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## **YOUR HOME MEDICATION KIT VERSION 2.0**

(prescriptions to have available for home and travel)

This is a more advanced list of medications that is useful for those traveling and when away from medical care.

Here is a short list of medications for stocking your kit:

Quick list:

1. Zpack
2. Cipro
3. Lomotil
4. Compazine suppositories
5. Hydrocodone
6. Valium

### **For Cough and Colds:**

**Zpack:** Zithromax is a general antibiotic in the 'erythromycin family' but is easier on the stomach. Antibiotics are not to be used for all coughs and colds, as most are due to viruses and will not be helped by an antibiotics. It is worthwhile to have this around during travel, for lingering upper respiratory symptoms that are transforming into a more serious infection.

**Codeine Containing Cough Syrup** (Promethazine with Codein or Hycodan/Tussionex): These prescription cough syrups with codeine or codeine-derivatives, are much more effective than over-the-counter preparations and are useful in people who tolerate such. They are stronger and can cause constipation when used repeatedly, so do be aware of these effects.

*Using a Vicodan (hydrocodone tablet) is also an effective treatment for severe cough if you had those, but not cough syrup.*

### **For Aches/Pains:**

**Hydrocodone (Vicodan/Lortab):** This is a narcotic pain-killer and is useful to have around if you will be out of touch with medical assistance. Taken sparingly, for severe pain, it is quite effective, but you need to know that you are tolerant of

narcotic medications, as it can cause nausea. *(It can also be used for severe cough.)*

### **For Diarrhea:**

**Lomotil:** This tiny anti-diarrhea pill is more effective generally than Immodium and good for travels as it works a bit quicker and stronger. *You take 2 immediately with severe diarrhea and then 1 after each loose bowel movement, up to 8 in a day.*

**Cipro:** Taken for 3 days (twice daily) it can be useful for traveller's diarrhea and is fine to have and use if having a very severe diarrheal episode that lingers or that overwhelms. *As most diarrheal illnesses during travel are related to stresses and food changes, Cipro is not to be used at the first signs of diarrhea, but rather for more severe cases.*

### **For Nausea:**

There are no effective over-the-counter medications for nausea and vomiting. It is nice to have a prescription around if you are prone to developing these symptoms with infections (some people are more prone than others to this). Suppositories (medication taken rectally) are preferred for nausea and vomiting, so that the medication can absorb into your system. Compazine or Phenergan suppositories are preferred and used immediately with significant symptoms and then repeated in 4-6 hours if need be.

*(Suppository facts: These medications look like little 'torpedoes'. The pointy end is not the end to insert into the anus....insert the flat end. This will allow the body to retain the suppository best as the 'pointy end' will gently 'close the door' once inserted rectally, and will prevent it from being expelled quickly. )*

### **Anxiety/Stress/Sleep:**

**Valium (diazepam) 5mg:** The 'original' relaxer, Valium is effective in many situations that induce anxiety or require assistance with relaxation such as severe stressful family or life-events or during long-distance travel. 5mg...one or two pills at a time, is an excellent relaxer. *Do not use if you are driving.*

**Ambien 5-10mg:** This is very effective to assist with sleeping in difficult or unusual situations that may develop during travel (on a plane or train or in a 'different' bed)

**Altitude:**

**Diamox (Acetazolamide) 250mg:** Two pills of this medication taken with a potassium pill are useful when traveling to altitude above 8-9,000 feet. Everyone is different as to how well they accommodate to altitude, but these medications are very safe and effective.

You take the pills 1 day prior to travel to altitude then for 3-5 days while at altitude. These can prevent headache, nausea, and shortness of breath that develops at altitude in some people.