



Medicine Box

Be prepared for common ailments by keeping a well-stocked medicines cabinet at home.

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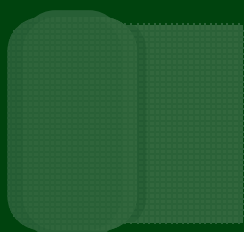
Anti-diarrhoea tablets

Diarrhoea is caused by a range of things, such as [food poisoning](#) or a stomach virus, and can happen without warning. It's a good idea to keep an anti-diarrhoea medicine at home.

Anti-diarrhoea remedies can quickly control the symptoms of diarrhoea, although they don't deal with the underlying cause.

The most common anti-diarrhoeal is loperamide, sold under the names Imodium, Arret and Diasorb, among others. It works by slowing down the action of your gut.

Don't give anti-diarrhoea medicines to children under 12 as they may have undesirable side effects. Speak to your GP or pharmacist for advice about a child with these symptoms.



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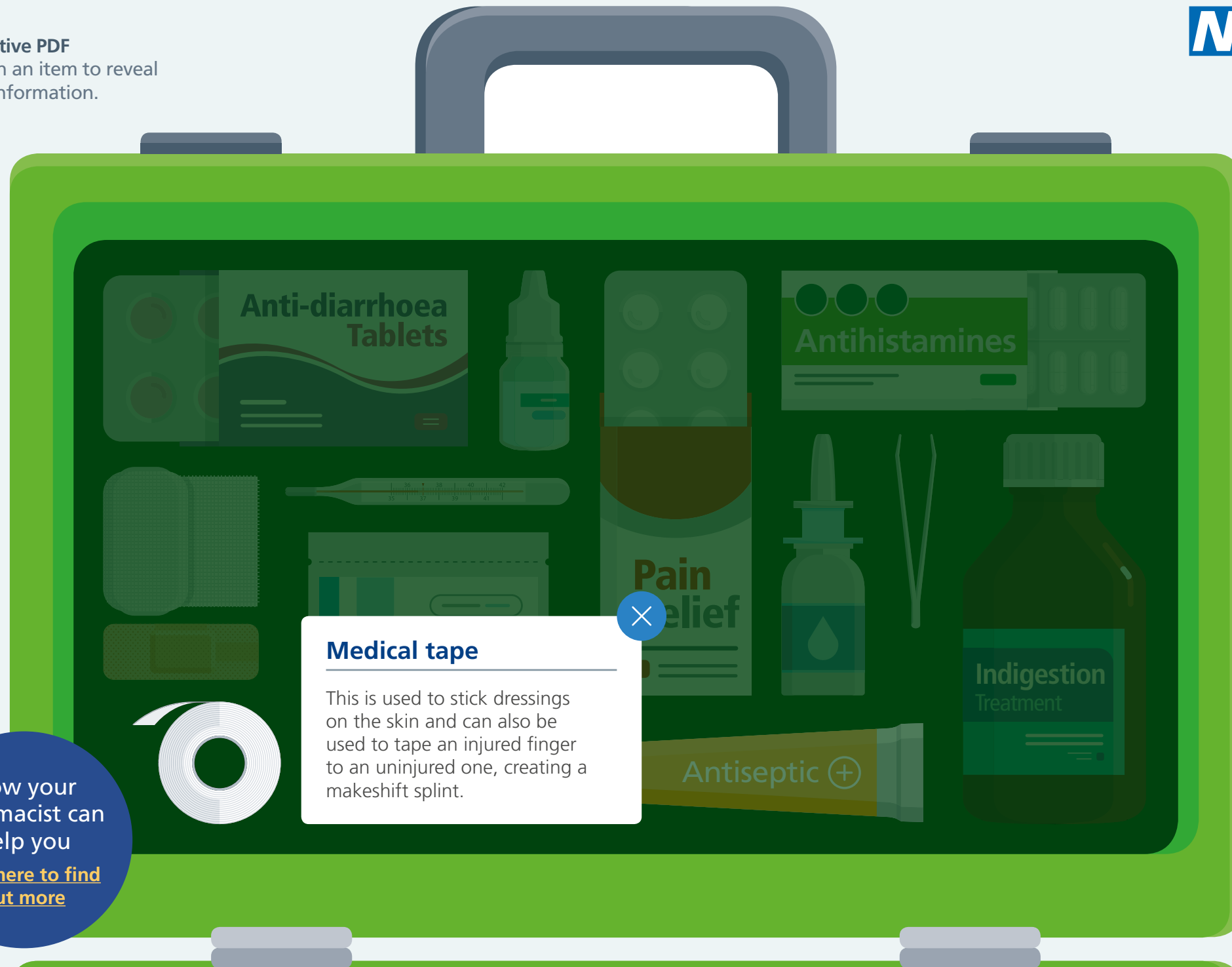
Bandages and plasters

- **bandages** – these can support injured limbs, such as a sprained wrist, and also apply direct pressure to larger cuts before being treated in hospital
- **plasters** – a range of sizes, waterproof if possible

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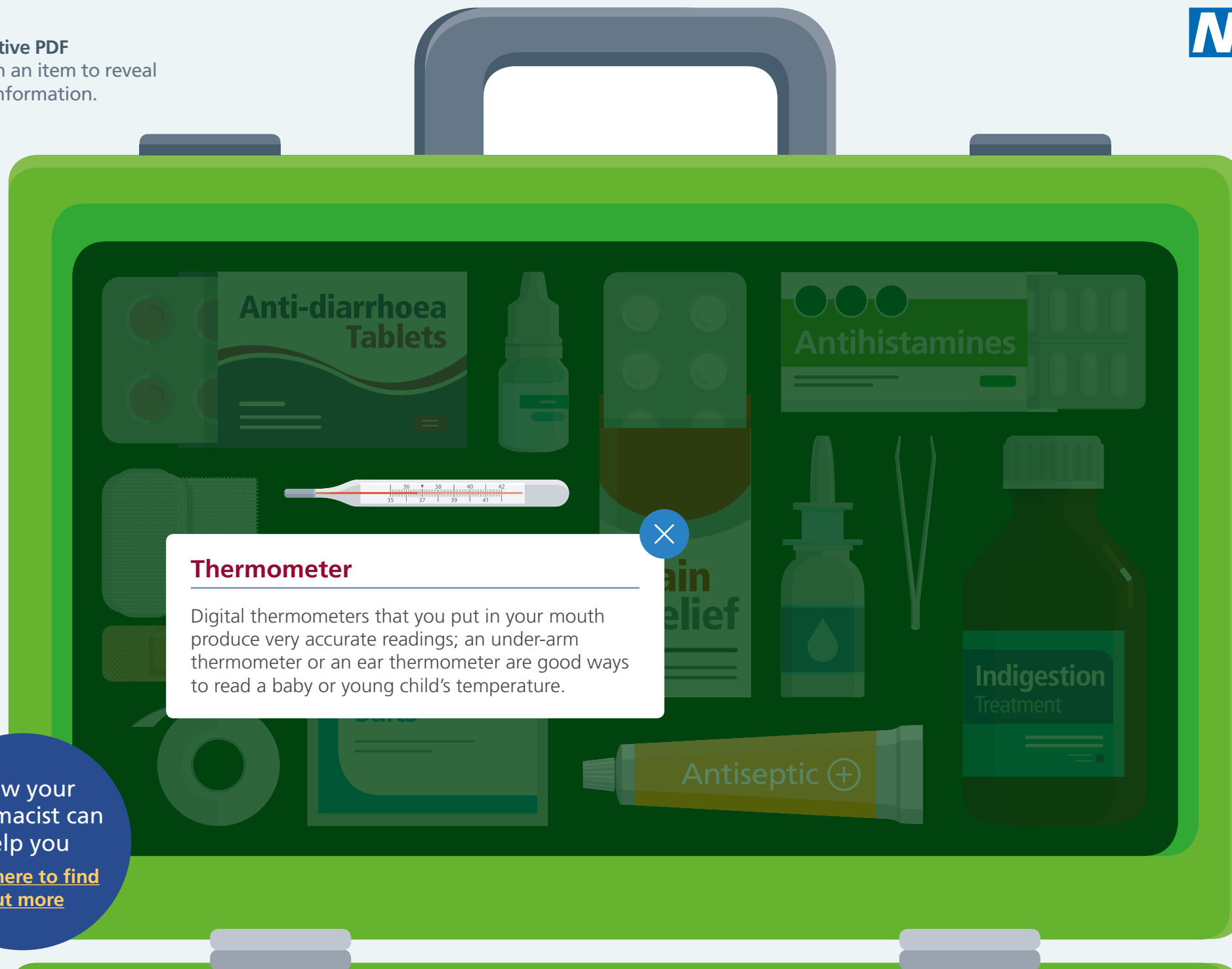
Medical tape

This is used to stick dressings on the skin and can also be used to tape an injured finger to an uninjured one, creating a makeshift splint.

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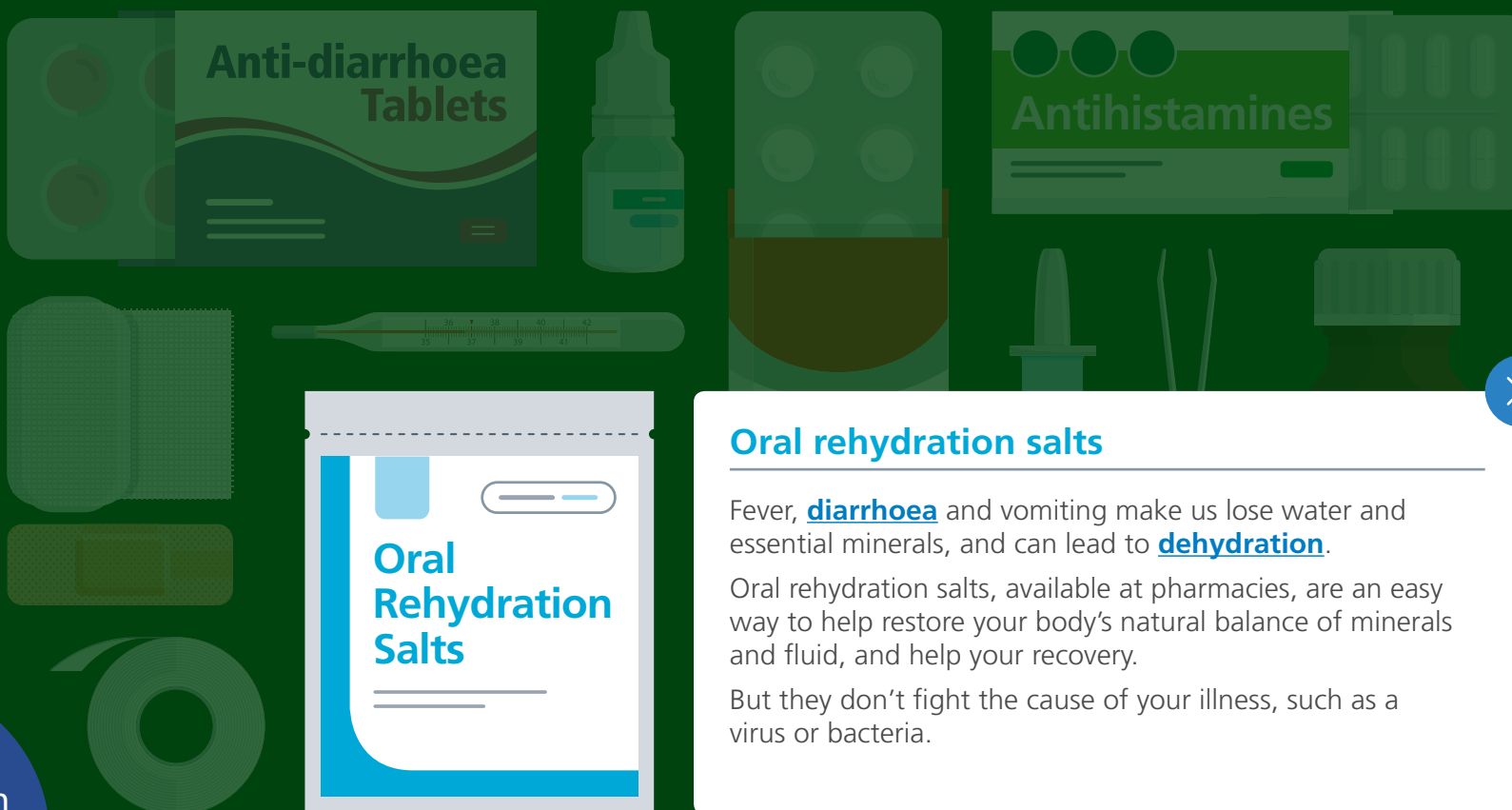
Thermometer

Digital thermometers that you put in your mouth produce very accurate readings; an under-arm thermometer or an ear thermometer are good ways to read a baby or young child's temperature.

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Oral rehydration salts

Fever, [diarrhoea](#) and vomiting make us lose water and essential minerals, and can lead to [dehydration](#).

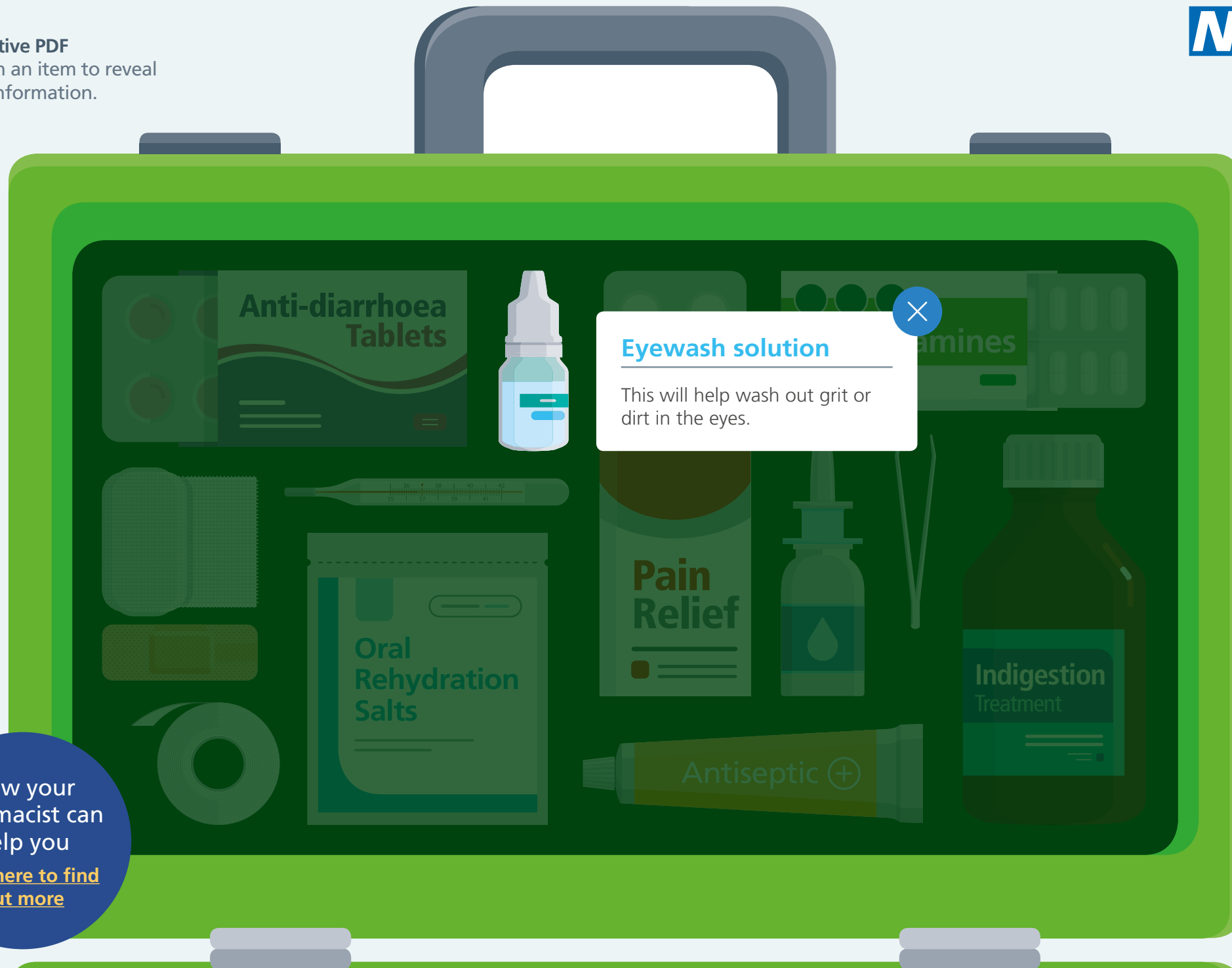
Oral rehydration salts, available at pharmacies, are an easy way to help restore your body's natural balance of minerals and fluid, and help your recovery.

But they don't fight the cause of your illness, such as a virus or bacteria.

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Eyewash solution

This will help wash out grit or dirt in the eyes.

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Pain relief

Painkillers like [aspirin](#), [paracetamol](#) and [ibuprofen](#) are highly effective at relieving most minor aches and pains, such as headaches and period pain.

These medicines also help with some minor ailments, such as the [common cold](#), by reducing aches, pain and high temperatures.

Paracetamol, aspirin and ibuprofen also help reduce the inflammation seen in [arthritis](#) and [sprains](#).

Bear in mind:

- aspirin mustn't be given to children under 16
- ibuprofen must be taken with caution if you have certain conditions, such as asthma – check with your pharmacist if in doubt
- pregnant women shouldn't take ibuprofen – visit the [bumps](#) website to find out more about taking medicines when you're pregnant



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Antiseptic

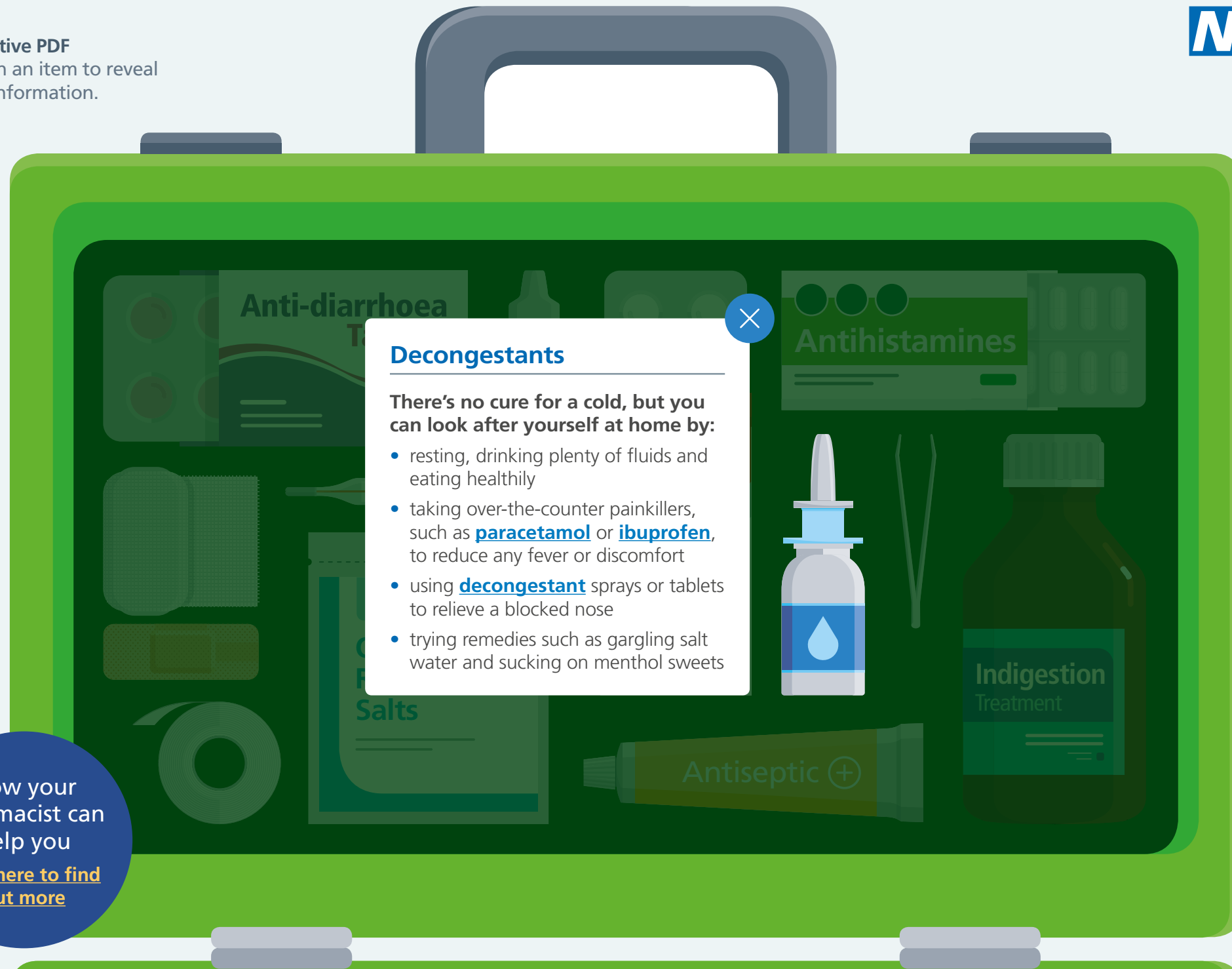
This can be used to clean cuts before they're bandaged, and most can treat a range of conditions, including insect stings, ulcers and pimples; alcohol-free antiseptic wipes are useful to clean cuts.

Antiseptic (+)

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Decongestants

There's no cure for a cold, but you can look after yourself at home by:

- resting, drinking plenty of fluids and eating healthily
- taking over-the-counter painkillers, such as [paracetamol](#) or [ibuprofen](#), to reduce any fever or discomfort
- using [decongestant](#) sprays or tablets to relieve a blocked nose
- trying remedies such as gargling salt water and sucking on menthol sweets



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Antihistamines

These are useful for dealing with [allergies](#) and [insect bites](#). They're also helpful if you have [hay fever](#).

[Antihistamines](#) can come in the form of creams you apply to the skin (topical antihistamine) or tablets you swallow (oral antihistamine).

Antihistamine creams soothe insect stings and bites, and rashes and itching from stinging nettles.

Antihistamine tablets help control hay fever symptoms and calm minor allergic reactions to food. They can also help calm itchiness during [chickenpox](#).

Some antihistamines may cause drowsiness. Ask your pharmacist about this as there are some antihistamines that don't cause drowsiness.

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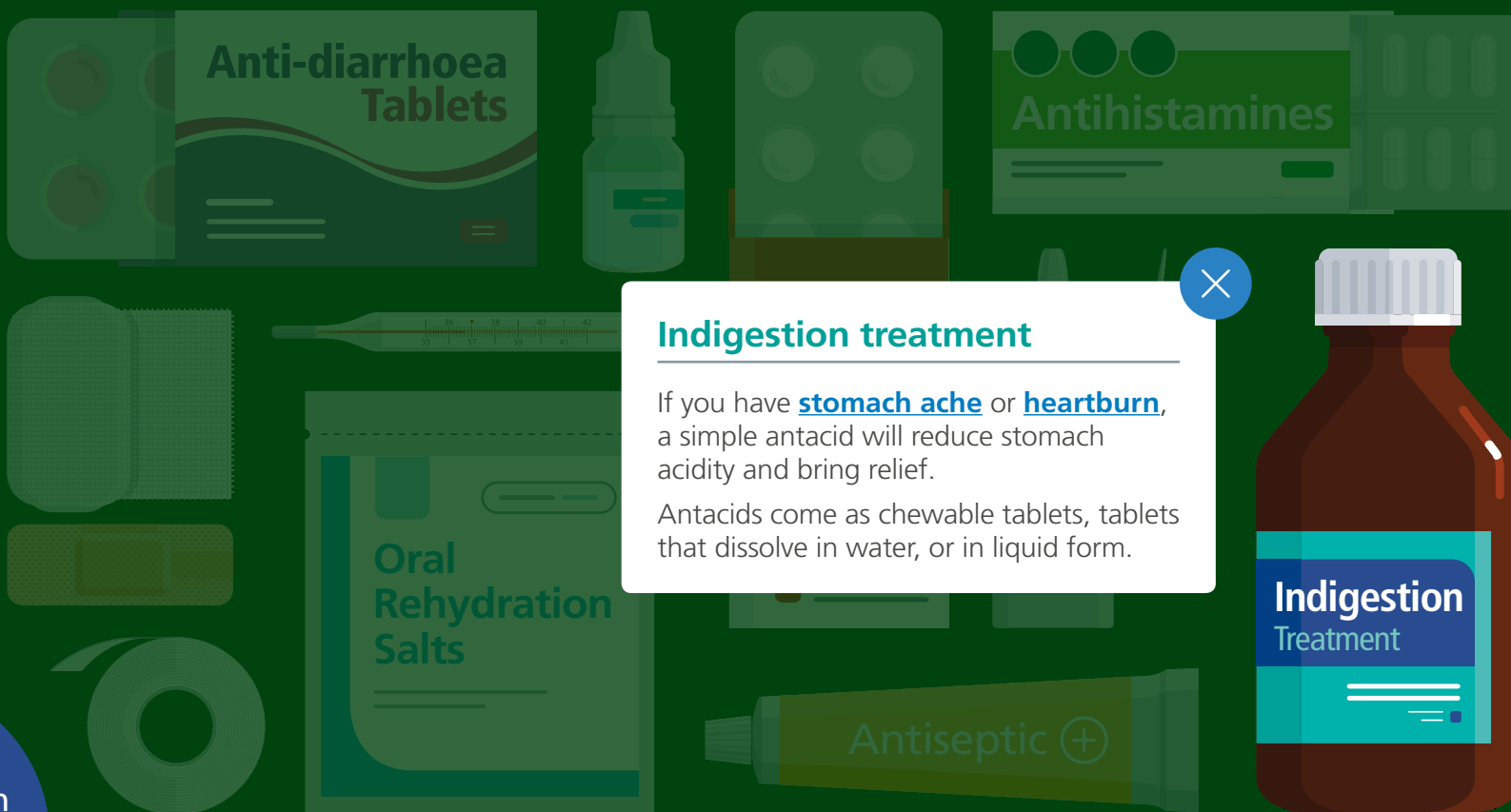
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Indigestion treatment

If you have [stomach ache](#) or [heartburn](#), a simple antacid will reduce stomach acidity and bring relief.

Antacids come as chewable tablets, tablets that dissolve in water, or in liquid form.



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How your pharmacist can help you

Don't forget your local pharmacist can help with many ailments, such as [coughs](#), [colds](#), [asthma](#), [eczema](#), [hay fever](#), and [period pain](#).

They can also help with symptoms of:

- | | | | |
|------------------|----------------|-------------------------|----------------------|
| ✓ Acne | ✓ Dandruff | ✓ Hay fever | ✓ Period pain |
| ✓ Athlete's foot | ✓ Diarrhoea | ✓ Headaches & migraines | ✓ Sore throats |
| ✓ Back pain | ✓ Dry skin | ✓ Head lice | ✓ Sprains & strains |
| ✓ Cold & flu | ✓ Ear ache | ✓ Heart burn | ✓ Sunburn prevention |
| ✓ Cold sores | ✓ Ear wax | ✓ Bites & stings | ✓ Threadworm |
| ✓ Conjunctivitis | ✓ Fever | ✓ Motion sickness | ✓ Thrush |
| ✓ Cystitis | ✓ Haemorrhoids | ✓ Ulcers | ✓ Warts & verrucas |

They can give advice or, where appropriate, medicines that can help clear up the problem.

Instead of booking an appointment with your GP, you can see your local pharmacist any time – just walk in. You can also ask to speak to the pharmacist in private in their consultation room.

Learn more about how your pharmacist can help with [treating common conditions](#).

[Find your local pharmacy](#).

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A large green rounded rectangle representing a medicine box, with a grey handle at the top and two grey latches on the sides. A white information panel is centered on the front of the box.

Medicine Safety

When keeping medicines at home, remember:

- always follow the directions on medicine packets and information leaflets, and never take more than the stated dose
- always keep medicines out of the sight and reach of children – a high, lockable cupboard in a cool, dry place is ideal
- regularly check the expiry dates on a medicine – if a medicine is past its use-by date, don't use it or throw it away: take it to your pharmacy, where it can be disposed of safely

If you have questions about any medicines or you want to buy them, ask your local pharmacist.