

Symptom and Medication Guide

Fever

- **Description:** Fever is a temporary increase in body temperature, often due to an illness. It's a common symptom of many medical conditions.
- **Symptoms:** High temperature, sweating, chills, headache, muscle aches, dehydration.
- **Medication:** Paracetamol (Acetaminophen)
 - **Dosage:** 500 mg every 4-6 hours
 - **Form:** Tablet, Suspension
 - **Local Equivalents:** Biogesic, Tempra
- **Additional Notes:** Stay hydrated, rest, and monitor temperature regularly. Seek medical attention if the fever persists.

Bacterial Infection

- **Description:** Bacterial infections are caused by harmful bacteria entering the body. They can affect various parts of the body such as the throat, lungs, skin, or urinary tract.
- **Symptoms:** Fever, chills, fatigue, pain, swelling, redness, pus.
- **Medication:** Amoxicillin
 - **Dosage:** 250-500 mg every 8 hours
 - **Form:** Capsule, Suspension
 - **Local Equivalents:** Amoxil, Himox
- **Additional Notes:** Complete the full course of antibiotics as prescribed. Avoid self-medication and consult a healthcare provider.

Allergic Reactions

- **Description:** Allergic reactions occur when the immune system reacts to a foreign substance, such as pollen, bee venom, pet dander, or certain foods.
- **Symptoms:** Sneezing, itching, rash, swelling, shortness of breath, runny nose.
- **Medication:** Loratadine
 - **Dosage:** 10 mg once daily
 - **Form:** Tablet, Syrup
 - **Local Equivalents:** Claritin, Allerta
- **Additional Notes:** Avoid known allergens, use antihistamines as needed, and carry an epinephrine injector if prescribed for severe allergies.

Asthma

- **Description:** Asthma is a chronic condition where the airways become inflamed, narrow, and produce extra mucus, making it difficult to breathe.
- **Symptoms:** Shortness of breath, chest tightness, wheezing, coughing, especially at night or early in the morning.
- **Medication:** Salbutamol
 - **Dosage:** 2 puffs every 4-6 hours as needed
 - **Form:** Inhaler, Nebulizer Solution
 - **Local Equivalents:** Ventolin, Asmalin
- **Additional Notes:** Identify and avoid asthma triggers, follow the asthma action plan, and use a peak flow meter to monitor your asthma.

Pain and Inflammation

- **Description:** Pain and inflammation can be caused by a variety of conditions including injuries, infections, and chronic diseases such as arthritis.
- **Symptoms:** Swelling, redness, warmth, pain, stiffness, loss of function.
- **Medication:** Ibuprofen
 - **Dosage:** 200-400 mg every 4-6 hours
 - **Form:** Tablet, Suspension
 - **Local Equivalents:** Advil, Medicol
- **Additional Notes:** Rest the affected area, apply ice or heat, and avoid strenuous activities. Consult a doctor if pain persists.

Detailed Medication Information

Paracetamol (Acetaminophen)

- **Description:** A common pain reliever and fever reducer.
- **Dosage:** 500 mg every 4-6 hours
- **Form:** Tablet, Suspension
- **Local Brand Names:** Biogesic, Tempra
- **Side Effects:** Rare but may include rash, nausea, and liver damage with overdose.
- **Additional Notes:** Avoid alcohol while taking paracetamol.

Amoxicillin

- **Description:** An antibiotic used to treat various bacterial infections.
- **Dosage:** 250-500 mg every 8 hours
- **Form:** Capsule, Suspension
- **Local Brand Names:** Amoxil, Himox
- **Side Effects:** Diarrhea, nausea, rash, and yeast infections.
- **Additional Notes:** Take with food to avoid stomach upset.

Loratadine

- **Description:** An antihistamine used to relieve allergy symptoms.
- **Dosage:** 10 mg once daily
- **Form:** Tablet, Syrup
- **Local Brand Names:** Claritin, Allerta
- **Side Effects:** Drowsiness, headache, dry mouth.
- **Additional Notes:** Non-drowsy formula, safe for daily use.

Salbutamol

- **Description:** A bronchodilator used to relieve symptoms of asthma and other respiratory conditions.
- **Dosage:** 2 puffs every 4-6 hours as needed
- **Form:** Inhaler, Nebulizer Solution
- **Local Brand Names:** Ventolin, Asmalin
- **Side Effects:** Tremors, headache, rapid heartbeat.
- **Additional Notes:** Rinse mouth after use to prevent irritation.

Ibuprofen

- **Description:** A nonsteroidal anti-inflammatory drug (NSAID) used to reduce fever, pain, and inflammation.
- **Dosage:** 200-400 mg every 4-6 hours
- **Form:** Tablet, Suspension
- **Local Brand Names:** Advil, Medicol
- **Side Effects:** Stomach pain, heartburn, nausea, dizziness.
- **Additional Notes:** Take with food or milk to prevent stomach upset.

Common Cold

- **Description:** The common cold is a viral infection of the upper respiratory tract, primarily affecting the nose and throat.
- **Symptoms:** Runny or stuffy nose, sore throat, cough, congestion, sneezing, low-grade fever.
- **Medication:** Phenylephrine (Decongestant)
 - **Dosage:** 10 mg every 4 hours as needed
 - **Form:** Tablet, Syrup
 - **Local Equivalents:** Neozepe, Decolgen
- **Additional Notes:** Rest, stay hydrated, and use saline nasal drops or sprays.

Headache

- **Description:** A headache is pain or discomfort in the head or face area. It can be caused by various factors including stress, dehydration, or underlying medical conditions.

- **Symptoms:** Throbbing, sharp, or dull pain in the head, sensitivity to light or sound, nausea.
- **Medication:** Aspirin
 - **Dosage:** 300-600 mg every 4-6 hours
 - **Form:** Tablet
 - **Local Equivalents:** Aspilets, Bayer Aspirin
- **Additional Notes:** Avoid loud noises and bright lights. Stay hydrated and rest.

Hypertension (High Blood Pressure)

- **Description:** Hypertension is a condition where the blood pressure in the arteries is persistently elevated. It can lead to severe health complications if untreated.
- **Symptoms:** Often asymptomatic, but may include headaches, shortness of breath, or nosebleeds.
- **Medication:** Amlodipine
 - **Dosage:** 5-10 mg once daily
 - **Form:** Tablet
 - **Local Equivalents:** Norvasc, Amvasc
- **Additional Notes:** Maintain a healthy diet, exercise regularly, and monitor blood pressure frequently.

Diabetes

- **Description:** Diabetes is a chronic condition characterized by high blood sugar levels due to the body's inability to produce or effectively use insulin.
- **Symptoms:** Increased thirst, frequent urination, extreme hunger, unintended weight loss, fatigue.
- **Medication:** Metformin
 - **Dosage:** 500-850 mg 2-3 times daily
 - **Form:** Tablet
 - **Local Equivalents:** Glucophage, Metformal
- **Additional Notes:** Follow a balanced diet, monitor blood sugar levels, and exercise regularly.

Hyperacidity (Acid Reflux)

- **Description:** Hyperacidity occurs when there is excessive production of stomach acid, leading to discomfort and potential damage to the stomach lining.
- **Symptoms:** Heartburn, regurgitation, nausea, bloating, belching.
- **Medication:** Omeprazole
 - **Dosage:** 20 mg once daily before a meal
 - **Form:** Capsule, Tablet

- **Local Equivalents:** Losec, Ulcepraz
- **Additional Notes:** Avoid spicy and fatty foods, eat smaller meals, and do not lie down immediately after eating.

Detailed Medication Information

Phenylephrine (Decongestant)

- **Description:** A medication used to relieve nasal congestion in the common cold, sinusitis, and allergies.
- **Dosage:** 10 mg every 4 hours as needed
- **Form:** Tablet, Syrup
- **Local Brand Names:** Neozepe, Decolgen
- **Side Effects:** Increased blood pressure, restlessness, dizziness.
- **Additional Notes:** Avoid in patients with high blood pressure and heart disease.

Aspirin

- **Description:** A medication used to treat pain, fever, or inflammation, and in low doses, to reduce the risk of heart attack and stroke.
- **Dosage:** 300-600 mg every 4-6 hours
- **Form:** Tablet
- **Local Brand Names:** Aspilets, Bayer Aspirin
- **Side Effects:** Stomach pain, heartburn, nausea, increased bleeding risk.
- **Additional Notes:** Take with food or milk to reduce stomach irritation.

Amlodipine

- **Description:** A medication used to treat high blood pressure and angina (chest pain).
- **Dosage:** 5-10 mg once daily
- **Form:** Tablet
- **Local Brand Names:** Norvasc, Amvasc
- **Side Effects:** Swelling of ankles or feet, dizziness, fatigue.
- **Additional Notes:** Monitor blood pressure regularly and follow a healthy lifestyle.

Metformin

- **Description:** An oral diabetes medicine that helps control blood sugar levels.
- **Dosage:** 500-850 mg 2-3 times daily
- **Form:** Tablet
- **Local Brand Names:** Glucophage, Metformin
- **Side Effects:** Diarrhea, nausea, stomach pain, lactic acidosis (rare).
- **Additional Notes:** Take with meals to reduce gastrointestinal side effects.

Omeprazole

- **Description:** A medication that decreases the amount of acid produced in the stomach.
- **Dosage:** 20 mg once daily before a meal
- **Form:** Capsule, Tablet
- **Local Brand Names:** Losec, Ulcepraz
- **Side Effects:** Headache, stomach pain, nausea, diarrhea.
- **Additional Notes:** Avoid long-term use unless prescribed by a doctor

Diarrhea

- **Description:** Diarrhea is characterized by loose, watery stools and an increased frequency of bowel movements. It can be caused by infections, food intolerances, or other medical conditions.
- **Symptoms:** Frequent, loose, watery stools, abdominal cramps, dehydration, nausea.
- **Medication:** Loperamide
 - **Dosage:** 2 mg after each loose stool, not exceeding 16 mg per day
 - **Form:** Capsule, Tablet
 - **Local Equivalents:** Imodium, Diatabs
- **Additional Notes:** Stay hydrated, avoid dairy products, and eat bland foods.

Constipation

- **Description:** Constipation is characterized by infrequent bowel movements or difficulty passing stools.
- **Symptoms:** Infrequent bowel movements, hard or lumpy stools, straining during bowel movements, feeling of incomplete evacuation.
- **Medication:** Bisacodyl
 - **Dosage:** 5-15 mg orally once daily as needed
 - **Form:** Tablet, Suppository
 - **Local Equivalents:** Dulcolax, Bisalax
- **Additional Notes:** Increase fiber intake, drink plenty of water, and exercise regularly.

Cough

- **Description:** Coughing is a reflex action to clear the airways of mucus, irritants, or foreign particles.
- **Symptoms:** Dry or productive cough, throat irritation, chest discomfort.
- **Medication:** Dextromethorphan (Cough Suppressant)
 - **Dosage:** 10-20 mg every 4 hours or 30 mg every 6-8 hours
 - **Form:** Syrup, Capsule
 - **Local Equivalents:** Robitussin, Tuseran
- **Additional Notes:** Stay hydrated, use a humidifier, and avoid irritants like smoke.

Sore Throat

- **Description:** A sore throat is pain, scratchiness, or irritation of the throat that often worsens when swallowing.
- **Symptoms:** Pain or scratchy sensation in the throat, difficulty swallowing, swollen glands in the neck.
- **Medication:** Phenol (Throat Spray)
 - **Dosage:** Apply to the affected area every 2-4 hours as needed
 - **Form:** Spray
 - **Local Equivalents:** Chloraseptic, Strepsils
- **Additional Notes:** Gargle with warm salt water, drink warm liquids, and avoid irritants.

Indigestion

- **Description:** Indigestion, or dyspepsia, is discomfort or pain in the upper abdomen often associated with eating or drinking.
- **Symptoms:** Bloating, belching, nausea, fullness after eating, heartburn.
- **Medication:** Antacids (Aluminum Hydroxide, Magnesium Hydroxide)
 - **Dosage:** 1-2 tablets or 5-10 mL of liquid after meals and at bedtime
 - **Form:** Tablet, Liquid
 - **Local Equivalents:** Maalox, Kremil-S
- **Additional Notes:** Eat smaller meals, avoid spicy and fatty foods, and do not lie down immediately after eating.

Skin Rash

- **Description:** A skin rash is an area of irritated or swollen skin that may be red, itchy, and painful.
- **Symptoms:** Redness, itching, swelling, pain, blisters.
- **Medication:** Hydrocortisone (Topical Steroid)
 - **Dosage:** Apply a thin layer to the affected area 1-4 times daily
 - **Form:** Cream, Ointment
 - **Local Equivalents:** Cortizone-10, Lanacort
- **Additional Notes:** Avoid scratching, use gentle skin care products, and keep the area clean and dry.

Insomnia

- **Description:** Insomnia is a sleep disorder where individuals have trouble falling asleep, staying asleep, or getting restful sleep.
- **Symptoms:** Difficulty falling asleep, waking up often during the night, waking up too early, feeling tired upon waking.

- **Medication:** Diphenhydramine (Sleep Aid)
 - **Dosage:** 25-50 mg 30 minutes before bedtime
 - **Form:** Tablet, Capsule
 - **Local Equivalents:** Benadryl, Sominex
 - **Additional Notes:** Maintain a regular sleep schedule, avoid caffeine and electronic devices before bedtime, and create a restful sleeping environment.
-

Detailed Medication Information

Loperamide

- **Description:** A medication used to treat diarrhea by slowing down gut movement.
- **Dosage:** 2 mg after each loose stool, not exceeding 16 mg per day
- **Form:** Capsule, Tablet
- **Local Brand Names:** Imodium, Diatabs
- **Side Effects:** Constipation, dizziness, nausea.
- **Additional Notes:** Do not use if you have a fever or blood in your stools.

Bisacodyl

- **Description:** A stimulant laxative used to treat constipation.
- **Dosage:** 5-15 mg orally once daily as needed
- **Form:** Tablet, Suppository
- **Local Brand Names:** Dulcolax, Bisalax
- **Side Effects:** Stomach cramps, diarrhea, nausea.
- **Additional Notes:** Use for short-term relief only, not for chronic constipation.

Dextromethorphan (Cough Suppressant)

- **Description:** A medication used to relieve cough by suppressing the cough reflex.
- **Dosage:** 10-20 mg every 4 hours or 30 mg every 6-8 hours
- **Form:** Syrup, Capsule
- **Local Brand Names:** Robitussin, Tuseran
- **Side Effects:** Drowsiness, dizziness, nausea.
- **Additional Notes:** Avoid using with alcohol or other sedatives.

Phenol (Throat Spray)

- **Description:** A medication used to relieve sore throat pain.
- **Dosage:** Apply to the affected area every 2-4 hours as needed
- **Form:** Spray
- **Local Brand Names:** Chloraseptic, Strepsils
- **Side Effects:** Mild stinging, irritation.
- **Additional Notes:** Do not use for more than 2 days without consulting a doctor.

Antacids (Aluminum Hydroxide, Magnesium Hydroxide)

- **Description:** Medications used to neutralize stomach acid and relieve indigestion and heartburn.
- **Dosage:** 1-2 tablets or 5-10 mL of liquid after meals and at bedtime
- **Form:** Tablet, Liquid
- **Local Brand Names:** Maalox, Kremil-S
- **Side Effects:** Constipation, diarrhea, stomach cramps.
- **Additional Notes:** Avoid using for prolonged periods without consulting a doctor.

Hydrocortisone (Topical Steroid)

- **Description:** A topical steroid used to reduce inflammation and relieve itching and redness in skin conditions.
- **Dosage:** Apply a thin layer to the affected area 1-4 times daily
- **Form:** Cream, Ointment
- **Local Brand Names:** Cortizone-10, Lanacort
- **Side Effects:** Skin thinning, irritation, dryness.
- **Additional Notes:** Use only as directed and avoid applying to broken skin.

Diphenhydramine (Sleep Aid)

- **Description:** An antihistamine used to treat allergies and as a sleep aid due to its sedative properties.
- **Dosage:** 25-50 mg 30 minutes before bedtime
- **Form:** Tablet, Capsule
- **Local Brand Names:** Benadryl, Sominex
- **Side Effects:** Drowsiness, dry mouth, dizziness.
- **Additional Notes:** Avoid alcohol and operate machinery with caution after use.

Muscle Pain (Myalgia)

- **Description:** Muscle pain can be caused by tension, stress, overuse, and minor injuries.
- **Symptoms:** Soreness, stiffness, aching in the muscles.
- **Medication:** Diclofenac
 - **Dosage:** 50 mg 2-3 times daily
 - **Form:** Tablet, Gel
 - **Local Equivalents:** Cataflam, Voltaren
- **Additional Notes:** Rest the affected muscles, apply ice or heat, and avoid strenuous activities.

Migraine

- **Description:** Migraines are a type of headache characterized by severe throbbing pain, usually on one side of the head.
- **Symptoms:** Intense headache, nausea, vomiting, sensitivity to light and sound.
- **Medication:** Sumatriptan
 - **Dosage:** 50-100 mg at the onset of migraine, can repeat after 2 hours if needed
 - **Form:** Tablet, Injection
 - **Local Equivalents:** Imigran
- **Additional Notes:** Rest in a dark, quiet room and apply cold compresses.

Nausea and Vomiting

- **Description:** Nausea and vomiting can be caused by various conditions, including infections, motion sickness, or certain medications.
- **Symptoms:** Feeling of queasiness, vomiting, dizziness.
- **Medication:** Ondansetron
 - **Dosage:** 4-8 mg every 8 hours
 - **Form:** Tablet, Injection
 - **Local Equivalents:** Zofran, Ondanset
- **Additional Notes:** Stay hydrated, eat small, bland meals, and avoid strong smells.

Anxiety

- **Description:** Anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome.
- **Symptoms:** Restlessness, rapid heartbeat, sweating, trembling, difficulty concentrating.
- **Medication:** Alprazolam
 - **Dosage:** 0.25-0.5 mg 2-3 times daily
 - **Form:** Tablet
 - **Local Equivalents:** Xanor, Trankil
- **Additional Notes:** Practice relaxation techniques, avoid caffeine, and seek support from friends or professionals.

Depression

- **Description:** Depression is a mood disorder causing persistent feelings of sadness and loss of interest.
- **Symptoms:** Persistent sadness, loss of interest in activities, fatigue, changes in appetite or sleep patterns.
- **Medication:** Fluoxetine
 - **Dosage:** 20 mg once daily
 - **Form:** Capsule
 - **Local Equivalents:** Prozac, Fluxene

- **Additional Notes:** Engage in physical activity, maintain a routine, and seek professional help if needed.

High Cholesterol

- **Description:** High cholesterol is a condition where there is too much cholesterol in the blood, increasing the risk of heart disease.
- **Symptoms:** Often asymptomatic, but can lead to chest pain, heart attack, or stroke.
- **Medication:** Atorvastatin
 - **Dosage:** 10-20 mg once daily
 - **Form:** Tablet
 - **Local Equivalents:** Lipitor, Torvas
- **Additional Notes:** Follow a heart-healthy diet, exercise regularly, and avoid smoking.

Urinary Tract Infection (UTI)

- **Description:** A UTI is an infection in any part of the urinary system, including the kidneys, bladder, or urethra.
- **Symptoms:** Strong, persistent urge to urinate, burning sensation when urinating, cloudy urine.
- **Medication:** Nitrofurantoin
 - **Dosage:** 100 mg twice daily
 - **Form:** Capsule
 - **Local Equivalents:** Macrobid, Furadantin
- **Additional Notes:** Drink plenty of water, avoid irritants like caffeine and alcohol, and maintain good hygiene.

Dizziness and Vertigo

- **Description:** Dizziness is a sensation of lightheadedness or unsteadiness, while vertigo is a spinning sensation.
- **Symptoms:** Lightheadedness, feeling faint, spinning sensation, nausea.
- **Medication:** Meclizine
 - **Dosage:** 25-50 mg once daily
 - **Form:** Tablet
 - **Local Equivalents:** Bonamine, Antivert
- **Additional Notes:** Avoid sudden movements, stay hydrated, and rest until symptoms pass.

Skin Infections

- **Description:** Skin infections are caused by bacteria, viruses, fungi, or parasites, leading to redness, swelling, and pain.
 - **Symptoms:** Redness, swelling, warmth, pain, pus or discharge.
 - **Medication:** Mupirocin (Topical Antibiotic)
 - **Dosage:** Apply a small amount to the affected area 3 times daily
 - **Form:** Ointment
 - **Local Equivalents:** Bactroban, Mupicin
 - **Additional Notes:** Keep the infected area clean and covered, and avoid scratching or touching the infection.
-

Detailed Medication Information

Diclofenac

- **Description:** A nonsteroidal anti-inflammatory drug (NSAID) used to treat pain and inflammation.
- **Dosage:** 50 mg 2-3 times daily
- **Form:** Tablet, Gel
- **Local Brand Names:** Cataflam, Voltaren
- **Side Effects:** Stomach pain, nausea, headache, dizziness.
- **Additional Notes:** Take with food or milk to reduce stomach upset.

Sumatriptan

- **Description:** A medication used to treat migraines by narrowing blood vessels around the brain.
- **Dosage:** 50-100 mg at the onset of migraine, can repeat after 2 hours if needed
- **Form:** Tablet, Injection
- **Local Brand Names:** Imigran
- **Side Effects:** Tingling, warmth, dizziness, muscle pain.
- **Additional Notes:** Use only for confirmed migraines, not other types of headaches.

Ondansetron

- **Description:** A medication used to prevent nausea and vomiting caused by surgery, chemotherapy, or radiation therapy.
- **Dosage:** 4-8 mg every 8 hours
- **Form:** Tablet, Injection
- **Local Brand Names:** Zofran, Ondanset
- **Side Effects:** Headache, dizziness, constipation.
- **Additional Notes:** Take 30 minutes before meals or as directed.

Alprazolam

- **Description:** A medication used to treat anxiety and panic disorders.
- **Dosage:** 0.25-0.5 mg 2-3 times daily
- **Form:** Tablet
- **Local Brand Names:** Xanor, Trankil
- **Side Effects:** Drowsiness, dizziness, dry mouth.
- **Additional Notes:** Avoid alcohol and operate machinery with caution after use.

Fluoxetine

- **Description:** An antidepressant used to treat depression, obsessive-compulsive disorder (OCD), and anxiety disorders.
- **Dosage:** 20 mg once daily
- **Form:** Capsule
- **Local Brand Names:** Prozac, Fluxene
- **Side Effects:** Nausea, drowsiness, dry mouth, insomnia.
- **Additional Notes:** It may take several weeks to feel the full effect. Do not stop abruptly without consulting a doctor.

Atorvastatin

- **Description:** A medication used to lower cholesterol and triglyceride levels in the blood.
- **Dosage:** 10-20 mg once daily
- **Form:** Tablet
- **Local Brand Names:** Lipitor, Torvas
- **Side Effects:** Muscle pain, diarrhea, upset stomach.
- **Additional Notes:** Follow a low-cholesterol diet and avoid grapefruit products.

Nitrofurantoin

- **Description:** An antibiotic used to treat urinary tract infections.
- **Dosage:** 100 mg twice daily
- **Form:** Capsule
- **Local Brand Names:** Macrobid, Furadantin
- **Side Effects:** Nausea, headache, dizziness, urine discoloration.
- **Additional Notes:** Complete the full course of antibiotics even if symptoms improve.

Meclizine

- **Description:** A medication used to treat nausea, vomiting, and dizziness caused by motion sickness or vertigo.
- **Dosage:** 25-50 mg once daily
- **Form:** Tablet
- **Local Brand Names:** Bonamine, Antivert
- **Side Effects:** Drowsiness, dry mouth, blurred vision.
- **Additional Notes:** Avoid alcohol and use caution when driving or operating machinery.

Mupirocin (Topical Antibiotic)

- **Description:** A topical antibiotic used to treat bacterial skin infections.
- **Dosage:** Apply a small amount to the affected area 3 times daily
- **Form:** Ointment
- **Local Brand Names:** Bactroban, Mupicin
- **Side Effects:** Burning, stinging, itching.
- **Additional Notes:** Use only on affected areas and avoid contact with eyes and mouth.

Acetaminophen (Tylenol)

- **Uses:** Relieves mild to moderate pain from headaches, muscle aches, menstrual periods, colds, sore throats, toothaches, backaches, and reactions to vaccinations (shots), and reduces fever. It is often used when nonsteroidal anti-inflammatory drugs (NSAIDs) are not suitable.

Ibuprofen (Advil, Motrin)

- **Uses:** Provides relief from pain, tenderness, swelling, and stiffness caused by osteoarthritis, rheumatoid arthritis, and mild to moderate pain including menstrual cramps. It also reduces fever and relieves minor aches and pains due to the common cold or flu.

Aspirin

- **Uses:** Used to reduce fever and relieve mild to moderate pain from conditions such as muscle aches, toothaches, common cold, and headaches. It is also used to reduce pain and swelling in conditions such as arthritis. Low-dose aspirin is used to reduce the risk of having a heart attack or stroke by preventing blood clots.

Diphenhydramine (Benadryl)

- **Uses:** Provides relief of symptoms due to hay fever or other upper respiratory allergies such as sneezing, runny nose, itchy, watery eyes, and itchy throat. It is also used to prevent and treat nausea, vomiting, and dizziness caused by motion sickness, and to induce sleep.

Loratadine (Claritin)

- **Uses:** Relieves symptoms such as runny nose, sneezing, and itchy or watery eyes caused by hay fever and other allergies. It is also used to treat itching and redness caused by chronic skin reactions (chronic idiopathic urticaria). Unlike diphenhydramine, loratadine does not usually cause drowsiness.

Amoxicillin

- **Uses:** Treats various bacterial infections, including ear, nose, throat, skin, urinary tract, and respiratory tract infections. It belongs to a class of antibiotics called penicillins, which work by stopping the growth of bacteria.

Azithromycin (Zithromax)

- **Uses:** Treats a wide variety of bacterial infections, including respiratory infections, skin infections, ear infections, and sexually transmitted diseases. It works by stopping the growth of bacteria.

Omeprazole (Prilosec)

- **Uses:** Reduces stomach acid to treat gastroesophageal reflux disease (GERD), ulcers, and other conditions involving excessive stomach acid. It is also used to promote healing of erosive esophagitis (damage to your esophagus caused by stomach acid).

Lisinopril

- **Uses:** Treats high blood pressure (hypertension) and heart failure. It is also used to improve survival after a heart attack. Lisinopril belongs to a class of drugs known as ACE inhibitors and works by relaxing blood vessels so blood can flow more easily.

Metformin

- **Uses:** Used to control high blood sugar in people with type 2 diabetes. It helps to restore your body's proper response to the insulin you naturally produce and decreases the amount of sugar that your liver makes and that your stomach/intestines absorb.

Albuterol (Ventolin, Proventil)

- **Uses:** Treats or prevents bronchospasm in people with reversible obstructive airway disease. It is also used to prevent exercise-induced bronchospasm. It works by relaxing muscles in the airways to improve breathing.

Hydrochlorothiazide

- **Uses:** Treats high blood pressure and helps reduce fluid retention (edema) in people with congestive heart failure, cirrhosis of the liver, or kidney disorders. It is a diuretic (water pill) that helps prevent your body from absorbing too much salt, which can cause fluid retention.

Levothyroxine (Synthroid)

- **Uses:** Treats hypothyroidism (an underactive thyroid). It is also used to treat or prevent goiter (enlarged thyroid gland), which can be caused by hormone imbalances, radiation treatment, surgery, or cancer.

Simvastatin (Zocor)

- **Uses:** Lowers levels of "bad" cholesterol (low-density lipoprotein, or LDL) and triglycerides in the blood, while increasing levels of "good" cholesterol (high-density lipoprotein, or HDL). It is used along with a proper diet to help lower "bad" cholesterol and fats and raise "good" cholesterol in the blood.

Warfarin (Coumadin)● **Uses:** Prevents blood clots from forming or growing larger in your blood and blood

vessels. It is used to treat or prevent blood clots in veins or arteries, which can reduce the risk of stroke, heart attack, or other serious conditions.

Metoprolol (Lopressor, Toprol-XL)

- **Uses:** Treats high blood pressure, chest pain (angina), and heart failure. It is also used to improve survival after a heart attack. Metoprolol belongs to a class of drugs known as

beta-blockers, which work by blocking the effects of certain natural chemicals in your body.

Fluoxetine (Prozac)

- **Uses:** Treats depression, panic attacks, obsessive-compulsive disorder (OCD), bulimia, and a severe form of premenstrual syndrome (premenstrual dysphoric disorder). It helps improve mood, sleep, appetite, and energy level, and may help restore your interest in daily living.

Citalopram (Celexa)

- **Uses:** Treats depression. It may improve your energy level and feelings of well-being. It works by helping to restore the balance of a certain natural substance (serotonin) in the brain.

Hydrocodone/Acetaminophen (Vicodin)

- **Uses:** Relieves moderate to severe pain. Hydrocodone is an opioid pain reliever, and acetaminophen is a non-opioid pain reliever. Together, they work to decrease the amount of pain and discomfort you feel.

Prednisone

- **Uses:** Treats conditions such as arthritis, blood disorders, breathing problems, severe allergies, skin diseases, cancer, eye problems, and immune system disorders. It works by decreasing your immune system's response to various diseases to reduce symptoms such as swelling and allergic-type reactions.