

<i>type + how strong it is</i> */**	<i>description</i>		<i>name + application</i> : e.g. 2 pills x2-3/day = 2 in the morning, 2 in the evening (in case of necessity also 2 at noon)	<i>exp. date</i>	
ANALGESICS					
muscles	cream	sportcream	APTONIA gel relax 100ml	as often as needed	june 2013
muscles	cream	sportcream	VOLTAREN	as often as needed	2012
*muscles	cream	used also on brest in case of cold	BAUME du tigre cream	as often as needed	dec 2013
painkiller antiseptic	pills	pain due to dental abscess or due to flu/cold accompanied by fever	ACYLPYRIN 500mg : 10 pills	1-2pills every 4-8h : max 8 pills/day!!!	feb 2016
**painkiller strong	pills	from mild to very strong pain, immediate help	TRAMADOL arrow 50g : 45 pills	2 pills immediately, then 1-2 pills every 4-6h : max 8 pills/day!!!	aug 2014
ANTISEPTICS (against infection)					
dental care local	cream	dental infection, little wounds	HEXTRIL gel gingival cream 10g	x3-5/day : during 5 days	oct 2014
antiseptic	spray	clean superficial wounds	BISEPTINE 100ml	application on the skin	oct 2012
*disinfection	unidoses	clean superficial wounds	DOSISEPTINE 0,05% (chlorhedexin) : 4x5ml	2 doses/day	mar 2014
ANTIALLERGICS					
antiallergic	pills	eyes and nose inflammation, hives	DESLORATADINE arrow 5g (aerius) : 30 pills	1 pill /day	feb 2014
corticoid	pills	against allergy, also for auditiv trauma - noise in your ears	CORTANCYL 20mg : 20 pills	3 pills x1 in the morning, during meal, during 3 days	apr 2013
*strong corticoid	pills	fort allergy, immediate help	BETAMETHASONE arrow 2mg (celesten) : 20 pills	60kg adults : 1,5 - 6 pills /day	mar 2013
**strong corticoid	syringe	bad allergic reaction, immediate help	DIPROSTENE syringe 1ml	adults : 1ml + repeat once	aug 2013

ANTIBIOTICS					
angina antibiotic	pills	angina, bronchitis	AZITHROMYCINE arrow 250g : 6 pills	2 pills x1/day	july 2013
bites antibiotic	pills	bites, articular and bones infection	PYOSTACINE 500 mg : 80 pills	2 pills x2-3/day : during meals, during 7 days	apr 2016
dental antibiotic	pills	dental abscess, mouth infection	MISSILOR 250g : 20 pills	2-3 pills x2-3/day : during meals	july 2013
dental antibiotic	pills	dental abscess, mouth infection	SPIRAMYCINE / METRONIDAZOLE (missilor) 125g : 20 pills	2 pills x2-3/day : during meals	aug 2014
ears local antibiotic	unidoses	infection	OFLOCET 1,5 mg/0,5 ml : 20 doses	1 dose x3/day	dec 2014
eyes local antibiotics	cream	eyes infection	OPHTHALMO-FRAMYKOIN cream 5g	every 3-4h, eyes 10min closed : 5 days	mar 2013
*large spectrum antibiotics	pills	diarrhea WITH fever, urine infection	CIFLOX 500mg : 12 pills	0,5-3 pills x1-2/day	mar 2015
	pills	diarrhea WITH fever, urine infection	CIPROFLOXACINE arrow 500g : 24 pills	1 pill x2/day : during 7 days	oct 2014
	pills	dental abscess, angina, bronchitis	AMOXICILLINE 500g : 16 pills	2 pills x2-3/day	mar 2013
	pills	dental abscess, angina, bronchitis	AMOXICILLINE arrow 1 g : 28 pills	1 pills x3/day : during 7 days	may 2014
**large spectrum antibiotic - very strong	pills	inflammation of sinuses, prostate; bronchitis, pneumonia; urinary/intestins/kidneys infection	TAVANIC 500 mg : 12 pills	1 pill /24h exactly!!!	mar 2015
ANTIDIURRATICS and DIGESTIVE PROBLEMS					
antispasmodic	pills	immediate help in case of cramps	SPASFON-LYOC 80mg : 10 pills	2 pills immediately	feb 2015
antispasmodic	capsules	digestiv pain, bloating stomach	METEOSPAMYL : 20 capsules	1 capsule x2-3/day	nov 2012
diarrhea, intestinal absorbant	powder	basic cure	SMECTA : 15 bags	3 bags/day : double dose at the beginning	aug 2013
diarrhea	pills	diarrhea <u>without</u> fever, immediate help	TIORFANOR racedotril 175g : 12 pills	1pill immediately, then 1 pill x2/day : during 7 days	oct 2015
diarrhea, antisecretions	capsules	diarrhea <u>without</u> fever, immediate help	TIORFAN 100mg : 20 capsules	1 capsule immediately, then 1 before meal x3/day : during 7 days	feb 2013
diarrhea, intestinal disinfectant	capsules	diarrhea <u>without</u> fever, immediate help	ERCEFURYL 200mg : 24 capsules	1 pills x3/day : max 4 days	oct 2015
*diarrhea, vomiting,	pills	strong diarrhea, short cure only	IMODIUM lingual 2mg : 12 pills	2 pills x1-3/day : during max 2 days!!!	aug 2015
*diarrhea, vomiting	pills	strong diarrhea	LOPERAMIDE lyoc (imodium) 2mg : 10 pills	1 pill x2/day : during 7 days	may 2013

SKIN CARE					
antifungus	cream	complaints due to fungus	ECONAZOLE sandoz 1% cream 30g	x2/day during 2-4 weeks : clean and dry the skin first	feb 2014
herpes virus	cream	herpes on lips	HERPESIN cream 2g	application every 4h x5/day, continue 3 more days after it disappears	
lip care	stick	severe lip dryness	KEYLANE H.D. LIPS BALM 15ml	as often as needed	june 2014
lip care	liquid	dry and cracked lips	HONEY LIPS BALSAM 5g	as often as needed	feb 2014
skin burnt	foam	skin damaged	PANTHENOL forte 9% aloe vera 150ml	application directly on the skin	feb 2015
skin irritation	cream	irritation of the bottom	MITOSYL	x1-3/day	sep 2013
skin irritation	cream	irritated nose, face, otherwise cracked or scratched skin	HOMEOPLASMINE	x1-3/day : clean the skin first	mar 2014
skin local antibiotic	cream	infection due to staphylococcus and streptococcus	ACIDE FUSIDIQUE arrow cream (fucidine) 15 g	x1-2/day : clean the wound first	may 2013
sun cream	cream	face very high protection	Bioderma PHOTODERM MAX SPF 50+ 40ml		june 2013
sun milk	milk	high protection	Garnier Ambre Solaire Kids SPF 50+ 200ml		aug 2012
OTHERS					
**antimalarial	pills	when you have all malaria symptoms	MALARONE 250mg/100mg : 12 pills	be sure it is malaria!!! 4 pills every 24h exactly !!! : during 3 days	mar 2015
antitenia (parasite)	pills	against tapeworms	TREDOMINE 500mg : 8 pills	2 pills x1 in the morning + 1 pill an hour later : no eating!!!	mar 2015
glucosis	cubes	asthenia especially in high altitude	CORAMINE GLUCOSE 0,125 g/1,5 g : 18 cubes	4-6 cubes/day	may 2015
homeopathic hematoma	granules	bruise	ARNICA montana	3 granules every 2h	july 2014
homeopathic hematoma	cream	bruise	ARNICAN cream	application x2-3/day	apr 2013
insect repelent	spray	intensiv against mosquitos and ticks	PREDATOR deet 24,9%	application on skin and clothes	feb 2015
safe drinking water	pills	inactivates bacteria, no effect on virus or ameba	MICROPUR : 100 pills	1 pills for 1l of water, wait 2h	feb 2019
vitamin C	pills	essential for immunity	C 1000mg	normally 1 pill/day	nov 2013
bandage	elastic textile bandage 4m				
needles	sterile needles + wire 90cm				
plasters	adhesives stitches for cuts, anti-blister plasters, long plaster to cut				
plasters compresses	sterile compresses 7.5x7.5 cm : 10 pieces				
strap	textile strap				
thermometer	electronic + extra batteries				
tick-removal tool	O'Tom Tick Twister : Lift the hook very lightly and TURN IT (screwing or unscrewing) and disinfect the bite. Write down the place and the date of the bite!!!				