

MEDICINE LIST

The content of your personal first aid kit:

- Paving
- compresses
- elastic bandages
- medical tape
- Scissors
- Tweezers
- Thermometer
- disinfectants (eg Isozid® or Betaisodona®)
- heat foil
- splinting material (eg Sam-Splint®)

Nausea:

- eg Paspertin® 4mg / ml drops (15-30 drops 3 times a day)

Abdominal Pain / Cramps:

- eg Buscopan® dragees (max 5x a day 1-2 dragees.)

Headache, toothache:

- eg Parkemed® 500 mg (max 3 × 1 tablet daily.)

Back and joint pain:

- eg Voltaren® 100 mg (1 tablet per day - in the short term max 2 × 1 if necessary.
Caution:.. People with gastric, duodenal ulcers or severe gastritis should not take Voltaren!)

Severe pain in emergencies (eg fractures):

- eg Tramal Kps® 100mg (max. 4 × 1 unless absolutely necessary, treatment period as short as possible)

Cough (especially dry cough):

- as Paracodin® drops (. 3 times a day 20 to max 40 drops)

Eye irritation:

- eg Betnesol® ointment

Diarrhea:

- as Normolyt® (In case of diarrhea always drink a lot to stabilize the electrolyte balance. The harmful germs are supposed to get out of your body, so do not overdose drugs like Imodium.)
- eg Imodium (except in an emergency, for example during long bus trips.): 2 capsules initially, max. 6-8 daily dose Warning carefully: it tilts slightly in a constipation!
- eg Ciproxin 500mg® (with diarrhea complicated by fever and / or blood in the stool): 2x500mg per day; Duration: 2 days until patient is afebrile)
- eg Anaerobex®: irregular bowel movements, severe bloating, nausea, smelly gases, no fever, for several days; could be a lamblia infection which is not dangerous, but annoying. 3x500mg per day for 10 days; can cause nausea

Antibiotics:

- eg Augmentin 1g® for febrile respiratory infections, febrile neck and ear infections, infected wounds (with cleaning alone does not heal): daily 2 × 1; Duration: until patient is 2 days without fever
- eg Zithromax 500mg® (instead of Augmentin in penicillin allergy): 1 tablet per day, for 3 days altitude illness (only when traveling over 2,500m - see also our own information sheet to the altitude acclimatization):
- eg Adalat ret Kps® (when the lung is affected / altitude pulmonary edema). 1 tablet every 8-12 hours
- eg Fortecortin Tbl 8mg® (OD at acute allergic reaction even if symptoms of acute altitude sickness - headache, dizziness, gait disturbances / disorientation = cerebral edema ! 8mg dose, then 4 mg every 6 hours)

- Individual drugs