Medicines Checklist

Illnesses	Meds for Treatment	
Allergies	Allergex - Daytime (non-drowsy) & night-time	
Anxiety	Rescue Remedy, Lavender oil	
Asthma / Wheezy or tight chest	Athavent inhaler, Acc 200, Med-lemon	
Bee sting allergy	Allergex, Stopitch, Ice, Epi-pen (personal)	
Burns / Sunburn	Water, Burnshield, Savlon spray	
Cold	Panados, Med-lemon, Andolek / Throaflam throat spray	
Cramp	Water, Arnica oil Massage, Deep Heat gel	
Cystitis	AlkaFizz, Alkaline powder, Lemon juice with bi-carb & warm water	
Constipation	Soflax	
Dehydration	Water, Rehydrat	
Diarrhoea	Imodium, Buscopan, Charcoal tablets, Dark red apples (grated)	
Diabetes - Type 1	HGT testing kit, Insulin (patient's own), Water	
Diabetes - Type 2	HGT testing kit, Honey, Sugar, Sweets, Apple juice, Food	
Earache / Ear Infection	Cerumol, Septogard	
Epilepsy / Siezures	Patient's own meds, First aid management	
Eye Irritation / Sore Eyes	Optive eye drops, Saline eyewash, Eye-bath	
Indigestion	Rennie, AlkaFizz, Alkaline powder, Lemon juice with bi-carb & warm water	
Infection	Septogard, Panado, Savlon spray, Antibiotics(?), Tetox injuection(?)	
Mosquito Bites	Allergex, Stopitch, Hot spoon, Savlon spray	
Muscle Strain	Arnica oil, Panado, Ibuprofen, Deep Heat, Bandaging (First aid)	
Nausea / Travel Sickness	Medicine, Valoid	
Pain / Period Pain	Panado, Ibuprofen etc	
Periods	Sanitary pads, Tampons	
Skin Irritation / Heat Rash	Stopitch, Burnshield spray	
Sore Throat	Panado, Vit C, Andolek / Throaflam throat spray, Strepsils, Septogard	
Stomach Cramps	Buscopan, Ibuprofen	
Stuffy / Blocked Nose	Allegex, Nasal spray (Iliadin), Olbas oil, Eucalyptus oil etc	
Toothache	Panado, Ibuprofen, Tincture of Cloves	
Thorns / Splinters (in feet)	Needle, Tweezers, Savlon spray	