

	<b>TOUR</b> <i>ON .. ..the beaten track</i>	<b>TRAVEL</b> <i>OFF .. ..the beaten track</i>	<b>EXPEDITION</b> <i>NOWHERE NEAR .. ..the beaten track</i>
<b>GUT/ STOMACH/ GASTRO</b>			
Diarrhoea stopper	Loperamide #	Loperamide #	Loperamide
<b>Antibiotic for diarrhoea</b>			
	Step 1	1 Norfloxacin	1 Norfloxacin
( Alternative step 1)			1 Ciprofloxacin
	Step 2	2 Azithromycin #	2 Azithromycin tabs
( Alternative step 2)			2 Azithromycin syrup
	Step 3	3 Tinidazole #	3 Tinidazole
	Step 4		4 Cotrimoxazole
Relieve nausea - tablets		Stemetil tablets	Stemetil tablets
Relieve nausea - suppository			Stemetil suppository
Relieve stomach pain/cramps		Buscopan	Buscopan
Replace lost salts & sugar		Oral Rehydration Salts	Oral Rehydration Salts
Constipation	Coloxyl with senna	Coloxyl with senna	Coloxyl with senna
Indigestion		Quickeze	Quickeze
<b>RESPIRATORY / CHEST</b>			
Antibiotic - chest/sinus/throat	Roxithromycin #	Roxithromycin #	Roxithromycin
Antibiotic - severe chest infection			Avelox
Anti viral / For influenza			Tamiflu
Soothe sore throat	Throat Lozenges	Throat Lozenges	Throat Lozenges
Clear blocked nose	Sinus/cold & flu tabs	Sinus/cold & flu tabs	Sinus/cold & flu tabs
<b>PAIN</b>			
Ease mild pain	Paracetamol	Paracetamol	Paracetamol
Ease moderate pain			Paracetamol with codeine
Relieve pain and inflammation			Ibuprofen (Nurofen)
<b>WOUNDS</b>			
Antibiotic - Skin infection			Cephalexin
	Tour Dressings		
		Travel Dressings	Travel Dressings
<b>OTHER</b>			
Antihistamine /Motion sickness	Avomine	Avomine	Avomine
Eye/ear infection		Soframycin	Soframycin
Antifungal cream			Clotrimazole Cream
Thrush treatment			Canesten once pessary
Thrush treatment			Diflucan
Water purification			Iodine Tablets
Malaria treatment			Malarone
Malaria treatment			Riamet
Insect avoidance - soak clothes			Permethrin Soak
Insect avoidance - nets			Nets with permethrin
Altitude			Diamox
Jetlag			Melatonin
Sleeping tablet			Temazepam
Check temperature			Thermometer - digital
Sterile medical equipment			Trauma Kit
Sterile medical equipment			Suture Tray
Dental care			Tooth trauma supplies
Safer injections		Syringe with Needles	
Safer injection pack			Syringe Kit
Safer sex	Condoms	Condoms	Condoms
Instructions/documentation	Medication Guide	Medication Guide	Medication Guide
Bag	Small		
Bag		Medium	
Bag			Large
			[customised to individual needs]
<b>Don't forget</b>			
Clean hands			Hand sanitiser (60% alcohol)
Insect avoidance			Repellent (30% Deet)
Sunscreen			
<p>You may like to watch the Dr Deb video How to treat travellers diarrhoea <a href="http://www.thetraveldoctor.com.au/video.html">http://www.thetraveldoctor.com.au/video.html</a></p>			
<p># If 2 people are sharing a kit ...we STRONGLY recommend you take extra of those marked # ie. extra Loperamide, Azithromycin, Tinidazole &amp; Roxithromycin. = prescription medication</p>			
<p>Prescription items can only be provided to people who have had a consultation with a Doctor in this clinic.</p>			

