

Antibiotics/Antimicrobials

Amoxicillin 500mg 8h PO
Ampicillin 500mg 6h IV bolus
Amikacin 5-7.5mg/kg Q8H
Augmentin 625mg 12h PO, 1.2g 8h IV bolus/slow inf.
Bactrim (Co-trimox) 2 tab (960mg) bd PO [CI: CRF]
Cefazolin 1g Q8h IV (2g on call to OT) bolus
Cefepime (Maxipime) 1g 12h (pneumonia) – 2g 8h (neutropenia)
Ceftazidime (Fortum) 1g 8h/2g 12h IV infusion [pseudomonas]
Ceftriaxone 1-2g om IV bolus (1g)/infuse (2g), 2g bd [meningitis]
Cefuroxime (Zinnat) 500mg 12h PO [2nd gen cephalosporin, PO]
Cephalexin 500-1000mg 8h PO
Ciprofloxacin 500mg 12h PO, 200-400mg 12h IV infusion
Clarithromycin (Klacid) 500mg bd PO
Cloxacillin 500/1000mg 6h IV bolus/infusion 500mg 6h PO
Crystalline Penicillin 2mU 6h IV infusion, [5mU per vial]
Doxycycline 100mg bd PO
Erythromycin 500mg 6h PO/IV, EES 800mg 12h PO
Gentamicin 40-80mg (1mg/kg) 8h or 120mg om IV infus [chk lvls]
Imipenem (Tienam) 500mg 6h IV
Metronidazole (Flagyl) 400mg 8h PO, 500mg 8h IV infusion
Penicillin V 500g 6h PO
Piperacillin-Tazo (Tazocin) 2.25-4.5g 6-8h IV [pseudomonas]
Vancomycin 0.5-1g om-12h IV [chk lvls]
Others: Acyclovir 800mg 5x/day x 7/7, 500mg 8h IV
Chloroquine 600mg base (4 tab) x1 then 300mg [chk G6PD] om PO
Quinine: Load (wt x20) in 1 pint D5% IV over 4h then (wt x 10) in ½ pint D5 over 4-8h bd-tds [Falciparum malaria]
TB: Mantoux (10U (0.1ml) ID) (occ. 1U), 10mm wheal = +ve
Rifampicin 450mg (600mg if > 50kg) om PO x 6/12 [liver]
Isoniazide 300mg om PO x 6/12[liver] + Pyridoxine 10mg om
Pyrazinamide 1.5g om x 2/12 [liver]
Ethambutol 600mg (15mg/kg) (1=100mg) om x 2/12 [if 4th required]
TripleRx (SGH): Clarithromycin 500mg bd PO + Amoxycillin 1g bd PO + Omeprazole 20mg bd PO x 2/52

Allergy/Anti-inflamm/Anti-histamines/Steroids

Dexamethasone 8mg 8h i/v, 0.5-10mg/day PO
Chlorpheniramine (Piriton) 4mg 6-8h PO
Hydroxyzine (Atarax) 1-25mg tds [itch]
Loratidine (Clarityne) 10mg om PO
Fludrocortisone (Mineralocorticoid) 50-300mcg/day PO
Hydrocortisone 100-200mg 6h IV, 20mg om+10mg ON PO
Prednisolone 10-30mg om PO then 2.5-15mg/day maint
Promethazine (Phenergan) 25-50mg PO/ IM/ IV
Synacthen test IV 250 µg at 0 min (check 0, 30, 60 min)

Asthma

Aminophylline: Load IV 6mg/kg/20min (not on Theophylline) then 25mg/h. (25mg/ml in D5%, Theophy lvl 10-20mg/L)
IV Hydrocortisone 100mg 6h
Neb Ventolin: Atrovent: N/S 2:(0):2 (asthma), 1:2:1 Q4-6h (COPD)
PO Prednisolone 30mg OM x 5/7
Theophylline (Neulin) PO 125mg tds-qds, SR: PO 125mg bd
Relievers: Atrovent (20µg) (Ipratropium MDI) 2/2 bd
Ventolin (Salbutamol) 4/4 qds/prn MDI, PO 4mg tds/prn
Preventers: Becotide (50µg) (Beclomethasone MDI) 2/2 bd-tds
Flixotide (250µg) (Fluticasone MDI) 1/1-2/2 bd
Pulmicort (200µg) (Budesonide turboblaer) 2/2 bd

Calcium: Calcium: [(40-Alb) x 0.02] + Ca⁺
Low: Ca gluconate 10% 10ml over 10min then 40mls/24h.
Ca et vit D 1/1 OM/bd PO, Calcichew 625-1250mg OM/bd
High: Calcium: [(40-Alb) x 0.02] + Ca⁺
(1) Stop thiazides. (2) IV N/S 1L/hour or 4L/24h
(3) Pamidronate (bisphosphonate) 60mg in 300ml N/S over 4 hour

Cardio-Vascular

Aspirin 100mg om PO + famotidine 40mg bd
Clexane 1mg/kg SC om (prophy) /bd (tx) [LMW Hep]
Digoxin 62.5-250mcg om po [lvls]
Dopamine 2-5mcg/kg/min IV [200mg in 0.1L NS at 2-7.5ml/h]
GTN (0.3g) 1/1 S/L max x3. Patch (Nitrodisc) 5-10mg/24h
Heparin 15-25U/kg/hr IV infusion, see op-orders, check PTT 6h
ISDN 10-20mg bd-qds po, SR 40mg bd [angina, LVF]
ISMN (Imdex 30-60mg om) (Ismo 20mg bd-tds) PO [angina, CCF]
Ticlopidine (Ticlid) 250mg bd PO
Warfarin: Load 5.5,5.3 mg OM then check PT, INR. [counselling]
AMI: Tall T, ST elev, Q wave, T inversion, TropT in non-CRF
O2. Aspirin 300mg chewed. Morphine 5mg IV + Maxolon.
GTN 1/1 S/L or patch. ACE-I if Ant MI/ LVF. +/- anticoag.
CPR: ABC, h/c, K+-. Bag. No pulse=pump. Fluids fast / Lasix. VF, VT: 200,200,360. Asystole: Adrenaline 1mg (10mls 1:10k) @ 5mins, Atropine 1mg max x3. Lignocaine 1mg/kg IV. HCO3 40mls IV after 10mins.

Cholesterol/Lipids

Gemfibrozil 0.3-0.6g bd (Triglycerides)
Lovastatin 20mg ON (LDL, total) (CI: liver dz)
Simvastatin (Zocor) 10-40mg ON (LDL, total)

Constipation

Fybogel 1/1 om [bulk]
Lactulose 10mls tds, 30mls in hep encephalopathy [osmotic]
Senna 11/11 ON [stimulant]
Dulcolax (Bisacodyl) PO 5-15 mg (up to 30 mg) PR 10 mg
Bowel prep: Oral fleet 45ml bd, PEG 2L

Cough

Bromhexine (Bisolvon) 8mg or 1/1 tds (expectorant)
Dequalium or Difflam lozenges 1/1 tds/prn (sore throat)
Dextromethorphan 10mls tds (black) (suppressant)
Diphenhydramine 10mls tds (black) (expectorant)
Guaifenesin 200-400 mg Q4H (max 2.4 g/day) (expectorant)
Procordin 10mls tds (red) (suppressant, hemoptysis)

Creams, Dressings and Topical solutions

Aqueous cream (dry skin)
Calamine lotion (itchy skin)
GMS dressing (plug site cellulitis)
Wounds: Dry/ Chlorhex/ TG/ Intrasite. Bactroban.

Diarrhoea

Kaolin 10mls tds [Adsorbant]
Lomotil 1/1 tds-qds [Antimotility]
Loperamide (Imodium) 2-4mg tds-qds [Antimotility]

Diabetes/Hypoglycemia

Acarbose (Glucobay) 50-100mg om-tds
Glibenamide (Daonil) 2.5-15mg om [long act SU][CI >60yrs]
Gliclazide (Diamicon) 40-80mg om/bd [short act SU, 2nd gen]
Glipizide (Minidiab) 2.5mg-10mg om/bd [2nd gen SU]
Metformin 250mg-1g om-tds [CI: ESRF, acidosis] (1st line in fat pt)
Metformin (Glucophage) Retard 850mg bd
Tolbutamide 0.5-1g om/ bd [short act 1st gen SU]
Insulin: R=SI, Actrapid [yellow bottle, clear][short]
N=Insulatard [green][intermediate]. Mixtard usu 30/70 (R:N)
DKA: SI 6-10u i/v x1. 50U SI in 49.5ml N/S (1U/ml) at 6mls/hr then change N/S above to D5% at 3mls/hr once BSL<12. Hydrate with N/S 2L/2h + add K⁺ 20-40/hr if passing urine
Hypoglycemia <3: Sugar drink. < 2.5: 20-40mls D50% IV, dilute with N/S or H2O. Failed IV: Glucagon 1U IM

Epilepsy/Fits: h/c, U/E/Ca,Mg,P, ABG, drug levels

Carbamazepine 200mg OM/ BD PO
Diazepam (Valium) 10mg IV over 2 min [acute fit]

Gastritis/Bleeding GIT/PUD

Antacid 2 tab bd-tds PO
Famotidine 20mg bd PO [with NSAIDs]
Mist carminative 10mls tds/prn PO [wind]
Magnesium Trisilicate (MMT) 10mls tds/qds/prn PO
Omeprazole (Losec)/Pantoprazole 20mg om/bd, 40mg OM IV
Omeprazole infusion 8mg/h (80mg in 1 pint N/S @ 50mls/h)
Somatostatin 0.25mg IV stat then 0.25mg/h infusion (Varices).
Mebeverine 135 mg tds (IBS)
Fluimucil (Acetylcysteine) 60mg BD x 2/7 (b4 CT scan); PO 140 mg/kg; IV 150 mg/kg over 60 minutes

Gout

Allopurinol 100-300mg om [CI: acute attack]
Colchicine 0.5mg 1-2h max 6mg/d or n+v/diarr then 0.5mg tds

Hypertension

Comorb: Angina/AMI: Ace/Beta/Ca. CCF: Ace+Diur. DM: Ace C/I: Ace: Cr>300, B: Asthma, heart-blk, dyslipid, C: dyslipid
Amlodipine (Norvasc) 2.5-10mg om PO [Ca²⁺]
Atenolol 50-100mg om PO [B]
Captopril 12.5-25mg bd PO [ACE]
Enalapril 2.5-10mg om PO [ACE]
Frusemide (Lasix) 20-40mg om-bd PO/IV bolus [loop D][+ K+]
Hydrochlorthiazide 25-50mg om PO [Thiaz D](elderly)[+ K+]
Metolazone: 2.5-20 mg OD (edema) or 2.5-5 mg OD (↑BP)
Nifedipine (Adalat) 5-10mg om-tds PO, LA 30mg OM PO [Ca²⁺]
Propranolol 80-160mg bd PO, 1mg over 1 min max 5mg IV [B]
Spironolactone 100-200mg om PO [K⁺ sparing D]
Hypt Emergency/Urgency (>230/130). Aim 160/100 slowly
Nifedipine 10mg PO Q8H +/- Atenolol

Nausea, Vomiting, Giddiness

Metoclopramide (Maxolon) 10mg tds/prn PO/ IM/ IV
Ondansetron (Zofran) 4mg IV/ 8mg bd PO
Prochlorperazine (Stemetil) 5-10mg bd/tds PO, 12.5mg IM
Cinnarizine (Stugeron) 25mg tds/prn PO

Neuro-psych meds

Diazepam (Valium) 2-5mg PO/ IV
Fluoxetine (Prozac) 20mg om PO
Haloperidol 1.5-3 8h PO, 2-10mg (max 30 mg) IM
Madopar 62.5mg bd PO x 3/7 then up to 250mg bd-tds as tol
Midazolam (Dormicum) 7.5mg (½tab) PO, 5mg IV/ IM
BDZ antag: Flumazenil IV 1mg (+0.2mg)

Overdose [drug tox = LiH (green tube), levels=plain] (**SGH 24h: 64239119**) Lavage [<2h,send tox], Act. charcoal 50g 4-6h [<4h]
Paracetamol: N-acetylcysteine (200mg/ml): 150mg/kg in 200mls D5 over 30min (usu from A&E) then 50mg/kg in 1 pint D5 over 4h then 50mg/kg 1 pint D5 over 8h.

Pain

Paracetamol 0.5-1g tds-qds/prn po, 325mg supp (kid 125mg)
Anarex (Paracetamol+Orphenidine) 2 tab tds/prn [SGH]
NSAIDs: With Antacid/ Cimetidine/ famotidine 20mg bd
Diclofenac (Voltaren) 25-50mg tds, 75mg IM max bd; supp 25mg
Indomethacin 25-50mg tds PO + antacid [gout]
Mefenamic acid (Ponstan) 250-500mg tds/prn PO + antacid
Naproxen (Synflex) 550mg bd/prn po (EC 375mg BD)
Opioids: With Laxative (Senna/Lactulose) + Maxolon 10mg
Opioid: Naloxone 0.4mg in 10ml (give 1ml/ time up to 2 mg)
Buprenorphine (Temgesic) 0.2-0.4mg tds-qds s/l
Codeine phosphate 15-30mg TDS PO+ laxative (max 60mg Q4H)

Durogesic (Fentanyl) patch 25-50 mcg/h over 72h [CD]
IV 1-3 mcg/kg to 10 mcg/ml; give 10mcg/ 2 min
Mist Morphine 5-15mg 4-6h PO + laxative & Maxolon
Morphine 0.5-2mg/h IV or 2-5mg/h SC (AMI: 2-4mg/5min)
Pethidine 25-75mg tds/prn IM or 0.5-1mg/kg IV + Maxolon
Tramadol 50-100mg tds-qds/prn PO + Lactulose
Hyoscine butylbromide (Buscopan) 10-20mg tds po, 20mg (1ml) IM
Topical: Fastum/Voltaren gel
Piles
Daflon 2 tab (900mg) tds x 4/7 then 2 tab bd x 4/7 then 1 tab bd
Fybogel 1/1 bd + Lactulose 10ml tds
Lignocaine gel prn for pain

Potassium

Low: Inverted T, U wave, PR elevation, ST depression
Stop diuretics, glucose.
<2.5: K 7.45% 10mls in 100ml N/S IV over 1hr
max 20mmol/h, max 20mmol/pint, do not flush
Mist KCL 10mls tds PO
Span K 0.6-1.2g om PO (also give with diuretics)
High: >6 ECG: Tall T,wide QRS, small P
Resonium 15g 8h PO/ 30g fleet
Glucose 50% 40mls (dilute w/ N/S) + insulin 6U IV
Calcium gluconate 10% 20mls slow IV (cardioprotect)
Renal
1-alpha calcidol 0.25-1mcg 2-3x/wk PO
Calcium carbonate (Calcichew) 625mg-1.25g tds w/ meals PO
Ferrous fumarate 200-400mg om-bd PO
Renalvite 1/1 om PO
Eprex (Erythropoietin) 2000-4000u 1-3x/wk SC
Sodium True Na+ = Na+ + gluc/4
Low: max ↑ by 10mM/24h
Not dry, renal fxn good or SIADH: Fluid restrict, Frusemide
Dry: 0.9% N/S 0.6 x wt x [125-Na⁺]/154 litres /24h
<120/Fitting: Na⁺ 3% + Lasix [3%=514/L instead of 154]
NaCl 600mg (10mmol @) PO

Vitamins/Food

Calcitonin 100u om IM (test dose 0.1ml S/C) x 5/7, nasal spray (200U) 1/1 each nostril OM [sitting up, 1 hour before breakfast]
Ca⁺⁺: Ca et vit D 1/1 om/ bd PO. See also Calcium.
Fe: Ferrous fumarate 100-400mg om/bd PO +/- laxative; Sangobion/ Neogobion 1/1 om/bd PO; IV Venofer 200mg in 200ml N/S over 1 hour (check Fe after 48h)
Folate 10mg om PO
Neurobin 1/1 om/bd
Vit B Co 1/1 bd
Vit C: 100-200mg om/bd PO, 100mg/ml IM
Vit K: 10mg OM IV x 3/7 for raised PT
Vitamin cocktail 5ml in each pint IV drip
Thiamine (Vit B1) 10-30mg PO, 100mg OM IV (alcoholic)
IM Vit B12 100-1000mcg OD/ EOD x 1-2/52 then 100-1000mcg x 1-3/12
Enteral/NG feed 1kCal = 4 kJ. Avg=1500-2500kcal/d
Ensure: 1000kJ/250mL Ensure Plus: 1250kJ/200mL
Glucerna: For DM. 1kCal/mL. 6 cans = 1.42L/day
Promod (Protein) 5-6 scoops/day

Common calculations

Cr Clear (ml/min) = (140-Age) x Wt x 1.23 ÷ Cr(µmol/ml) (x 0.85 for female)
Online at nephron.com. For renal failure, use MDRD.
Glucose: mmol/L = mg/dl x 0.055
Length: 1 cm = 0.394 in = 0.0328 ft. Weight: 1 kg = 2.2 lb
Temperature: Celsius=5 x (Fahrenheit-32) / 9

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Updates/corrections: http://www.geraldtn.com/school