

**EMERGENCY MEDICATION TRAVEL KIT**

<b>Condition/Problem</b>	<b>Medicine</b>	<b>Instructions</b>	<b>Supply</b>
<b>Diarrhoea</b>	Immodium 2mg (Loperamide)	First 24 hours take plenty of fluids and salt. 2 capsules initially then one after each loose stool.	10
	Ciproxin 250mg (Ciprofloxacin)	One tablet twice daily if diarrhoea persists for more than 48 hours. The course of Ciprofloxacin should be taken for 5 days.	10
	Dioralyte	Take 1 sachet dissolved in 200mls previously boiled water after each loose bowel motion.	5
<b>Sore throat/chest infection</b>	Amoxycillin 250mg	2 capsules every 8 hours for one day then 1 capsule every 8 hours for 4 days.	18
<b>Skin reaction/hay fever</b>	Claritin 10mg (Loratadine)	1 tablet Daily. Causes drowsiness and accentuates action of alcohol.	10
<b>Nausea/vomiting/travel sickness</b>	Stemetil 5mg (Prochlorperazine)	Take 1 table up to 3 times daily. May cause drowsiness.	16
<b>Malaria</b>	Quinine 300mg	2 tablets 3 times daily for 7 days	42
	Doxycycline 100mg	2 tablets daily for 7 days	20