

Recommendations for the medicine cabinet

Symptom(s)	Active ingredient* or medication	Adult dose (12+)	Child dose (6 to 12 years old)	Expiry date
Headache, sore throat or pain in the limbs	Paracetamol	4 x one to two 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
	or acetylsalicylic acid	3 x one to two 500 mg tablets per 24 hours		
Back pain, pain in the joints or muscle pain	Ibuprofen	3 to 4 x one 400 mg tablets per 24 hours	20 mg/kg of body weight per 24 hours in several single doses	
	or Diclofenac	3 x one 50 mg tablets per 24 hours	0.5 to 2 mg/kg of body weight per 24 hours in two to three single doses	
Fever/influenza	Paracetamol or acetylsalicylic acid	4 x one to two 500 mg tablets per 24 hours 3 x one to two 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
Stomach ache	Paracetamol	4 x one 500 mg tablets per 24 hours	4 x one 500 mg tablets per 24 hours	
Nausea/vomiting/ motion sickness (1 h before departure)	Itinerol B6	One to two suppositories per 24 hours	One suppository for children per 24 hours	
Diarrhoea (drink plenty of fluids!)	Loperamide or	Initial dose of 2 capsules. Following every bowel movement with loose stools 1 additional capsule; max.8 capsules per 24 hours	Initial dose of 1 capsule. Following every bowel movement with loose stools 1 additional capsule; max.3 capsules per 24 hours and 20kg of bodyweight	
	electrolyte solution			
Constipation (drink plenty of fluids and do plenty of exercise)	Duphalac syrup	15 to 45 ml per 24 hours (initial dose)	15 ml per 24 hours (initial dose)	
Common cold	Decongestant nasal spray, e.g. Rinosedin 0.1 %	3 to 4 x per day in each nostril	3 to 4 x per day in each nostril	
Cough	Cough drops, e.g. Bronchosan drops	3 to 5 x 20 drops per 24 hours	3 to 5 x five drops per 24 hours	
Sore throat	Lozenges, e.g. Angina MCC	One lozenge every 1 to 3 hours	One lozenge every 1 to 3 hours	
Eye infection/ irritation (nonbacterial)	Eye drops, e.g. Visine eye drops	One to two drops 2 to 3 x per 24 hours	Rinse eye with saline solution	
Allergies/itching	Cetirizine dihydrochloride or apply Fenistil gel locally	One tablet per 24 hours several times per day	2 x ½ tablets per 24 hours, several times per day	
Abrasions/wounds	Treatment with a disinfectant solution (iodine) or wound ointment (Betadine, Vita-Hexin)			
Burns	Antiseptic wound cream, e.g. Flamazine	1 x per day	1 x per day	
Sprains/contusions	Diclofenac (gel)	3 to 4 x per day	2 x per day	

Important telephone numbers

Ambulance	144	Family doctor	_____
Police	117	Paediatrician	_____
Fire service	118	Emergency physician	_____
Rega (Swiss Air-Ambulance)	1414	closest pharmacy	_____
Poisons information centre	145	closest hospital	_____

*Where generic medication exists, only the **active ingredient** must be specified.