

Appendix 3 FORMULARY & AILMENTS LIST

| MINOR AILMENT | MEDICINE |
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| ALLERGIC RHINITIS (INCLUDING HAYFEVER) | Loratadine 10mg Tablets (30), loratadine syrup 5mg/ 5ml (100ml), Sodium Cromoglycate 2% Eye Drops (10mL) Beclomethasone 50mcg nasal spray (200 doses) |
| ATHLETES FOOT | Clotrimazole cream 1% (20g) Terbinafine 1% cream (7.5g) |
| BACTERIAL CONJUNCTIVITIS | Chloramphenicol eye drops (p pack (10ml)) Chloramphenicol eye ointment (p pack (4g)) |
| COLD SORES | Aciclovir 5% Cream (2g) |
| CONSTIPATION | Glycerin Suppositories 4g (12), Ispaghula Sachets (10), Lactulose solution (300mL) Senna Tabs (20). |
| CYSTITIS | Paracetamol 500mg Tabs (32), Potassium Citrate powders (6), Sodium Citrate powders (6) |
| DERMATITIS | Aqueous Cream (500g), Emulsifying Ointment (500g), Hydrocortisone Cream 1% (15g) |
| DIARRHOEA | Electrolyte sachets (6) |
| EARACHE AND MINOR OUTER EAR INFECTIONS | Ibuprofen 200mg Tabs (24), Ibuprofen 100mg/5ml suspension (100ml) Paracetamol 120mg/5ml (100ml) Paracetamol suspension 250mg/5mL (100mL), Paracetamol 500mg Tabs (32), Acetic acid 2% spray (5mL) |
| FLU-LIKE SYMPTOMS (COUGHS, COLDS, FEVER) | Ibuprofen Suspension 100mg/5mL (100mL), Ibuprofen 200mg Tabs (24), Normal Saline Nose Drops (10mL) Paracetamol Suspension 120mg/5mL (100mL) Paracetamol Suspension 250mg/5mL (100mL), Paracetamol 500mg Tabs (32), |
| HEADACHE | Ibuprofen 200mg Tabs (24), Ibuprofen suspension 100mg/5ml (100ml) Paracetamol Suspension 250mg/5mL (100mL), Paracetamol 500mg Tabs (32) |
| HEAD LICE | Dimeticone 4% lotion (50ml x2), Malathion 0.5% Aqueous Liquid (50mLx2), |
| INDIGESTION / REFLUX | Gaviscon Liquid (150mL), Magnesium Trisilicate Mixture (200ml) |
| INSECT BITES & STINGS | Loratadine 10mg Tablets (30), loratadine syrup 5mg/ 5ml (100ml), Hydrocortisone Cream 1% (15g), Crothamiton 10% cream (30g) |
| MOUTH ULCERS | Anbesol liq.(6.5ml), Chlorhexidine Mouthwash (300ml), Hydrocortisone 2.5 mg lozenge (20) |
| NAPPY RASH | Sudocrem (125g) |
| SCABIES | Malathion 0.5% Aqueous Liquid (50mLx2), Permethrin Dermal Cream (30g), Crothamiton 10% (30g) |
| SORE THROAT | Ibuprofen Suspension 100mg/5mL (100mL), Ibuprofen 200mg Tabs (24), Paracetamol Suspension 120mg/5mL (100mL), Paracetamol Suspension 250mg/5mL (100mL), Paracetamol 500mg Tabs (32) |
| TEETHING | Ibuprofen Suspension 100mg/5mL (100mL), Paracetamol Suspension 120mg/5mL (100mL) |
| THREADWORM | Mebendazole 100mg Tabs (2) |
| THRUSH (not oral) | Clotrimazole 2% cream (20g), Clotrimazole Combi Pack (1), Fluconazole 150mg cap (1) |
| VERRUCAS / WARTS | Cuplex Gel (5g), Verrugon (6g), |