

GP/Locum Drug List – 5 May 2013

Respiratory

Medication	Dosage	Remarks
ANTI-HISTAMINES		
<i>Tablets</i>		
Atarax (hydroxyzine) 10mg	1-2 tds	Sedative
Atarax (hydroxyzine) 25mg	1 tds	Sedative
Piriton (chlorpheniramine) 4mg	1 tds	Sedative, anticholinergic side effects
Clarinase (loratadine 5mg/pseudoephedrine 120mg)	1 bd	Non-sedative
Loratadine 10mg	1 om (max 1 bd)	Non-sedative
Rhiniramine SR (dexchlorpheniramine) 6mg	1 bd	Sedative, slow release preparation
Fenfedrin (chlorpheniramine 4mg/pseudoephedrine 60mg)	1 tds	Sedative
Telfast (fenofexadine) 180mg	1 om	Non-sedative, slow release preparation
Telfast D (fenofexadine 90mg/pseudoephedrine 120mg)	1 bd	Non-sedative
Terizin (cetirizine) 10mg	1 om (max 1 bd)	Generic, non-sedative
Xyzal (levocetirizine) 5mg	1 bd	Original, non-sedative
Zyrtec (cetirizine) 10mg	1 om (max 1 bd)	Original, non-sedative
Zyrtec D (cetirizine 5mg/pseudoephedrine 120mg)	1 bd	Non-sedative
<i>Syrup</i>		
Chlormine (chlorpheniramine 4mg/5ml)	0.35mg/kg/day	Sedative, not for <3 months of age
Fedac (pseudoephedrine 30mg/tripolidine 1.25mg per 5 mls)	2.5mls/10kg tds	Sedative, not for <3 months of age
Rhiniramine (dexchlorpheniramine 2mg/5mls)	2.5mls/10kg tds	Sedative, not for <3 months of age
Zyrtec (5mg/5mls)	0.5mg/kg daily, max 10mg	Non-sedative, not <3 months of age
NASAL SPRAYS		
<i>Decongestant</i>		
Iliadin infant nose drops (oxymetazoline 0.01%)	1 bd	0.01% for neonates and infants 0.05% for children and adults Risk of rebound nasal congestion with usage > 1 to 2 weeks
Iliadin adult nasal spray (oxymetazoline 0.05%)	1 bd	
<i>Steroid</i>		
Flixonase (fluticasone propionate 0.05%)	1-2 sprays om to bd	60 sprays, 6 years of age and above
Nasonex (mometasone furoate monohydrate 50mcg)	1-2 sprays daily	140 sprays, 2 years of age and above
LOZENGES		
Diffiam 3mg raspberry-lemon lozenges	1-2 tds-qds	Red coloured, pack of 8
Diffiam 3mg lozenges	1-2 tds-qds	Green coloured, pack of 8
MAC-extra lozenges	1-2 tds-qds	Purple coloured, flavoured, pack of 6
Trachisan lozenges	1-2 tds-qds	White coloured, bitter, pack of 10
ORAL SOLUTIONS		
Oral aid lotion	tds-qds	Pre-packed bottles, for gargling
Thymol glycerin gargle	tds-qds	For gargling
ORAL OINTMENTS		
Oracorte E oral paste	tds	Oral ulcers
ANTI-INFLAMMATORY		
Serrazyme (serratiopeptidase) 5mg (Sinsia)	1-2 tds	
Leftose (lysozyme 5mg/5mls) syrup	2.5mls/10kg tds	
ANTI-TUSSIVES		
<i>Syrup</i>		
Dhasedyl (ephedrine 6mg, promethazine 3.6mg and codeine 9mg per 5mls)	2.5mls/10kg tds (max 10mls tds)	"Black" Interaction with pseudoephedrine Not recommended < 2 years of age
Duro-tuss forte linctus (pholcodine 15mg/5mls)	5mls tds	Triple strength concentration Opioid derivative Less sedative, non-addictive
Fedac Co (pseudoephedrine 30mg, tripolidine 1.25mg and codeine 10mg / 5 mls)	2.5mls/10kg tds (max 10mls tds)	"Red"
Phenexpect expectorant (diphenhydramine 10mg, ammonium 125mg and Na citrate 50mg per 5 mls)	2.5mls/10kg tds (max 10mls tds)	Sedative Avoid in liver cirrhosis Not recommended < 2 years of age
Phenexpect CD expectorant (diphenhydramine 10mg, ammonium 125mg, Na citrate 50mg and codeine 9mg)	2.5mls/10kg tds (max 10mls tds)	Sedative, contains codeine Avoid in liver cirrhosis

Medication	Dosage	Remarks
per 5mls)		Not recommended < 2 years of age
Promethazine (5mg/5mls)	2.5mls/10kg tds (max 10mls tds)	Sedative, not below 6 months of age Has anti-emetic and vestibular sedative effect
Rhinathiol promethazine (carbocysteine 100mg and promethazine 5mg per 5mls)	2.5mls/10kg tds (max 10mls tds)	Sedative, not below 6 months of age Pre-packed 125mls bottles
<i>Tab</i>		
Beathorphan (dextromethorphan 15mg)	2 tds	Minimally sedative, no significant opioid or anticholinergic side effect
<i>Lozenges (Anti-tussive)</i>		
Tussils (dextromethorphan 5mg)	1-2 tds-qds (max dosage 24/day)	As above. Packs of 6.
MUCOLYTICS		
<i>Tab</i>		
Vasican (bromhexine) 8mg	1-2 tds-qds	Safe in all ages
<i>Syrup</i>		
Mucosolvan (ambroxol 30mg/5mls)	2.5mls/10kg tds	Safe in all ages Prepacked 100ml bottles
Vasican (bromhexine 4mg/5mls)	2.5mls/10kg tds-qds	See above
<i>Sachet/Effervescent Tab</i>		
Fluimucil (N-acetylcysteine) 100mg sachet	150mg/10kg daily in 2-3 divided doses	Dissolves in water. Antioxidant properties with multiple purported benefits
Fluimucil (N-acetylcysteine) 600mg effervescent tablet	1 bd	
ASTHMA		
<i>Tab</i>		
Dhatalin (terbutaline) 2.5mg	1 tds	Long-acting beta agonist
Theolin SR (theophylline) 250mg	½-1 bd	Methylxanthine, arrhythmogenic risk, low safety margin
Zenmolin (salbutamol) 2mg	1-2 tds	Short-acting beta agonist
Singulair (montelukast) 4mg granule	1 on	Leukotriene antagonist, adult dosage, for asthma, allergic rhinitis. 4mg granule for 1-2 year old 4mg chewable tab for 2-5 year old 5mg for 6-14 year old 10mg for 15 year old + above
Singulair (montelukast) 4mg chewable tab	1 on	
Singulair (montelukast) 5mg tab	1 on	
Singulair (montelukast) 10mg tab	1 on	
<i>Syrup</i>		
Dhatalin (terbutaline 1.5mg/5mls)	2.5mls/10kg tds	See above
Ventolin (salbutamol 1mg/5mls)	2.5mls/10kg tds	See above
<i>Inhalers</i>		
Seretide evohaler (25/50)	1-2 bd	Salmeterol 25mcg, fluticasone 50mcg
Seretide evohaler (25/125)	1-2 bd	Salmeterol 25mcg, fluticasone 125mcg
Ventolin (salbutamol) evohaler	1-2 tds-qds	See above
<i>Nebulizer Solution</i>		
Atrovent	0.125-0.25mls/10kg	Anti-cholinergic
Ventolin	0.01-0.03mls/kg	Beta-agonist
STEROIDS		
<i>Tab</i>		
Prednisolone 5mg	0.5mg/kg/day	
Prednisolone 20mg	as above	
<i>Syrup</i>		
Prednisolone (3mg/5mls)	as above	

PAINKILLERS and ANTI-PYRETICS

Medication	Dosage	Remarks
PARACETAMOL		
<i>Tab</i>		
Anarex (orphenadrine 35mg, paracetamol 450mg)	2 tds-qds	Orphenadrine has anticholinergic side effects
Paceco (paracetamol 500mg, codeine 8mg)	2 tds-qds	Contains codeine
Paracetamol 500mg	2 qds (for adults)	
<i>Syrup</i>		
Dhamol (paracetamol 250mg/5mls)	40-60mg/kg/day in 4 divided doses	Safe for all ages
Dhamol (paracetamol 500mg/5mls)	40-60mg/kg/day in 4 divided doses	Safe for all ages
NSAIDs		
<i>Tab</i>		
Arcoxia (etoricoxib) 60mg	1 bd	Cox II selective inhibitor, lower risk of GIT side effects Risk of renal impairment with chronic use
Arcoxia (etoricoxib) 120mg	1 om	As above
Celebrex (celecoxib) 200mg	1 bd	As above
Ibuprofen BP 200mg	200-400mg tds-qds	Age-related risk of GIT side effects, risk of renal impairment with chronic usage, risk of asthma exacerbation in susceptible individuals
Difenac (diclofenac) 25mg	1-2 tds	
Diclofenac 50mg	1 tds	
Indocid cap (indomethacin) 25mg	2 tds	
Mefenamic acid 250mg	2 tds	
Mobic (meloxicam) 7.5mg	1 om (max 1 bd)	
Naproxen sodium 275mg	2 bd	
<i>Syrup</i>		
Ibuprofen (100mg/5mls)	20-40mg/kg/day in 4 divided doses	Caution below 1 year of age higher dose for anti-inflammatory usage
<i>Topical</i>		
Antipain 30g cream (methyl salicylate 2%)	tds-qds	
Fastum 2.5% gel (ketoprofen)	tds-qds	30g tube
<i>Suppository</i>		
Voren (diclofenac) 12.5mg	1mg/kg/dose, max 3mg/kg/day	Caution below 1 year of age, see ibuprofen
Voren (diclofenac) 25mg	as above	As above
OPIOIDS		
Codeine phosphate 30mg	1-2 bd to tds (max 180mg daily)	Weak opioid Risk of addiction, sedation, respiratory depression, nausea, vomiting, constipation, urinary retention
Pengesic (tramadol) 50mg	1-2 tds (max 100mg tds)	Opioid derivative, non-addictive Mild sedative effects, constipation Severe nausea and vomiting in 4% (age and dose related)
MIGRAINE		
Cafergot (caffeine 100mg/ergotamine 1mg)	2 stat, 1-2 tds, max 6 tabs/day and 10 tabs/week	
Naramig (naratriptan) 2.5mg	1 stat	Not more than 2 tabs in 24 hours, not compatible with ergotamine (significant drug interaction)

GIT

Medication	Dosage	Remarks
ANTI-EMETICS AND VESTIBULAR SEDATIVES		
<i>Tab</i>		
Cinnarizine 25mg	1 tds	
Dimenante (dimenhydrinate) 50mg	1 tds	
Domper (domperidone) 10mg	1-2 tds	Peripherally acting dopamine agonist with no central effect (does not cross blood-brain barrier) No risk of oculogyric crisis but ineffective for nausea
Maxolon (metoclopramide) 10mg	1 tds	Risk of oculogyric crisis
Stemetil (dhaperazine) 5mg	1 tds	Risk of oculogyric crisis
<i>Syrup</i>		
Dimenante (dimenhydrinate 15mg/5mls)	2.5mls/10kg tds	Safe for paediatric use, not usually associated with oculogyric crisis
Promethazine (5mg/5mls)	2.5mls/10kg tds	See anti-tussives
<i>Suppository</i>		
Domper (domperidone) 10mg	0.5mg/kg/dose not to exceed 1mg/kg/dose or 1mg/kg/day	Not recommended below 1 year of age due to immature blood-brain barrier
ANTISPASMODICS/GIT REGULATORS		
<i>Tab</i>		
Cerekinon (trimebutine) 100mg	1 tds	Weak anti-cholinergic side effects
Chlobax (chlordiazepoxide) 5mg	1-2 tds-qds	Weak anti-cholinergic side effects
Spasmoliv (hyoscine N-butylbromide) 10mg (buscopan)	2 tds-qds (max 1mg/kg/day)	Constipation, ileus, urinary retention, glaucoma, tachycardia and confusion
<i>Syrup</i>		
Dentinol infant colic syrup (simethicone 42mg/5mls)	2.5mls/10kg tds	
Colimix (dicyclomine 5mg, simethicone 50mg per 5 mls)	2.5mls/10kg tds	Weak anti-cholinergic side effects Safe for usage from 1 year and above
Dhacopan (hyoscine N-butylbromide 5mg/5mls)	2.5mls/10kg tds not to exceed 1mg/kg/day	Risk of paralytic ileus especially below 6 years of age
ANTI-DIARRHEALS		
<i>Tab</i>		
Loperamide 2mg	2 tds-qds	Loperamide is a weak opioid
Lacteolfort cap	2 bd	
Ultracarbon charcoal	1-2 tds	Physical adsorbent
<i>Syrup</i>		
Kaolin and pectin	5mls/10kg tds (max 15mls tds)	Stool hardening agent
Loperamide (1mg/5mls)	2.5mls/10kg tds	Weak opioid, risk of paralytic ileus especially below 6 years of age
<i>Sachet</i>		
Lacteolfort	1 sachet bd (infants)	Inactivated lactobacillus acidophilus
Oral Rehydration Salts	1-2 sachet/10kg daily in divided doses	Replenish lost fluids, reconstitutes to 240mls solution
Smecta (dioctahedrate)	1 sachet daily in divided doses (infants) to tds (3 years old)	Stool hardening agent
ANTI-ACID MEDICATIONS		
<i>Tab</i>		
Famotidine (sunpepcin) 20mg	1-2 bd	H2 blocker
Hydrosil (antacids)	1-2 tds-qds	
Nexium (esomeprazole) 20mg	1-2 om-bd	Proton pump inhibitor, comes in boxes of 14
Nexium (esomeprazole) 40mg	1 om-bd	Proton pump inhibitor, comes in boxes of 14
Proceptin (omeprazole) 20mg	1-2 om-bd	Proton pump inhibitor, generic
Ranitidine 150mg	1-2 bd	H2 blocker
<i>Syrup</i>		
Dhalumag	2.5-5mls/10kg tds	
Mist carminative	2.5-5mls/10kg tds	
LAXATIVES		
<i>Tab</i>		
Bisacodyl 5mg	1-2 on	Intestinal prokinetic agent May cause abdominal colic

Zelmac (tegaserod) 6mg	1 on-bd	Serotonin agonist, for IBS-C
<i>Syrup</i>		
Dhatulose (lactulose)	2.5mls/10kg tds	Osmotic agent, stool softener
<i>Suppository</i>		
Bisacodyl suppository	1 om	Colonic prokinetic agent
<i>Enema</i>		
Fleet enema for Adult	1 om	Colonic prokinetic agent
Babylax	1 om	Colonic prokinetic agent
Microlax	1 om	Colonic prokinetic agent
ANTI-HAEMORRHOIDS AND VENOCONSTRICTORS		
<i>Tab</i>		
Daflon (diosmin/hesperidine) 500mg	1-2 bd-tds	Venoconstrictor
<i>Topical</i>		
Hirudoid cream	bd-tds	Venoconstrictor (for fine varicosities)
Proctosedyl ointment	bd-tds	
<i>Suppository</i>		
Proctolog	1 on	

ANTIBIOTICS

Medication	Dosage	Remarks
ANTIBIOTICS		
<i>Tab</i>		
Augmentin (amoxicillin 500mg clavulanic acid 125mg) Generic: Amocla	1 bd	
Avelox (moxifloxacin)	1 om	For treatment of pneumonia when penicillin allergic
Bactrim (trimethoprim-sulfamethoxazole)	2 bd	Avoid in G6PD, elderly and renal impairment
Celexin (cephalexin) 250mg	2 tds	Pure gram positive coverage including MSSA, no gram negative activity
Cloxacillin 250mg	2 qds	
Cycin (ciprofloxacin) 250-500mg	250-500mg bd	Renal dose adjustment - 50% usual dosage Contraindicated in children
Doxycycline 100mg	1 bd	Acne and Chlamydia Tetracycline, GI side effects, contra-indicated in children and pregnancy
Flagyl (Metronidazole) 200mg	2 tds	Aanaerobes, clostridia, helicobacter, bacteroides and also active against trichomonas vaginalis
Klacid (clarithromycin) 250mg Generic: Crixan	1-2 bd	Macrolide with atypical coverage (i.e. mycoplasma, chlamydia, legionella). 500mg BD for atypical pneumonia, all other indications at 250mg BD. Renal dose adjustment - 50% usual dosage
Moxipen (amoxicillin) 250mg	2-4 tds	
Tidact (clindamycin) 150mg	2 tds	Gram positive and anaerobic coverage For treatment of gram positive cellulitis in penicillin allergy
Unasyn (ampicillin-sulbactam)	2 bd	
Zinnat (cefuroxime) 250mg	1-2 bd	500mg BD indicated for respiratory infections, 250mg BD for all other indications
Zithromax (azithromycin) 250mg	2-4 stat + 1-2 om	Newer generation macrolide with excellent chlamydial coverage, for treatment of CAP (500mg stat and 250mg OM x 4 days or 500mg OM x 3 days) or as alternative to doxycycline for non-gonococcal urethritis (1g stat)
<i>Syrup</i>		
Amoxicillin (125mg/5mls)	20-50mg/kg/day in 3 divided doses	Re-constitutes to 60mls standard size
Amoxicillin granules (250mg/5mls)	see above	Re-constitutes to 60mls standard size
Augmentin (amoxicillin 200mg, clavulanic acid 28mg per 5mls)	20-50mg/kg/day (for amoxicillin component) in 2 divided doses, usually either 5 or 10mls bd	70ml standard size
Felexin (cephalexin 250mg/5mls)	25-50mg/kg/day in 3 divided doses	Re-constitutes to 60mls standard size
Klacid (clarithromycin 125mg/5mls)	15mg/kg/day in 2 divided doses	Re-constitutes to 60mls standard size
Sofilex (cephalexin 125mg/5mls)	25-50mg/kg/day in 3 divided doses	Re-constitutes to 60mls standard size
Zithromax (azithromycin 200mg/5mls)	10mg/kg om stat + 5mg/kg om x 4 days or 10mg/kg om x 3 days	Re-constitute to 15mls standard
ANTI-VIRALS		
<i>Tab</i>		
Isoprinosine (methisoprinol) 500mg	50mg/kg/day in 2-3 divided doses (up to 3g/day)	Immune modulator, can be used as adjunct for viral illnesses, aphthous stomatitis, HPV infection, SSPE, alopecia, HIV and immunodeficiency
Tamiflu (oseltamivir) 75mg	1 bd	Course of 10 tabs
Zoral (acyclovir) 200mg	1 tab 5x/day	Treatment of herpes simplex virus infection, either oral or genital. Min 1 week course, kiv 2+ weeks
Zoral (acyclovir) 800mg	1 tab 5 x/day x 1 week min	Ideally initiated within 24hrs of rash, but should still be given even for presentation after 24hrs (if the disease is still evolving)
<i>Syrup</i>		
Isoprinosine (methisoprinol)	50mg/kg/day in 2-3 divided	See above

250mg/5mls)	doses	
Zoraxin (acyclovir 200mg/5mls)	20mg/kg 4x/day x 5 days (max 800mg qds)	500ml bottle to decant. Paediatric treatment of primary varicella infection in appropriate risk group (see Paediatric Fevers), for 5 days only, treatment must be initiated within 24hours of onset
<i>Topical</i>		
Aldara (imiquimod 5%)	1 sachet/night	For treatment of molluscum contagiosum Apply topically for 4 weeks, spontaneous clearance thereafter within 3 months Mild local irritation, no systemic side effects, safe for paediatric usage
Zoral (acyclovir 5%)	5x/day	
ANTI-FUNGALS		
<i>Tab</i>		
Ketozole (ketoconazole) 200mg		Need to monitor liver function test with prolonged continuous usage for several weeks to months,
Sporanox (itraconazole) 100mg	vulvovaginal candidiasis 200mg bd x 1/7 or 200mg om x 3/7 dermatophytosis 200mg om x 1/52 tinea versicolor 200mg bd x 1/52 onychomycosis 200mg bd x 1/52 (2 x monthly pulses for finger, 3 x monthly pulses for toe)	Need to monitor liver function test with prolonged continuous usage for several weeks to months,
<i>Topical</i>		
Candid (clotrimazole) 1% lotion	tds	Pre-packed 20ml bottles
Cristan (clotrimazole) 1% cream	tds	Pre-packed 10-15g tubes
Daktarin (miconazole) powder	tds	
Zarin (miconazole) cream	tds	Topical antifungal therapy must be continued for at least 2-4 weeks after disappearance of rash to ensure clearance of fungal spores
Fungicort (miconazole/hydrocortisone)	bd	
Loceryl nail paint	1x – 2x/week application	Contains amorolfine 250mg/5mls, not for use in pregnancy. To file nails before application (to expose the fungus infected area). Apply until new nail grows out completely normal (i.e. 3-6 months)
<i>Pessary</i>		
Canestan (clotrimazole) 500mg vaginal pessary Generic: Cristan	1 stat	Vulvovaginal candidiasis only
ANTI-MALARIALS & ANTI-PARASITIC		
Lariam (mefloquine) 250mg	1x/week for prophylaxis, 1 week prior to arrival and 4 weeks after leaving	Packs of 4
Alzental (albendazole 400mg/bottle) syrup	2 years and above (including adults) 400mg stat for pinworms, roundworms, hook worms 1 to 2 years 200mg stat	Prepacked 20ml bottle
<i>Topical</i>		
A-lice shampoo and lotion	1x on x 3 days	For scabies

Chronic medications

Medication	Dosage	Remarks
Urinary		
<i>UTI</i>		
Genurin simplice (flavoxate 200mg)	1 tds	Relief of urinary spasm and dysuria, anticholinergic side effects
Citravescent 500mg granules	1 tds	Alkalinize urine, to relieve dysuria
<i>BPH</i>		
Hytrin (terazosin) 1mg	1 on	Alpha blockers, for BPH with LUTS, works via relaxation of bladder neck muscles Can cause symptomatic postural hypotension in elderly
Hytrin (terazosin) 2mg	1 on	
<i>DETRUSOR INSTABILITY</i>		
Obutin (oxybutynin) 5mg	5mg on – qds (max)	Precipitation of urinary retention, anticholinergic side effects,
CARDIAC, HYPERTENSION		
<i>CALCIUM CHANNEL BLOCKERS</i>		
Adalat LA (nifedipine) 30mg	1-3 om	Can cause lower limb pitting edema and constipation (smooth muscle relaxant), long acting cannot break Packs of 30
Norvasc (amlodipine) 5mg	1 om	As above, packs of 30, can break into 1/2
Norvasc (amlodipine) 10mg	1 om	As above
Caduet 5/10 (amlodipine 5mg, atorvastatin 10mg)	1 om	See relevant drugs
Caduet 10/10 (amlodipine 10mg, atorvastatin 10mg)	1 om	
<i>BETA BLOCKERS</i>		
Atenolol 50mg	½ to 1½ om	May precipitate bronchospasm, heart failure, limb ischaemia and psoriasis May cause drowsiness Avoid in COPD, asthma, significant PVD, uncompensated CHF and psoriasis Promotes dyslipidemia and insulin resistance and erectile dysfunction. Avoid in DM, obesity and metabolic syndrome Packs of 30 for beta-nicardia
Atenolol 100mg	1 om	
Beta-nicardia (atenolol 50mg, nifedipine 20mg)	1-2 om	
Concor (bisoprolol) 2.5mg	½ - 2 om	Cardioselective beta blocker for chronic heart failure usage Initiate at 1.25mg OM and weekly-2 weekly titration by 1.25mg daily until a maximum of 10mg OM
Concor (bisoprolol) 5mg		
Propranolol 10mg	1-2 tds	See above
Propranolol 40mg	1 tds	See above
<i>ACE INHIBITORS</i>		
Coversyl (perindopril) 4mg	2mg to 8mg om	See below Long acting with increased tissue distribution
Enalapril 5mg (inovoril)	2.5mg om to 20mg bd	1 st dose hypotension, ACE-I induced cough (more common in women), to monitor creatinine and urea 2-4 weeks into initiation or escalation and stop if >30% rise, caution in CRF, risk of hyperkalemia, contra-indicated in unilateral RAS with solitary kidney or bilateral RAS
Enalapril 10mg (inovoril)		
Enalapril 20mg (inovoril)		
<i>ARB</i>		
Co-diovan (valsartan 80mg, hydrochlorothiazide 12.5mg)	valsartan dosage 40mg om to 160mg bd (maximum)	ARBs have risk of precipitating hyperkalemia and inducing acute deterioration of renal function Thiazide contains sulfur
Co-diovan (valsartan 160mg, hydrochlorothiazide 12.5mg)		
Co-diovan (valsartan 160mg, hydrochlorothiazide 25mg)		
Diovan (valsartan 80mg)		
Diovan (valsartan 160mg)		
Micardis (telmisartan 40mg)	40-160mg daily	
<i>DIURETICS</i>		
Frusemide 40mg	20mg-480mg daily	Loop diuretic, causes hypokalemia
Hydrochlorzide (hydrochlorothiazide) 25mg	12.5mg-50mg daily	Thiazide, contains sulfur, can cause hyponatremia with hypokalemia, promotes calcium reabsorption and contra-indicated in hypercalcemia

CENTRAL ALPHA AGONIST		
Methyldopa 250mg	250-500mg bd-tds	Antihypertensive safe for pregnancy usage, works centrally via alpha receptor activation
MISC CARDIAC		
<i>Tab</i>		
Angised (GTN) 0.5mcg SL	1 prn	
Cardiprin (aspirin 100mg with glycine)	1 om	
Imdur (isosorbide mononitrate) SR 60mg	30-90mg om	Sustained release cannot crush
Isosorbide dinitrate 10mg	5-10mg tds	
Lanoxin (digoxin) 0.0625mg	0.0625mg om	Narrow margin for safety. Not more than 0.0625mcg daily in elderly or with renal impairment. For rate control of chronic AF especially when concomitant CHF, and for symptomatic improvement in CHF. For loading in uncontrolled AF, 0.25mg stat with 0.25mg 12 hours later Avoid hypokalemic states which will exacerbate toxic effects
Plavix (clopidogrel) 75mg	1 om for chronic usage 4 stat for acute usage	Antiplatelet agent To give 300mg stat with aspirin in acute myocardial infarction, mortality benefit proven
Ticlopidine 250mg	1 om	Antiplatelet agent Generic Risk of agranulocytosis
<i>Topical</i>		
Deponit (GTN patch) 10mg	1 stat	
LIPIDS		
Lipanthyl supra (fenofibrate) 160mg	1 om	Sustained release, packs of 30
Lipitor (atorvastatin) 10mg	5-20mg on	Packs of 30
Lovastatin 20mg	10-40mg on	
Niaspan 375mg	375mg to 1g on start with 375mg on for 1 week followed by weekly increment to 1g on	Main side effect of flushing (30-40%) – minimized with food, aspirin, and avoidance of alcohol and spices No risk of myositis/myalgia
Niaspan 500mg		
Niaspan 750mg		
Simvor (simvastatin) 10mg	5-10mg on	Packs of 30
Simvor (simvastatin) 20mg	20-40mg on	Packs of 30
DIABETES		
Avandia (rosiglitazone 4mg)	rosiglitazone max 4mg bd	Packs of 56
Avandamet (rosiglitazone 2mg/metformin 500mg)		Packs of 56
Avandamet (rosiglitazone 2mg/metformin 1000mg)		Packs of 56
Avandamet (rosiglitazone 4mg/metformin 500mg)		Packs of 56
Avandamet (rosiglitazone 4mg/metformin 1000mg)		Packs of 56
Clamide (glibenclamide) 5mg	2.5mg om to 10mg bd	Long acting, high risk of hypoglycemia
Diabetmin (metformin) 500mg	1 bd-tds	Biguanide, caution in CRF and CHF as risk of lactic acidosis
Glimicron (glicazide) 80mg	40mg-160mg om-bd	Medium acting, risk of hypoglycemia
Diamicron MR (glicazide) 35mg	30mg-120mg om	Sustained release, reduced risk of hypoglycemia
Glipizide 5mg	5-10mg bd	Medium acting, risk of hypoglycemia
Glucobay (acarbose) 50mg	50-100mg bd-tds	Impairs gut absorption of glucose, may cause flatulence
Glucobay (acarbose) 100mg		
Metformin 250mg	1 bd-tds	See above
Metformin SR 850mg	1 bd-tds	See above
Tolbutamide 500mg	250mg-1g bd-tds	Short acting, risk of hypoglycemia

INSULIN		
Actrapid HM (100U/ml)	iv or sc	
Lantus (insulin glargine) 300IU/3mls	sc once daily	Ultra long acting
OTHER ENDOCRINE & HORMONAL		
GOUT		
Allopurinol 100mg	100mg-300mg om	May cause allopurinol hypersensitivity syndrome Avoid in acute flare, may precipitate acute gout
Colchicine 500mcg	1 tds-qds	Stop if inducing diarrhea
AUTO-IMMUNE		
Salazopyrin (sulfasalazine) 500mg	1-2g bd-tds (max 6g/day)	DMAARD For rheumatoid arthritis and seronegative spondyloarthropathy, start at 1g BD and titrate to 3g daily For IBD, start at 1g BD to TDS and titrate up to 6g daily if necessary
THYROID		
Camazol (carbimazole) 5mg	5mg-30mg daily	Risk of agranulocytosis
Euthyrox (thyroxine) 50mcg	25-150mcg daily	
Euthyrox (thyroxine) 100mcg		
Propylthiouracil 50mg	300mg-600mg daily	
ERECTILE DYSFUNCTION		
Contra-indicated in IHD on nitrates, vasodilatory class action All in packs of 4		
Cialis (tadalafil) 20mg	1 daily	Variable onset of action, long lasting up to 24 hours
Levitra (vardenafil) 20mg	1 daily	Rapid onset of action 15-30mins
Viagra (sildenafil) 50mg	1 daily	1 hour onset of action
Viagra (sildenafil) 100mg	1 daily	1 hour onset of action
HAIR LOSS		
Regaine 5% (minoxidil)	1-2ml bd	For alopecia, packs of 3
Propecia (finasteride) 1mg	1mg daily	Pack of 28
OBESITY		
Duromine (phentermine) 15mg	1 om	Packs of 30, appetite suppressant, adrenergic side effects
Duromine (phentermine) 30mg	1 om	
Panbesy 30mg	1 om	
Reductil (sibutramine) 10mg	1 om	Packs of 28, appetite suppressant, SNRI, adrenergic side effects, safe for long term usage up to 2 years
Reductil (sibutramine) 15mg	1 om	
Xenical (orlistat) 120mg	1 bd-tds	Impairs gut absorption of fat, may cause steatorrhea and oil leakage from anus if dietary fat intake not controlled
OSTEOPOROSIS		
Actonel (risedronate) 35mg	1x/week	May cause gastric side effects and GERD
Evista (raloxifene) 60mg	1 om	SERM (selective estrogen receptor modulator) Proven in treating and preventing osteoporosis No effect on IHD, reduced risk of breast cancer but increased risk of fatal stroke and venous thromboembolic disease. Pack of 28
Suncal D 450	1 om to 2 bd	May cause constipation, contra-indicated in hypercalcemia
ORAL CONTRACEPTIVE PILLS AND HORMONES		
Tab		
Diane 35		Contains cyproterone acetate (anti-androgenic) for PCOS
Gynera		Higher estrogen component combined OC pill, more suitable for heavier individuals Ethinylestradiol 0.03mg with gestodene 0.075mg
Norethisterone 5mg	10-15mg daily for delaying menses 15mg-30mg daily for dub	Progestogen. Recommended usage for DUB 30mg daily x 1/52 + 15mg daily x 2/52
Meliane		Lower estrogen component combined OC pill Ethinylestradiol 0.02mg with gestodene 0.075mg
Postinor	1 tab stat and 1 tab 12 hours later	Emergency contraception within 48 hours of coitus ideally, but not > 72 hours. Not effective if used >2 in a month. Pack of 2.

Yasmin		Contains drospirenone which has anti-androgenic properties (but less than cyproterone) and anti-mineralocorticoid (prevention of weight gain)
SMOKING CESSATION		
Zyban (bupropion SR) 150mg	150mg om-bd	
ANTIDEPRESSANTS AND ANTI-EPILEPTICS		
Amitriptyline 25mg	25mg om-tds	TCA, avoid in pre-existing cardiac conditions (i.e. IHD). High arrhythmogenic potential when taken in overdoses
Carbamazepine 200mg		Anti-epileptics
Dilantin (phenytoin) 100mg		
Fluxil (fluoxetine) 20mg	10-60mg daily	SSRI
Faverin (fluvoxamine) 50mg	25-150mg daily	
Gabapentin 300mg	max dose 2.7g daily	GABA agonist
Lyrica (pregabalin) 75mg	75mg bd starting dose, up to 600mg/day	GABA agonist Fast acting, steady state in 4 days Approved as primary treatment for painful diabetic neuropathy and post-herpetic neuralgia and also as adjunctive treatment for tonic-clonic seizures
BENZODIAZEPINES AND SEDATIVE-HYPNOTICS		
Diazepam 2mg	2-4mg on-bd	All benzodiazepines carry a risk of dependency and addiction, notably midazolam which might be euphorogenic. Zopiclone and zolpidem may also cause psychological dependency. To avoid more than 10 tabs/month for insomnia usage. Chronic usage acceptable in - chronic anxiety disorder (not controlled with SSRI) - symptomatic chronic insomnia in elderly patients (i.e. >65 years) - agitated dementia
Diazepam 5mg	5-10mg on	
Diazepam 10mg	10mg on	
Dormicum (midazolam) 7.5mg	7.5-15mg on	
Lexotan (bromazepam) 1.5mg	1.5mg on	
Stilnox (zolpidem) 10mg	10mg on	
Xanax (alprazolam) 0.5mg	0.5mg on	
Zopiclone	3.75-7.5mg on	
<i>Suppository</i>		
Rectal diazepam (stesolid) 5mg	2.5mg to 5mg stat	
VITAMINS, MINERALS AND SUPPLEMENTS		
Centrum	1 om	60 tablets
Ferrous fumarate 200mg	1 om-tds	
Folic acid 5mg	1 om	
Ginkgo Biloba 40mg	1-2 tds	
Glucon (glucosamine sulphate) 500mg	1 bd-tds	90 capsule bottle
Glutilage plus (glucosamine sulphate 250mg, chondroitin sulfate 200mg)	2 tds	180 capsule bottle
High C 250mg	1-2 om-bd	
Kiddi pharmanon syrup	7.5-10mls/day	For 1 year and above
Multico	1 om	
Neurobion	1-2 om	
Neuroforte	1-2 om	
Omega 3 60's	1 om-tds	1g fish oil per capsule, bottle of 60
Omega 3 180's	1 om-tds	1g fish oil per capsule, bottle of 180
Potassium chloride 600mg	0.6g-1.2g om-bd	
Vit B Co	1 om	
Vit E	400 iu om	For non-alcoholic steatohepatitis

Topical / Parenteral medication

Medication	Dosage	Remarks
<i>Topical</i>		
Evra	1 patch/wk x 3 wks and stop 1 wk	Box of 3
EYE		
Amethocaine eye drop 1%	3-4 drops stat	
Chlortralim (chlortetracycline) eye ointment	1 tds-qds	
Ciplus (ciprofloxacin) eye drop	1 qds to hourly	
Fucithalamic (fusidic acid) viscous eye ointment	1 qds	
Hypromellose eye drop	1 qds	
Spersallerg eye drop	1 qds	
Optodexine	1 qds	Contains dexamethasone, strictly for allergic conjunctivitis
Xepanicol (chloramphenicol) eye drop	1 qds to hourly	
Fluoret		
EAR		
Otocaine ear drop	2-4 bd to qds	
Waxsol	2-4 bd to qds	
SKIN		
ACNE		
<i>Tab</i>		
Nimegen (isotretinoic acid) 10mg	1 om	
<i>Topical</i>		
Akne-mycin solution 25mls	tds	Contains erythromycin
Topicil (clindamycin) solution	tds	
<i>Ointment/Gel/Cream</i>		
Clindagel 1%	tds	Contains clindamycin
C-mycin gel	tds	
Differin 0.1% cream	on	Adapalene, 3 rd generation Vit A derivative, no systemic side effects, less incidence of skin irritation, gel preferred for dry skin
Differin 0.1% gel	on	
Retacnyl cream 0.025%	on	Retinoic cream
TOPICAL ANTIBIOTICS WITH OR WITHOUT STEROIDS		
Bactroban ointment	tds	
Foban (fusidic acid) cream	tds	
Fobancort (fusidic acid with hydrocortisone) cream	bd	
Gentri-derm (gentamicin, clotrimazole with betamethasone)	bd	
TOPICAL STEROIDS		
<i>Lotion</i>		
Betacorten (betamethasone 0.1%) scalp lotion	bd	High potency steroid
Desowen 0.05% lotion	bd	Desonide, low potency steroid, comparable to hydrocortisone 0.1% but purported better side effect profile with less skin atrophy
<i>Ointment/Gel/Cream</i>		
Betnovate RD (betamethasone 0.025%)	bd	Moderate-high potency steroid
Elomet 0.1% cream	bd	Very high potency steroid (greater than betamethasone 0.1%)
Hydrocortisone 1% cream	bd	Low potency steroid
Uniflex (betamethasone) 0.1% cream	bd	High potency steroid
Univate (clobetasol) cream	bd	Moderate potency steroid
OTHER DERMATOLOGICAL PREPARATIONS		
<i>Moisturizers/Emollients</i>		
Aqurea cream	tds	
Calamine & menthol lotion	tds	
Cetaphil bar/cream/gel/etc	tds	Soap substitute for sensitive skin / acne treatment
Emulsifying ointment	tds	
Isoderm liquid cleaner	tds	

Keratolytics		
Verrumal solution	on	Apply plaster over affected area to cover after topical application
Nappy Rash		
Desitin	tds	Non-steroid based
Melasma and Pigmentation		
Tri-luma (fluocinolone 0.01%, hydroquinone 4%, tretinoin 0.05%)	on strictly	High potency steroid, must be used with sunblock in the day as UV irradiation will cause paradoxical hyperpigmentation
Psoriasis		
Ionil-T shampoo	bd	Coal tar 4.25%, salicylate 2% shampoo, for psoriasis or seborrheic dermatitis of scalp
Silkis	bd	Calcitriol, for body usage, apply to face with caution
Rosacea		
Rozex 0.75% gel (metronidazole)	tds	For rosacea
Others		
Elidel (pimecrolimus)	bd	Non-steroid based, slowly acting takes weeks before any clinical response, suitable for infants
INJECTIONS		
Adrenaline 1:1000 1mg/ml	sc, i/m or iv	
Chlorphen (chlorpheniramine) 10mg	i/m only, 5-10mg	Anticholinergic side effects
Cospan (hyoscine N-butylbromide) 20mg	i/m or iv 20-40mg	Anticholinergic side effects With IV administration, sinus tachycardia common, occasional postural syncope and marked effects
Depoprovera (medroxyprogesterone)	deep i/m only 150mg	For depot contraception 1x/3 months, long lasting effects
Dormicum (midazolam) 5mg	1-5mg iv	For seizures, conscious sedation, anxiolysis Risk of respiratory depression
Lasix (furosemide) 20mg	iv only 40-240mg	Acute pulmonary edema or fluid overload
Hydrocortisone 100mg	iv 100-200mg	
Lignocaine 1% injection	sc or i/m for local anaesthesia	Arrhythmogenic risk
Losec 40mg	iv 40mg	For suspected or definite upper GIT bleeding
Nevramin (vitamin B12 1000mcg/ml)	deep i/m only 1ml	
Penicillin benzathine 2.4mU	deep i/m only 2.4mu stat	Late latent and tertiary syphilis (excluding neurosyphilis) Acute streptococcal pharyngitis/tonsillitis Oil based injection, to dilute with water for injection and inject with large bore needle
Progesterone 50mg/ml	deep i/m only	
Promethazine 50mg/2mls	i/m only, 25mg	Marked sedation and anticholinergic side effects
Pulin (metoclopramide) 10mg/2mls	i/m or iv 10mg	Oculogyric crisis risk, contraindicated in bowel obstruction
Scansolone (prednisolone 25mg/ml)	deep i/m only	
Shintamet (cimetidine) 300mg	i/m or iv 300mg	
Stemetil (prochlorperazine) 12.5mg	deep i/m only, 12.5-50mg	Anti-emetic at 12.5mg dose, antipsychotic at 25-50mg dose (like haloperidol) Oculogyric crisis risk
Tramal (tramadol) 50mg (acugesic)	i/m or iv 50-100mg	Nausea, vomiting risk increased with 100mg IV
Valium (diazepam) 10mg	i/m or slow iv 1-10mg	For seizures, conscious sedation, anxiolysis Risk of respiratory depression
Voren (diclofenac) 75mg	deep i/m only 50-75mg	
VACCINES		
Engerix B (child 19 years and below)	10mcg deep i/m only	Hepatitis B Primary immunization at 0,1 and 6 months of life, with booster at 12 months
Engerix B (adult 20 years and above)	20mcg deep i/m only	Primary immunization at 0, 1 and 6 months with booster at 12 months; alternatively at 0,1 and 2 months with booster at 12 months. Rapid immunization at 0,7, 21 days with booster at 12 months Inactivated viral components
Fluarix NH 2006/07	deep i/m only >36 months of age - 0.5mls 6-36 months of age - 0.25mls	Seasonal influenza A Adult – 1 dose Children – 1 dose + booster after 4 weeks Inactivated viral components

Gardasil	0.5mls i/m injection only	Human papillomavirus serotype 6, 11, 16 and 18 vaccination 3 doses at 0,2 and 6 months, indicated for primary prevention of CIN in ages 9-26
Havrix (child 1-19 years)	720iu deep i/m only	Hepatitis A Primary dose followed by booster in 6-12 months Inactivated viral components
Havrix (adult 20 years and above)	1440iu deep i/m only	
Infanrix 5-in-1	0.5mls deep i/m only	DTP, polio and hemophilus influenzae b 3 doses at least 1 month apart from 2-6 months of age, followed by booster in 2 nd year of life Inactivated virus and toxoids
Infanrix hexa	0.5mls deep i/m only	Hepatitis B + the above (i.e. DTP, polio, hemophilus influenzae b) 3 doses at least 1 month apart from 2-6 months of age Inactivated virus and toxoids
Mencevax	50mcg i/m only	Meningococcal vaccine - A, C, Y and W135 strains 7-10 days to develop immunity Effective for 3 years
Oral polio (sabin)	0.05mls orally	3 doses at least 1 month apart for infants with booster dose at entry and on leaving school (i.e. 6 and 12 years) Live attenuated virus
Priorix (mumps, measles, rubella)	0.5mls sc or i/m	2 year of life Live attenuated virus
Prevenar	0.5mls i/m	Pneumococcus <u>6 wks-6 months age:</u> 4 doses at 2,4,6 months with booster at 12-15 months (at least 2 months apart) <u>7-11 months age:</u> 2 doses at least 4 weeks apart with booster after 1 year (at least 2 months from 2 nd dose) <u>12-23 months age:</u> 2 doses at least 2 months apart <u>24 months to 9 years:</u> 1 dose
Rotarix	1ml orally	Rotavirus Live attenuated virus 1ml at 6-14wks 1ml at 14-24wks High likelihood of causing diarrhoea after vaccination
TT (tetanus toxoid)	0.5mls i/m	
Twinrix	1ml i/m	Hepatitis A and B 1-15 years, 2 doses at 0 and 6 to 12 months >16 years 3 doses at 0,1 and 6 months
Typherix	25mcg i/m	Typhoid fever Single dose, revaccination 3 yearly
Varilrix	0.5mls i/m	> 13 years of age 2 doses at least 6-10 weeks apart 1-12 years 1 dose Live attenuated virus Immunity develops 6 weeks after completing vaccination
MISCELLANEOUS		
Acon HCG strip	na	Pregnancy
Acon pregnancy test kit	na	Pregnancy
Chlorhexidine 0.05% solution	tds	Antiseptic
Combur 7 test strip	na	Urinalysis
Glustitch 0.2mls	na	Surgical glue
Glustitch 0.5mls	na	Surgical glue
One-der Patch	1 om	Anti-mosquito patch, lasts 18 hours, citronella with eucalyptus, comes in packs of 12
Potassium permanganate solution	tds	Antiseptic
Xylocaine 2% jelly	tds	Analgesic