

Treatment Guidelines

1. Fever / Infection

Commonly prescribed medicines:

- Paracetamol
- Amoxicillin
- Azithromycin
- Cefixime

Guidelines:

- Maintain proper hydration.
 - Complete the full antibiotic course if prescribed.
 - Monitor temperature regularly.
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2. Gastric / Acidity

Common medicines:

- Pantoprazole
- Omeprazole
- Antacid syrup

Guidelines:

- Avoid spicy and oily food.
 - Take medicines before meals as advised.
 - Eat small, frequent meals.
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3. Pain & Inflammation

Common medicines:

- Ibuprofen
- Diclofenac
- Aceclofenac

Guidelines:

- Do not exceed prescribed dosage.
- Inform doctor if pain persists beyond 3 days.

4. Cold & Allergy

Common medicines:

- Cetirizine
- Levocetirizine
- Chlorpheniramine Maleate

Guidelines:

- Avoid cold beverages.
 - Rest adequately.
 - Expect mild drowsiness with some allergy medicines.
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5. General In-Patient Care

- Vital signs monitored regularly.
- Medicines administered only by nursing staff.
- Follow doctor's diet chart strictly.
- Inform staff immediately in case of discomfort.

6. Diabetes Management

Common medicines:

- Metformin
- Glimepiride
- Insulin (as prescribed)

Guidelines:

- Monitor blood sugar regularly.
 - Follow diabetic diet chart strictly.
 - Avoid sugary foods and drinks.
 - Never skip meals when taking diabetes medicines.
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7. Blood Pressure (Hypertension)

Common medicines:

- Amlodipine
- Losartan
- Atenolol

Guidelines:

- Reduce salt intake.
 - Take medicines at the same time every day.
 - Monitor BP daily if admitted.
 - Avoid stress and get adequate rest.
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8. Respiratory Problems (Asthma / Breathing Difficulty)

Common medicines:

- Salbutamol inhaler
- Budesonide inhaler
- Montelukast

Guidelines:

- Use inhalers as instructed by staff.
 - Avoid dust and smoke exposure.
 - Inform nurse immediately if breathing worsens.
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9. Dehydration / Weakness

Common medicines / fluids:

- ORS solution
- IV fluids (Normal Saline / Ringer Lactate)
- Vitamin supplements

Guidelines:

- Encourage oral fluids if allowed.
 - Monitor urine output.
 - Report dizziness or fatigue.
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10. Minor Wounds / Infections

Common medicines:

- Povidone Iodine (for dressing)
- Mupirocin ointment
- Amoxicillin / Cefixime

Guidelines:

- Keep wound area clean and dry.
 - Dressing should be done only by nursing staff.
 - Complete full antibiotic course.
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11. Post-Procedure / Post-Surgery Care

Common medicines:

- Paracetamol
- Tramadol (if required)
- Antibiotics as prescribed

Guidelines:

- Follow bed rest instructions.
 - Do not remove bandages without permission.
 - Start walking only when advised.
 - Report pain, swelling, or fever immediately.
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12. General Hospital Care

- Medicines are administered only by hospital staff.
- Outside medicines should not be taken without doctor approval.
- Follow diet chart provided by hospital.
- Maintain personal hygiene.
- Inform staff about any side effects