

Ibuprofen 200mg

Medication Code: IBU200

Class: NSAID

Uses: Pain, inflammation, fever

Standard Dose: 200–400mg every 6–8 hours (max 1200mg/day OTC)

Contraindications: GI ulcers, renal impairment, NSAID allergy, late pregnancy

Side Effects: GI upset, dizziness, bleeding risk

Red Flags: Black stools, vomiting blood, severe abdominal pain

Alternatives: PARA500, NAP250

Paracetamol 500mg

Medication Code: PARA500

Class: Analgesic / antipyretic

Uses: Pain, fever

Standard Dose: 500–1000mg every 6 hours (max 3–4g/day)

Contraindications: Severe liver disease

Side Effects: Liver toxicity at high doses

Red Flags: Jaundice, severe nausea

Alternatives: IBU200, NAP250

Amoxicillin 250mg

Medication Code: AMOX250

Class: Penicillin antibiotic

Uses: Ear, sinus, throat, respiratory, urinary infections

Standard Dose: 250–500mg every 8 hours

Contraindications: Penicillin allergy

Side Effects: Rash, diarrhea, nausea

Red Flags: Anaphylaxis signs, severe rash

Alternatives: AZI500, DOX100

Aspirin 100mg

Medication Code: ASP100

Class: Antiplatelet / NSAID

Uses: Cardiovascular prevention, mild pain

Standard Dose: 75–100mg once daily

Contraindications: Active bleeding, ulcers, anticoagulants, children with fever

Side Effects: GI bleeding, bruising

Red Flags: Vomiting blood, black stools

Alternatives: IBU200, PARA500

Cetirizine 10mg

Medication Code: CET10
Class: Antihistamine
Uses: Allergic rhinitis, urticaria
Standard Dose: 10mg once daily
Contraindications: Severe renal impairment
Side Effects: Drowsiness (mild)
Red Flags: Swelling or difficulty breathing
Alternatives: LOR10

Metformin 500mg

Medication Code: MET500
Class: Antidiabetic (biguanide)
Uses: Type 2 diabetes
Standard Dose: 500mg 1–2x daily
Contraindications: Renal failure, metabolic acidosis
Side Effects: GI upset, diarrhea
Red Flags: Lactic acidosis symptoms
Alternatives:

Azithromycin 500mg

Medication Code: AZI500
Class: Macrolide antibiotic
Uses: Respiratory infections, chlamydia, skin infections
Standard Dose: 500mg day 1 → 250mg daily for 4 days
Contraindications: Liver disease, macrolide allergy
Side Effects: Nausea, headache, diarrhea
Red Flags: Heart rhythm abnormalities, jaundice
Alternatives: AMOX250, DOX100

Loratadine 10mg

Medication Code: LOR10
Class: Antihistamine
Uses: Allergies, hives
Standard Dose: 10mg once daily
Contraindications: Severe liver disease
Side Effects: Headache, fatigue (rare)
Red Flags: Swelling or allergic reactions
Alternatives: CET10

Omeprazole 20mg

Medication Code: OME20

Class: Proton pump inhibitor
Uses: GERD, ulcers, acid reflux
Standard Dose: 20mg once daily
Contraindications: Severe liver disease
Side Effects: Headache, abdominal discomfort
Red Flags: Black stools, persistent vomiting
Alternatives:

Doxycycline 100mg

Medication Code: DOX100
Class: Tetracycline antibiotic
Uses: Acne, respiratory infections, Lyme disease
Standard Dose: 100mg 1–2x daily
Contraindications: Pregnancy, children <8
Side Effects: Photosensitivity, nausea
Red Flags: Visual disturbances, severe headache
Alternatives: AMOX250, AZI500

Naproxen 250mg

Medication Code: NAP250
Class: NSAID
Uses: Pain, inflammation
Standard Dose: 250–500mg twice daily
Contraindications: Ulcers, renal impairment, NSAID allergy
Side Effects: GI upset, edema, dizziness
Red Flags: GI bleeding signs
Alternatives: IBU200, PARA500

Vitamin C 1000mg

Medication Code: VITC1000
Class: Supplement
Uses: Immune support, deficiency prevention
Standard Dose: 500–1000mg daily
Contraindications: Kidney stones, hemochromatosis
Side Effects: Diarrhea, cramps
Red Flags: Severe flank pain
Alternatives:

Amoxicillin 500mg

Medication Code: AMOX500
Class: Penicillin antibiotic

Uses: Bacterial respiratory, ENT, and urinary infections

Standard Dose: 500mg every 8 hours

Contraindications: Penicillin allergy

Side Effects: Rash, diarrhea, nausea

Red Flags: Anaphylaxis signs, severe rash

Alternatives: AZI500, DOX100