines	Some medications may cause drowsiness.	<input type="checkbox"/>
Anti-malarial	Check with our pharmacist	Some antimalarial needs to be taken 1 week before departure.	<input type="checkbox"/>
Sunblock	At least SPF 15	To apply at least 30mins before going under the sun.	<input type="checkbox"/>
Dry skin	Urea cream / Vitamin E moisturizers	Do a patch test for allergy for first time users	<input type="checkbox"/>
Dry, chapped lips	Lip balm	Do a patch test for allergy for first time users	<input type="checkbox"/>
Low immunity	Vitamin C, vitamin B complex	Do not exceed stated dose	<input type="checkbox"/>
First aid supplies	Plasters, sterile gauze, alcohol swabs, antiseptic cream		<input type="checkbox"/>
Personal hygiene	Hand sanitizer, wet wipes		<input type="checkbox"/>

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