

Bon Voyage



Medicines to bring along for a holiday

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Before heading off on your dream holiday, take a moment to plan for any unexpected illnesses during the trip. Some of the common travel illnesses can be managed with a well-stocked travel kit.

You may need medicines to prevent malaria or some vaccinations if you travel to certain countries. Do check with your doctor or pharmacist about important vaccinations and medicines before travelling.

The choice and dose of medicine depends on your age and medical history. Remember to check with your doctor or pharmacist before taking any medicines. Have an illness-free trip ahead!

Common conditions	Medicines to treat
Fever	» Paracetamol*
Sore throat	» Dequalinium lozenges* » Benzydamine lozenges^ » Trachisan lozenges^ » Dorithricin lozenges^
Runny nose/Itch/ Allergies	» Chlorpheniramine^ » Loratidine^ » Cetirizine^
Insect bites/Rash	» Medicines for itch (as above) » Hydrocortisone 1% cream

Common conditions	Medicines to treat
Blocked nose	» Oxymetazoline nose drops*
Motion sickness	» Promethazine^ » Dimenhydrinate^
Gastric irritation/ Indigestion	» Antacids* » Famotidine^ » Ranitidine^ » Omeprazole^
Diarrhoea	» Diphenoxylate/Atropine^ » Charcoal* » Dioctohedral Smectite* » Oral Rehydration Salts*
Cough	» Diphenhydramine^ (for cough with phlegm) » Dextromethorphan^ (for cough without phlegm)

* Medicines that can be bought over-the-counter.

^ Pharmacy-only medicines that can only be bought after consultation with a pharmacist.

Scan the QR code to view our travel medicine checklist.

