# Medications

Below is a list of commonly used medications within General Practice. Note that the suitability of these medications and their doses may be subject to change and so should not be used as Clinical Advice.

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| **CONDITION** | **DRUG** | **DOSE** | **FREQUENCY** |
| Ear Wax | Olive Oil Bicarbonate 5% ear drops | T TTT | BD BD for 5 days |
| Otitis externa | Otomize Ciprofloxacin 0.3% eye drops Sofradex ear drops | T TT  TTT | TDS TDS (7 days)  TDS |
| ET dysfunction | Beconase | TT each nostril | BD |
| Allergic rhinitis | Beconase Sodium Cromoglicate eye drops Fexofenadine Dymista | TT each nostril T   180mg T | BD QDS   OD BD |
| Perioral dermatitis | Timodine | T thinly | TDS |
| Moisturiser | Oilatum | T | PRN |
| Soap substitute | Aqueous Cream | T | PRN |
| Bath additive | Oilatum bath additive | 0.5–2 capfuls/bath |  |
| Warts | Occlusal | T | OD 3 months |
| Psoriasis | Dovobet Dovonex Psorin (Dithranol/Salicylic acid/Coal tar) | T (thinly) T T | OD 8 weeks OD or BD BD |
| Actinic Keratosis | Solaraze Effudix | T (thinly) T (thinly) | BD 3 months OD or BD 4 weeks |
| Scalp psoriasis | Alphosyl shampoo Betnovate scalp application Sebco (coal tar/Salicylic acid) | T T T | 2-3 times/week BD OD 3-7 days (wash off after 1 hour) |
| Eczema | Hydrocortisone (Mild) Eumovate (Moderate) Betnovate (Potent) Dermovate (Very potent) | T (thinly)  T (thinly)  T (thinly) T (thinly) | BD  BD  BD BD |
| Itch | Hydromol Menthol in aqueous cream Balneum Calamine Lotion | T T  T T | BD BD  BD PRN |
| Dry Eyes | Carbomer 0.2% Hypromellose | T T | PRN PRN |
| Vestibular sedative | Stemetil Betahistine | 5mg 16mg | TDS TDS |
| Depression | Sertraline Mirtazapine | 50mg 15mg | OD OD |
| Hyperhidrosis | Aluminium Chloride Hexahydrate | T | ON, wash off in morning |
| Molluscum Contagiosum | MolluDab | ? | ? |
| Bowel Prep | Microlax | 5ml | STAT |
| Restless Leg syndrome | Pramipexole | 88 micrograms | ON 2-3 hours before bed |
| Paediatric Constipation | Movicol Paediatric Lactulose | T 2.5ml | OD BD |
| Anxiety | Sertraline Diazepam Propranolol | 50mg 2mg 40mg | OD TDS OD |
| Neuropathic pain | Amitriptyline Gabapentin Pregabalin | 10-25mg 300mg 75mg | ON TDS BD |
| Smoking cessation | Veranicline     Bupropion    Nicotine Patch Nicotine Gum Nicotine S/L tablet Nicotine Inhalator Nicotine Lozenge Nicotine nasal spray Nicotine oromucosal spray | 0.5mg 0.5mg 1mg   150mg 150mg | OD day 1-3 BD day 4-7 OD day 7 onwards, for 11 weeks.  OD day 1-6 BD day 7 onwards, for 8 weeks |
| Scabies/Lice | Malathion  Permethrin 5% | T  T | STAT, repeat after 1 week STAT, repeat after 1 week |
| Threadworm | Mebendazole | 100mg | STAT |
| Migraine treatment | Sumatriptan | 50mg | STAT, can be repeated after 2 hours |
| Migraine Prophylaxis | Topiramate  Propranolol | 25mg  40mg | OD for 1 week, then titrated BD |
| COCP | Rigevidon Microgynon |  |  |
| POP | Cerazette |  |  |
| Postponement of Menstruation | Norethisterone | 5mg | TDS (start 3 days prior) |
| Asthma | LABA: Salbutamol  ICS: Clenil, QVAR  LABA/ICS: Fostair, Seretide  LTRA: Montelukast  Aerochamber |  |  |
| COPD | LABA: Salbutamol  LAMA: Spiriva, Eklira  LABA/ICS: Seretide, Fostair  LABA/LAMA: Ultibro, Duaklir, Spiolto, Anoro |  |  |
| Laxative | Ispaghula Husk Senna Lactulose Docusate Sodium | T T-TT 15ml 200mg | BD ON BD BD |
| Paediatric GORD | Gaviscon  Ranitidine | T | with feed (max 6 per day) |
| Benign Essential Tremor | Propranolol Primodine | 40mg 50mg | OD, can titrate to BD OD |
| Anaemia | Ferrous Sulfate Ferrous Fumarate | 200mg 210mg | TDS TDS |
| Urge Incontinence | Oxybutynin Solifenacin Tolterodine MR Fesoterodine Mirabegron | 5mg 5mg 4mg 4mg 50mg | TDS OD OD OD OD |
| Shingles (within 72 hours of rash) | Aciclovir | 800mg | 5 times daily, for 7 days |
| Bells palsy (within 72 hours of onset) | Prednisolone | 25mg | BD for 10 days |
| Bacterial Conjunctivitis | Chloramphenicol 0.5% drops Fusidic acid 1% eye drops | T  T | QDS  BD |
| Acne | Duac Zynerit Adapalene Epiduo Lymecycline Oxytetracycline Dianette | T T T T 408mg 500mg | ON BD ON ON OD BD |
| Fungal | Daktacort | T (thinly) | BD |
| Fungal nail infection | Amorolfine Terbinafine | T 250mg | BD twice weekly OD |
| IBS | Mebeverine Buscopan Loperamide | 135mg 10mg Initial 4mg, then 2mg | TDS TDS after each loose motion for 5 days, maximum 16mg/day |
| Decongestant | Xylometazoline spray | T (each nostril) | OD - TDS (maximum 7 days) |
| Mouth ulcer | Difflam spray Bonjela Hydrocortisone | T 0.5 inch 2.5mg muco-adhesive buccal tablet | 3 hourly 3 hourly QDS |
| Oral thrush | Nystatin Miconazole | 1ml 2.5ml | QDS 7 days QDS, after meals for 7 days after lesions resolved |
| Barrier cream | Sudocrem | T | consult product literature |

| **CONDITION** | **DRUG** | **DOSE** | **FREQUENCY** |
| --- | --- | --- | --- |
| Haemorrhoid | Anusol  Scheriproct Ointment | T  T | BD + 1 after bowel motion. 7 days BD 7 days |
| Anal Tear | Rectogesic 0.4%(GTN) | 2.5cm | BD. Maximum 8 weeks |
| GORD | Gaviscon  Lansoprazole Ranitidine | 10-20ml  15-30mg 150mg | after meals + bedtime OD BD |
| HRT | Elleste Solo Elleste Duet Conti Elleste Duet Sequi Evorel patch (oestrogen only) Evorel Conti patch (oestrogen + progesterone) Evorel Sequi patch (oestrogen + progesterone) Oestrogel 0.06% (oestrogen only) |  |  |
| Atrophic Vaginitis | Vagifem | T (Pessary) | OD for first 2 weeks. Twice weekly thereafter |
| Erectile Dysfunction | Sildenafil  Tadalafil  Tadalafil | 50mg  10mg  5mg | 1 hour before sexual activity 30 mins before sexual activity OD |
| Dry mouth | Saliveze | T | PRN |
| Thickening agent | Multi-Thick |  |  |
| Insomnia | Zopiclone Promethazine | 3.75mg - 7.5mg 25mg | ON ON |
| Tonsillitis | Difflam 0.15% spray | T | 3 hourly |
| Leq Cramps | Quinine | 200mg | ON |
| Dysmenorrhoea | Mefenamic Acid | 500mg | TDS |
| Menorrhagia | Norethisterone Tranexamic Acid Mefenamic Acid COCP | 5mg 1g 500mg | TDS (up to 10days) TDS (up to 4 days) TDS |
| Antiemetic | Cyclizine Metocopramide Ondansetron | 50mg 10mg 4mg | TDS TDS TDS |
| Antihistamine | Fexofenadine Cetirizine Piriton | 180mg 10mg 4mg | OD OD QDS |
| Gout | Colchicine | 0.5mg | BD - QDS (max 6mg per course) |
| Baby Nasal Congestion | Sterimar | T | before feeds |
| B12 | Cyanocobalamin | 50-150mcg orally 1mg Intramuscularly | OD, between meals  every 3 days for 1 month, then once monthly |
| Vitamin D | Colecalciferol | 800 Units (treatment dose) 400 Units (prophylactic dose) | OD  OD |
| CMPA | Similac Alimentum (Hydrolysed) Nutramigen Puramino (Amino Acid) |  |  |
| Rosacea | Metronidazole 0.75% Azaleic acid 15% Oxytetracycline Lymecycline | T (thinly)  T 500mg 408mg | BD  BD BD OD |
| Infected Eczema | Trimovate Timodine Fucidin H Fucibet | T (thinly) T (thinly) T (thinly) T (thinly) | BD TDS BD BD |
| Croup | Dexamethasone | 0.15mg/kg | STAT |
| PMR | Prednisolone | 10-15mg | OD until remission, reduce gradually |
| GCA | Prednisolone | 40-60mg | OD until remission, reduce gradually |
| Gastroenteritis | Dioralyte | T | with 200-400ml of water, after every loose motion |