

Medicine: Paracetamol (Acetaminophen) Class: Analgesic/Antipyretic Common Brands: Crocin, Tylenol, Panadol Usage/Indication: Fever, mild–moderate pain Adult Dose: 500–1000 mg every 4–6 hours as needed Pediatric Dose: 10–15 mg/kg every 4–6 hours (max per local guideline) Route: PO/IV Frequency: q4–6h PRN Max Daily Dose: Do not exceed 3–4 g/day (per local guideline) Contraindications/Warnings: Severe hepatic impairment; avoid multiple acetaminophen-containing products Notes: Adjust max daily dose for liver disease, low body weight

Medicine: Ibuprofen Class: NSAID Common Brands: Brufen, Advil, Motrin Usage/Indication: Pain, dysmenorrhea, fever, inflammation Adult Dose: 200–400 mg every 4–6 hours Pediatric Dose: 5–10 mg/kg every 6–8 hours (per local guideline) Route: PO Frequency: q4–6h PRN Max Daily Dose: OTC up to 1200 mg/day; Rx up to 3200 mg/day Contraindications/Warnings: Active GI bleed/ulcer, advanced renal disease, late pregnancy (3rd trimester) Notes: Take with food; monitor renal function in long-term use -----

Medicine: Aspirin (Acetylsalicylic acid) Class: NSAID/Antiplatelet Common Brands: Ecosprin, Bayer Usage/Indication: Analgesia (adult), antiplatelet for ASCVD prevention Adult Dose: Analgesia: 325–650 mg q4–6h; Antiplatelet: 75–150 mg daily Pediatric Dose: Avoid in children with viral illness (Reye's risk) Route: PO Frequency: varies Max Daily Dose: Do not exceed 4 g/day for analgesia Contraindications/Warnings: Active bleeding, aspirin allergy, asthma with ASA sensitivity Notes: Enteric-coated for antiplatelet use -----

Medicine: Amoxicillin Class: Penicillin antibiotic Common Brands: Amoxil, Mox Usage/Indication: ENT infections, CAP (mild), UTI (some cases) Adult Dose: 500 mg every 8 hours or 875 mg every 12 hours Pediatric Dose: Dose by mg/kg/day divided (per local guideline) Route: PO Frequency: q8–12h Max Daily Dose: Per infection severity Contraindications/Warnings: Penicillin allergy Notes: Adjust in renal impairment -----

Medicine: Amoxicillin–Clavulanate Class: Penicillin + β -lactamase inhibitor Common Brands: Augmentin Usage/Indication: β -lactamase producing infections, sinusitis, bite wounds Adult Dose: 875/125 mg every 12 hours or 500/125 mg every 8 hours Pediatric Dose: Dose by amoxicillin component mg/kg/day Route: PO/IV Frequency: q8–12h Max Daily Dose: Per local guideline Contraindications/Warnings: History of cholestatic jaundice with clavulanate Notes: Take with food to reduce GI upset -----

Medicine: Azithromycin Class: Macrolide antibiotic Common Brands: Zithromax, Azithro Usage/Indication: Atypical CAP, ENT infections, some STIs Adult Dose: 500 mg on Day 1, then 250 mg daily on Days 2–5 (Z-Pak) Pediatric Dose: 10 mg/kg Day 1 then 5 mg/kg Days 2–5 Route: PO/IV Frequency: daily Max Daily Dose: Per local guideline Contraindications/Warnings: QT prolongation risk Notes: Avoid with significant arrhythmia risk

Medicine: Doxycycline Class: Tetracycline antibiotic Common Brands: Doxy, Vibra-Tabs Usage/Indication: CAP, acne, malaria prophylaxis, rickettsial infections Adult Dose: 100 mg every 12 hours Pediatric Dose: Avoid <8 years except severe indications Route: PO/IV Frequency: q12h Max Daily Dose: Per local guideline Contraindications/Warnings: Pregnancy, young children (tooth discoloration) Notes: Take with water; avoid lying down immediately after

Medicine: Ciprofloxacin Class: Fluoroquinolone antibiotic Common Brands: Cifran, Cipro Usage/Indication: UTI, GI infections, some bone/joint infections Adult Dose: 250–750 mg every 12 hours (infection-dependent) Pediatric Dose: Specialist guidance only Route: PO/IV Frequency: q12h Max Daily Dose: Per local guideline Contraindications/Warnings: Tendinitis/tendon rupture, QT prolongation Notes: Avoid concomitant divalent cations (e.g., antacids)

Medicine: Metronidazole Class: Nitroimidazole antibiotic/antiprotozoal Common Brands: Flagyl, Metrogyl Usage/Indication: Anaerobic infections, bacterial vaginosis, protozoal infections Adult Dose: 400–500 mg every 8–12 hours Pediatric Dose: Dose by mg/kg/day (per local guideline) Route: PO/IV/Topical Frequency: q8–12h Max Daily Dose: Per local guideline Contraindications/Warnings: Alcohol (disulfiram-like reaction) Notes: Metallic taste; avoid alcohol during and 48–72 h after -----

Medicine: Ceftriaxone Class: 3rd gen cephalosporin Common Brands: Rocephin, Monocef Usage/Indication: Severe CAP, meningitis, sepsis, gonorrhea Adult Dose: 1–2 g IV/IM daily (up to 4 g/day in severe cases) Pediatric Dose: Per kg dosing; avoid with hyperbilirubinemic neonates Route: IV/IM Frequency: daily Max Daily Dose: 4 g/day (per local guideline) Contraindications/Warnings: Severe cephalosporin allergy; caution in neonates Notes: No renal adjustment generally needed -----

Medicine: Amlodipine Class: Calcium channel blocker Common Brands: Amlong, Norvasc Usage/Indication: Hypertension, angina Adult Dose: 5–10 mg once daily Pediatric Dose: Per specialist guidance Route: PO Frequency: daily Max Daily Dose: 10 mg/day Contraindications/Warnings: Severe hypotension Notes: Peripheral edema common -----

Medicine: Lisinopril Class: ACE inhibitor Common Brands: Listril, Prinivil, Zestril Usage/Indication: Hypertension, heart failure, post-MI, diabetic nephropathy Adult Dose: 10–40 mg once daily Pediatric Dose: Per specialist guidance Route: PO Frequency: daily Max Daily Dose: 40 mg/day Contraindications/Warnings: Pregnancy, history of angioedema, bilateral renal artery stenosis Notes: Monitor K⁺ and creatinine -----

Medicine: Losartan Class: ARB Common Brands: Losar, Cozaar Usage/Indication: Hypertension, diabetic nephropathy Adult Dose: 25–100 mg daily in 1–2 doses Pediatric Dose: Per specialist guidance Route: PO Frequency: daily or BID Max Daily Dose: 100 mg/day Contraindications/Warnings: Pregnancy, hyperkalemia risk Notes: Monitor K⁺ and renal function -----

Medicine: Hydrochlorothiazide Class: Thiazide diuretic Common Brands: HCTZ, Hydrodiuril Usage/Indication: Hypertension, edema Adult Dose: 12.5–25 mg once daily (up to 50 mg) Pediatric Dose: Per specialist guidance Route: PO Frequency: daily Max Daily Dose: 50 mg/day Contraindications/Warnings: Anuria, sulfa allergy caution Notes: May cause hypokalemia, hyponatremia -----

Medicine: Furosemide Class: Loop diuretic Common Brands: Lasix Usage/Indication: Edema, heart failure Adult Dose: 20–80 mg once or twice daily Pediatric Dose: Per kg dosing Route: PO/IV Frequency: daily/BID Max Daily Dose: Per local guideline Contraindications/Warnings: Anuria; electrolyte depletion Notes: Monitor electrolytes; ototoxicity with rapid IV -----

Medicine: Atorvastatin Class: Statin Common Brands: Lipitor, Atorlip Usage/Indication: Hyperlipidemia, ASCVD prevention Adult Dose: 10–80 mg once daily Pediatric Dose: Specialist guidance Route: PO Frequency: daily Max Daily Dose: 80 mg/day Contraindications/Warnings: Active liver disease, pregnancy Notes: Check LFTs as indicated; myopathy risk -----

Medicine: Metformin Class: Biguanide Common Brands: Glyciphage, Glucophage Usage/Indication: Type 2 diabetes Adult Dose: 500 mg once or twice daily with food; titrate to 1500–2000 mg/day Pediatric Dose: Per specialist guidance Route: PO Frequency: daily/BID Max Daily Dose: 2000–2550 mg/day (per product) Contraindications/Warnings: eGFR <30, risk of lactic acidosis Notes: GI upset common; use XR to improve tolerance -----

Medicine: Glimepiride Class: Sulfonylurea Common Brands: Amaryl, Glimy Usage/Indication: Type 2 diabetes Adult Dose: 1–4 mg once daily (max 8 mg) Pediatric Dose: Not routinely used Route: PO Frequency: daily Max Daily Dose: 8 mg/day Contraindications/Warnings: Hypoglycemia risk Notes: Caution in renal/hepatic impairment -----

Medicine: Insulin (human/analog) Class: Hormone Common Brands: Regular, NPH, Glargine, Lispro Usage/Indication: Type 1 & Type 2 diabetes Adult Dose: Individualized; total daily 0.3–1.0 units/kg/day depending on regimen Pediatric Dose: Specialist management Route: SC/IV (regular) Frequency: varies Max Daily Dose: Individualized Contraindications/Warnings: Hypoglycemia Notes: Education on titration essential -----

Medicine: Levothyroxine Class: Thyroid hormone Common Brands: Eltroxin, Thyronorm, Synthroid Usage/Indication: Hypothyroidism Adult Dose: ~1.6 mcg/kg/day; adjust by TSH every 6–8 weeks Pediatric Dose: Age/weight-based dosing Route: PO/IV Frequency: daily Max Daily Dose: Individualized Contraindications/Warnings: Untreated adrenal insufficiency Notes: Take on empty stomach; separate from calcium/iron -----

Medicine: Omeprazole Class: PPI Common Brands: Omez, Prilosec Usage/Indication: GERD, PUD, H. pylori (with combo) Adult Dose: 20–40 mg once daily Pediatric Dose: Per weight-based dosing Route: PO/IV Frequency: daily Max Daily Dose: Per local guideline Contraindications/Warnings: Caution with long-term use (B12, Mg deficiency) Notes: Consider step-down when controlled -----

Medicine: Pantoprazole Class: PPI Common Brands: Pan, Protonix Usage/Indication: GERD, PUD Adult Dose: 40 mg once daily (some cases BID) Pediatric Dose: Per specialist guidance Route: PO/IV Frequency: daily Max Daily Dose: Per local guideline Contraindications/Warnings: Similar to omeprazole Notes: IV for GI bleed protocols vary -----

Medicine: Ondansetron Class: 5-HT₃ antagonist antiemetic Common Brands: Emeset, Zofran Usage/Indication: Nausea/vomiting (CINV, PONV) Adult Dose: 4–8 mg every 8–12 hours Pediatric Dose: Weight-based dosing Route: PO/IV/ODT Frequency: q8–12h Max Daily Dose: Per local guideline Contraindications/Warnings: QT prolongation risk Notes: Monitor with other QT-prolonging drugs -----

Medicine: Salbutamol (Albuterol) Class: SABA bronchodilator Common Brands: Asthalin, Ventolin, ProAir Usage/Indication: Asthma/COPD relief Adult Dose: MDI: 1–2 puffs (90–100 mcg/puff) q4–6h PRN; Neb: 2.5 mg Pediatric Dose: Per weight-based dosing Route: Inhaled/neb Frequency: PRN Max Daily Dose: Per local guideline Contraindications/Warnings: Tachycardia, tremor Notes: Spacer improves delivery -----

Medicine: Budesonide–Formoterol Class: ICS/LABA Common Brands: Symbicort, Foracort Usage/Indication: Asthma/COPD maintenance; SMART therapy (per guideline) Adult Dose: 1–2 inhalations BID (strength-dependent) Pediatric Dose: Per age/strength Route: Inhaled Frequency: BID Max Daily Dose: Per product labeling Contraindications/Warnings: Rinse mouth to avoid thrush Notes: Device technique critical -----

Medicine: Cetirizine Class: Antihistamine (2nd gen) Common Brands: Cetzine, Zyrtec Usage/Indication: Allergic rhinitis, urticaria Adult Dose: 10 mg once daily Pediatric Dose: Age-based dosing Route: PO Frequency: daily Max Daily Dose: 10 mg/day (adults) Contraindications/Warnings: Dose adjust in renal impairment Notes: May cause mild drowsiness -----

Medicine: Loratadine Class: Antihistamine (2nd gen) Common Brands: Lorfast, Claritin Usage/Indication: Allergic rhinitis, urticaria Adult Dose: 10 mg once daily Pediatric Dose: Age-based dosing Route: PO Frequency: daily Max Daily Dose: 10 mg/day (adults) Contraindications/Warnings: Hepatic impairment—adjust dose Notes: Non-sedating -----

Medicine: Diphenhydramine Class: Antihistamine (1st gen) Common Brands: Benadryl
Usage/Indication: Allergy, pruritus, insomnia (short-term) Adult Dose: 25–50 mg every 4–6 hours
Pediatric Dose: Age/weight-based; caution in young children Route: PO/IM/IV Frequency: q4–6h
Max Daily Dose: Per local guideline Contraindications/Warnings: Anticholinergic effects, sedation
Notes: Avoid in older adults if possible (Beers) -----

Medicine: Tramadol Class: Opioid analgesic Common Brands: Ultram, Tramazac Usage/Indication:
Moderate pain Adult Dose: 50–100 mg every 4–6 hours as needed Pediatric Dose: Contraindicated
in some pediatric groups Route: PO/IV Frequency: q4–6h PRN Max Daily Dose: Typically ≤400
mg/day Contraindications/Warnings: Seizure risk, serotonin syndrome Notes: Avoid with MAOIs;
adjust in renal/hepatic impairment -----

Medicine: Morphine (immediate-release) Class: Opioid analgesic Common Brands: Morphgesic,
MSIR Usage/Indication: Moderate–severe pain Adult Dose: 5–15 mg every 4 hours as needed
(opioid-naïve) Pediatric Dose: Specialist guidance Route: PO/IV/SC Frequency: q4h PRN Max
Daily Dose: Individualized Contraindications/Warnings: Respiratory depression, dependence risk
Notes: Use controlled substances per law -----

Medicine: Gabapentin Class: Anticonvulsant/neuropathic pain Common Brands: Gabapin,
Neurontin Usage/Indication: Neuropathic pain, partial seizures Adult Dose: 300 mg at night, titrate
to 900–3600 mg/day in 3 doses Pediatric Dose: Per specialist guidance Route: PO Frequency: TID
Max Daily Dose: 3600 mg/day Contraindications/Warnings: CNS depression; misuse potential
Notes: Adjust in renal impairment -----

Medicine: Sertraline Class: SSRI Common Brands: Zosert, Zoloft Usage/Indication: Depression,
anxiety disorders, OCD, PTSD Adult Dose: 50–200 mg once daily Pediatric Dose: Specialist
guidance Route: PO Frequency: daily Max Daily Dose: 200 mg/day Contraindications/Warnings:
Serotonin syndrome, QT risk low Notes: Titrate slowly; monitor for suicidality early

Medicine: Escitalopram Class: SSRI Common Brands: Lexapro, Nexito Usage/Indication:
Depression, GAD Adult Dose: 10–20 mg once daily Pediatric Dose: Specialist guidance Route: PO
Frequency: daily Max Daily Dose: 20 mg/day Contraindications/Warnings: QT prolongation at
higher doses Notes: Start 5–10 mg in sensitive pts -----

Medicine: Olanzapine Class: Atypical antipsychotic Common Brands: Oliza, Zyprexa
Usage/Indication: Schizophrenia, bipolar disorder Adult Dose: 5–20 mg once daily Pediatric Dose:
Specialist guidance Route: PO/IM Frequency: daily Max Daily Dose: 20 mg/day
Contraindications/Warnings: Metabolic syndrome risk, sedation Notes: Monitor weight, lipids,
glucose -----

Medicine: Warfarin Class: Vitamin K antagonist Common Brands: Acitrom/Warfit
(acenocoumarol)/Coumadin Usage/Indication: AF stroke prevention, VTE treatment/prevention
Adult Dose: Individualized to INR 2.0–3.0 (or per indication) Pediatric Dose: Specialist guidance
Route: PO Frequency: daily Max Daily Dose: Individualized Contraindications/Warnings: Pregnancy
(for warfarin), bleeding risk, drug/food interactions Notes: Frequent INR monitoring

Medicine: Apixaban Class: DOAC (factor Xa inhibitor) Common Brands: Eliquis Usage/Indication:
AF stroke prevention, VTE treatment/prevention Adult Dose: 5 mg twice daily; 2.5 mg BID if
dose-reduction criteria met Pediatric Dose: Specialist guidance Route: PO Frequency: BID Max
Daily Dose: Per label Contraindications/Warnings: Active bleeding; renal/hepatic impairment Notes:
No routine monitoring; watch interactions -----

Medicine: Enoxaparin Class: LMWH Common Brands: Clexane, LMWX Usage/Indication: VTE
prophylaxis/treatment, ACS Adult Dose: Prophylaxis: 40 mg SC daily; Treatment: 1 mg/kg SC q12h

Pediatric Dose: Specialist guidance Route: SC Frequency: daily/q12h Max Daily Dose: Per weight
Contraindications/Warnings: Active bleeding, HIT history Notes: Adjust in renal impairment

Medicine: Oseltamivir Class: Antiviral (influenza) Common Brands: Tamiflu, Fluvir Usage/Indication:
Influenza treatment/prophylaxis Adult Dose: 75 mg twice daily for 5 days (treatment) Pediatric
Dose: Weight-based dosing Route: PO Frequency: BID Max Daily Dose: Per guideline
Contraindications/Warnings: Dose adjust in renal impairment Notes: Start within 48h ideally

Medicine: Acyclovir Class: Antiviral (HSV/VZV) Common Brands: Zovirax, Acivir Usage/Indication:
HSV, VZV infections Adult Dose: 200–800 mg PO 5x daily (indication-dependent) Pediatric Dose:
Weight-based dosing Route: PO/IV/Topical Frequency: 5x daily (PO) Max Daily Dose: Per
guideline Contraindications/Warnings: Renal impairment—adjust Notes: Hydration reduces
nephrotoxicity -----

Medicine: Oral Rehydration Salts (ORS) Class: Electrolyte solution Common Brands: Pedialyte,
Electral Usage/Indication: Dehydration/diarrhea Adult Dose: As per dehydration plan (WHO Plan
A/B/C) Pediatric Dose: Per WHO plan and weight Route: PO Frequency: Ad lib per plan Max Daily
Dose: As needed Contraindications/Warnings: Severe dehydration/shock—IV fluids Notes: Follow
WHO formulations -----

Medicine: Folic Acid Class: Vitamin (B9) Common Brands: Folvite Usage/Indication: Megaloblastic
anemia, pregnancy supplementation Adult Dose: 0.4–1 mg daily (higher in deficiency) Pediatric
Dose: Age-based Route: PO Frequency: daily Max Daily Dose: Per indication
Contraindications/Warnings: Mask B12 deficiency Notes: Higher doses in certain meds
(methotrexate) -----

Medicine: Vitamin D (cholecalciferol) Class: Vitamin Common Brands: D3, Calcirol
Usage/Indication: Deficiency, osteoporosis adjunct Adult Dose: 800–2000 IU daily or weekly
equivalents Pediatric Dose: Age-based Route: PO Frequency: daily/weekly Max Daily Dose: Per
guideline Contraindications/Warnings: Hypercalcemia Notes: Monitor serum 25(OH)D if needed

Medicine: Calcium (elemental) Class: Mineral Common Brands: Shelcal, Caltrate Usage/Indication:
Hypocalcemia, osteoporosis adjunct Adult Dose: 1000–1200 mg elemental/day in divided doses
Pediatric Dose: Age-based Route: PO Frequency: BID/TID Max Daily Dose: Per guideline
Contraindications/Warnings: Kidney stones, hypercalcemia Notes: Separate from levothyroxine/iron

Medicine: Domperidone Class: Prokinetic/antiemetic Common Brands: Domstal, Motilium
Usage/Indication: Nausea, gastroparesis (some regions) Adult Dose: 10 mg up to three times daily
(short-term) Pediatric Dose: Per local restrictions Route: PO Frequency: TID Max Daily Dose: Per
local guideline Contraindications/Warnings: QT prolongation; regulatory restrictions in some
countries Notes: Use lowest effective dose, short duration

Medicine: Metoclopramide Class: Prokinetic/antiemetic Common Brands: Perinorm, Reglan
Usage/Indication: Nausea, gastroparesis Adult Dose: 10 mg up to 3–4 times daily (short-term)
Pediatric Dose: Per kg dosing; dystonia risk Route: PO/IV/IM Frequency: TID–QID Max Daily Dose:
Per guideline Contraindications/Warnings: Extrapyramidal effects, tardive dyskinesia (limit duration)
Notes: Avoid chronic use -----

Medicine: Prednisolone Class: Corticosteroid Common Brands: Wysolone, Orapred
Usage/Indication: Inflammatory/autoimmune conditions, asthma exacerbation Adult Dose: 5–60 mg
daily (indication-dependent) Pediatric Dose: Per kg and indication Route: PO/IV Frequency: daily
(or taper) Max Daily Dose: Per guideline Contraindications/Warnings: Immunosuppression,

hyperglycemia, adrenal suppression Notes: Use lowest effective dose; taper if prolonged

Medicine: Hydroxychloroquine Class: Antimalarial/DMARD Common Brands: HCQS, Plaquenil
Usage/Indication: RA, SLE, malaria (some indications) Adult Dose: 200–400 mg daily (RA/SLE)
Pediatric Dose: Specialist guidance Route: PO Frequency: daily Max Daily Dose: ≤ 5 mg/kg/day
(base) to reduce retinal toxicity Contraindications/Warnings: Retinal toxicity risk Notes: Baseline
and periodic eye exams -----

Medicine: Ferrous Sulfate (elemental iron) Class: Iron supplement Common Brands: Fefol, Feosol
Usage/Indication: Iron-deficiency anemia Adult Dose: ~100–200 mg elemental iron/day in divided
doses Pediatric Dose: mg/kg/day elemental iron Route: PO Frequency: BID/TID Max Daily Dose:
Per guideline Contraindications/Warnings: Hemochromatosis Notes: Best on empty stomach; GI
upset common -----

Medicine: Levocetirizine Class: Antihistamine (2nd gen) Common Brands: Xyzal, Levocet
Usage/Indication: Allergic rhinitis, urticaria Adult Dose: 5 mg once daily Pediatric Dose: Age-based
dosing Route: PO Frequency: daily Max Daily Dose: 5 mg/day (adults) Contraindications/Warnings:
Renal impairment—adjust Notes: Isomer of cetirizine -----

Medicine: Montelukast Class: Leukotriene receptor antagonist Common Brands: Montair, Singulair
Usage/Indication: Allergic rhinitis, asthma adjunct Adult Dose: 10 mg once daily (evening) Pediatric
Dose: Chewables/granules per age Route: PO Frequency: daily Max Daily Dose: 10 mg/day
(adults) Contraindications/Warnings: Neuropsychiatric events (rare) Notes: Reserve for specific
indications per guideline -----