

MEDICATIONS GUIDE



Medication	Common Brand Names	Common Uses
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Allergies

Seasonal

Cetirizine	OTC Zyrtec	Allergies, urticaria
Diphenhydramine	OTC Benadryl	Allergies, urticaria, pruritis

Anaphylaxis

Epinephrine Auto Injector	Rx	Anaphylaxis
Prednisone	Rx	Anaphylaxis
Diphenhydramine	OTC	Anaphylaxis

Cold/Cough/Sore Throat

Guaifenesin	OTC Mucinex	Decongestion
Oxymetazoline	OTC Afrin	Decongestion
Fluticasone propionate	OTC Flonase	Decongestion

Dental Care

Amoxicillin/Clavulanate	Rx Augmentin	Dental infections: Abscess
Clindamycin	Rx	Dental infections
Amoxicillin	Rx	Dental infections

Ear Care

Ofloxacin	Rx	Otitis externa
Amoxicillin	Rx	Otitis media

Eye Care

Eye drops	OTC	Visine	Eye irritation
Ketotifen eye drops	OTC	Zaditor	Eye irritation
Erythromycin ophthalmic 0.5%	Rx		Ocular infections
Ofloxacin	Rx		Ocular infections

Gastrointestinal

Nausea

Promethazine	Rx	Phenergan	Nausea
Ondansetron	Rx	Zofran	Nausea

Acid Reflux

Omeprazole	OTC	Prilosec, Losec	Acid reflux
Ranitidine	OTC	Zantac	Acid reflux
Famotidine	OTC	Pepcid	Acid reflux
Calcium carbonate	OTC	Tums	Acid reflux

Constipation

Docusate	OTC	Colace	Constipation
Senna	OTC	Senokot	Constipation
Polyethylene glycol	OTC	GoLyteLy	Constipation

Gas

Simethicone		Gas-x	Bloating
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Diarrhea

Bismuth subsalicylate	OTC	Pepto-Bismol	Diarrhea
Loperamide	OTC	Imodium	Diarrhea
Activated charcoal	OTC		Diarrhea
Probiotics	OTC		Diarrhea
Ciprofloxacin	Rx	Cipro	Traveler's diarrhea
Trimethoprim/Sulfamethoxazole	Rx	Bactrim, Septra	Traveler's diarrhea
Azithromycin 1000mg x 1 dose	Rx	Zpack	Traveler's diarrhea

Dehydration

Rehydration/electrolyte solution (Electrolytes)	OTC	Pedialyte	Dehydration
WHO rehydration solution	OTC		6 tsp sugar, 1/2 tsp salt in 1L water

Gynecological

Fluconazole	Rx	Diflucan	Yeast infection
Metronidazole	Rx	Flagyl	Bacterial vaginitis

Pain & Fever

Pain and Fever Reducer

Aspirin	OTC	Bayer	Chest pain
Ibuprofen	OTC	Advil	Pain, fever
Acetaminophen	OTC	Tylenol	Pain, fever
Naloxone	OTC	Narcan	Narcotic overdose
Narcotics	Rx	Vicodin, Percocet, Dilaudid	Pain

Topical Pain Relief

Methyl salicylate-menthol	OTC	Icy-Hot	Muscular Pain
CBD oil/cream	OTC		Muscular Pain

Respiratory

Prednisone	Rx		Asthma
Albuterol	Rx	Ventolin	Asthma
Ipratropium bromide	Rx	Atrovent	Asthma
Azithromycin	Rx		Pneumonia, bronchitis
Amoxicillin/Clavulanate	Rx	Augmentin	Pneumonia
Doxycycline	Rx		Pneumonia

Sea Sickness

Meclizine	OTC	Dramamine (non-drowsy)	Motion sickness
Dimenhydrinate	OTC	Dramamine	Motion sickness
Compazine	Rx		Severe nausea, vomiting
Scopolamine	Rx		Motion sickness
Ondansetron	Rx	Zofran	Nausea

Skin

Antiseptics

Clorhexidine gluconate	OTC	Hibiclens	Skin cleanser
Iodine	OTC		Skin cleanser

Healing

Triple antibiotic	OTC	Neosporin	Skin infection
Colloidal silver	OTC		

Ant-Itch

Calamine lotion	OTC		
Hydrocortizone cream	OTC		

Antifungal

Clotrimazole	OTC	Lotrimin	Fungal infection
Turbinafine 1%	OTC	Lamisil	Fungal infection
Tea Tree Oil	OTC		

Skin Infection

Triamcinolone	Rx	Kenalog	Skin rash
Mupirocin	Rx	Bactroban	Cellulitis (MSSA and MRSA)
Cephalexin	Rx	Keflex	Cellulitis (MSSA)
Doxycycline	Rx		Cellulitis
Clindamycin	Rx		Cellulitis (MSSA and MRSA)
Trimethoprim/Sulfamethoxazole	Rx	Bactrim, Septra	Cellulitis (MRSA)
Cephalexin	Rx	Keflex	Open fracture
Clindamycin	Rx		Open fracture
Amoxicillin/Clavulanate	Rx	Augmentin	Animal bite

Tropical Diseases

Metronidazole	Rx		Giardia
Metronidazole	Rx		Amebiasis
Trimethoprim/Sulfamethoxazole	Rx	Bactrim, Septra	Salmonella
Atovaquone-proguanil	Rx	Malarone	Malaria prophylaxis
Doxycycline	Rx		Tropical diseases
DS 160/802	Rx		Typhoid
Ivermectin	Rx		Parasitic infections

Urinary

Ciprofloxacin	Rx		Urinary tract infection
Cephalexin	Rx	Keflex	Urinary tract infection
Amoxicillin/Clavulanate	Rx	Augmentin	Urinary tract infection
Trimethoprim/Sulfamethoxazole	Rx	Bactrim, Septra	Urinary tract infection
Nitrofurantoin	Rx	Macrobid	Urinary tract infection

Other

Diabetes

Glucose tablets or packet	OTC		Low blood sugar
Glucagon	Rx		Low blood sugar

Flu

Oseltamivir	Rx	Tamiflu	Flu
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Altitude

Acetazolamide	Rx	Diamox	Acute mountain sickness, High Altitude Cerebral Edema (HACE)
Dexamethosone	Rx		High Altitude Cerebral Edema (HACE)
Nifedipine	Rx		High Altitude Pulmonary Edema (HAPE)
Sildenafil	Rx	Viagra	High Altitude Pulmonary Edema (HAPE)

Sleep

Melatonin	OTC		Sleep
Zolpidem	Rx	Ambien	Sleep

OTC = Over the counter

Rx = Prescription needed