
































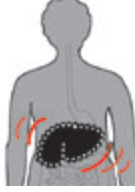





<p><b>Active ingredients</b> (generic names)</p>	<p><b>ANTACIDS</b> (ant-as-ids) <b>Common brands include:</b> <i>Gastrogel, Gaviscon, Mylanta</i></p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Usually combinations of aluminium hydroxide, calcium carbonate, magnesium hydroxide.</p> </div>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Eases pain of stomach upset             <ul style="list-style-type: none"> <li>◦ <b>Gastritis, reflux, indigestion</b> (<a href="#">CARPA STM p21</a>)</li> <li>◦ <b>Heartburn in pregnancy</b> (<a href="#">WBM p116</a>)</li> <li>◦ Stomach ulcers</li> </ul> </li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Neutralises stomach acid to prevent pain if stomach acid comes back up oesophagus</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Usually none if taken for short time</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Constipation (if a lot of aluminium or calcium)</p> </div> <div style="text-align: center;">  <p>Diarrhoea (if a lot of magnesium)</p> </div> </div>







 <p><b>Warnings</b></p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Kidney trouble (antacids with sodium)</p> </div> <div style="text-align: center;">  <p>Liver trouble (antacids with sodium)</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Heart failure – <b>do not</b> use antacids with sodium</p> </div> <div style="text-align: center;">  <p><b>Medical consult</b> if needed for more than a short time</p> </div> </div>
 <p><b>Tell the patient</b></p>	<p><b>Interactions — Do not use together without medical consult</b></p> <ul style="list-style-type: none"> <li>• Antacids should not be taken at same time as other oral medicines. Leave 2 hours between taking an antacid and another medicine</li> </ul> <ul style="list-style-type: none"> <li>• Only use when you have symptoms</li> <li>• Take between meals and at bedtime, or when needed</li> <li>• Shake bottle before taking mixture</li> <li>• Tablets need to be chewed before swallowing</li> </ul> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p><b>Do not</b> drink alcohol (grog) – makes symptoms worse</p> </div> <div style="text-align: center;">  <p>Return to clinic if not getting better <b>OR</b> symptoms come back</p> </div> </div>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Check for underlying problem (eg heart trouble, stomach ulcer)</li> </ul>












<p><b>Active ingredients</b> (generic names)</p>	<p><b>DOCUSATE</b> (doc-u-sate) Common brands include: <i>Coloxyl</i></p> <p><b>POLOXAMER</b> (pol-ox-a-mer) Common brands include: <i>Coloxyl drops</i></p> <p><b>DOCUSATE + SENNA</b> (doc-u-sate + sen-na) Common brands include: <i>Coloxyl and Senna</i></p>  <p><b>Other faeces softeners</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Liquid paraffin</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Constipation caused by some medicines             <ul style="list-style-type: none"> <li>◦ Opioids</li> <li>◦ <b>Palliative care medicines</b> (<i>CPM p135</i>)</li> </ul> </li> <li>• <b>Postnatal constipation</b> (<i>WBM p197</i>)</li> <li>• Preventing straining following rectal surgery and in acute perianal disease</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Softens faeces by gathering moisture from body into bowels</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Excessive loss of body salts (electrolytes)</li> </ul>  <p>Abdominal pain</p>  <p>Diarrhoea – if dose too high</p>

 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• Use for short time only</li> <li>• Seek help with diet if constipated for a long time</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Dehydration</p> </div> <div style="text-align: center;">  <p><b>Medical consult</b> if needed for more than a short time</p> </div> </div>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• Takes 1–3 days to work when taken orally, 5–20 minutes to work when given rectally</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Children under 3 years – use poloxamer (<i>Coloxyl Drops</i>)</p> </div> <div style="text-align: center;">  <p>Return to clinic if needed for more than a short time</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Drink lots of water – helps stop constipation</p> </div> <div style="text-align: center;">  <p>Healthy food – eat plenty of fruits and vegetables to help stop constipation</p> </div> </div>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Check for cause of constipation</li> </ul>




<p><b>Active ingredients</b> (generic names)</p>	<p><b>LOPERAMIDE</b> (lo-per-a-mide)  <b>Common brands include:</b> <i>Gastro-Stop, Imodium, Lopedium</i></p>  <p><b>Other opioid antidiarrhoeals</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Codeine</li> <li>• Diphenoxylate</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Stopping diarrhoea in adults                         <ul style="list-style-type: none"> <li>◦ <b>Alcohol withdrawal</b> (<i>CARPA STM p211</i>)</li> </ul> </li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Slows down gastrointestinal movements and increases absorption of fluid from the bowel into the body</li> </ul> 
<p><b>Side effects</b></p>	<div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Abdominal pain</p> </div> <div style="text-align: center;">  <p>Nausea</p> </div> <div style="text-align: center;">  <p>Constipation</p> </div> </div>


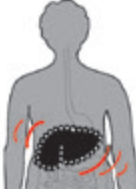



 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>Intestinal obstruction (blocked bowel or gut)</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Children – use ORS (<i>p204</i>)</p> </div> <div style="text-align: center;">  <p>Liver trouble</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p><b>Medical consult</b> straight away if large fluid loss <i>OR</i> person can't tolerate fluid replacement</p> </div> <div style="text-align: center;">  <p><b>Medical consult</b> if needed for more than a few days – may be another problem</p> </div> </div>
 <p><b>Tell the patient</b></p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Return to clinic if needed for more than a short time</p> </div> <div style="text-align: center;">  <p>Drink lots of water</p> </div> </div>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>Does person have signs of dehydration (<i>CARPA STM p166</i>)</li> <li>Check for cause of diarrhoea</li> </ul>



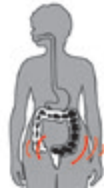


<p><b>Active ingredients</b> (generic names)</p>	<p><b>METOCLOPRAMIDE</b> (me-to-clo-pra-mide)  <b>Common brands include:</b> <i>Maxolon, Pramin</i></p> <p><b>PROCHLORPERAZINE</b> (pro-chlor-per-a-zeen)  <b>Common brands include:</b> <i>Prozine, Stemetil, Stemzine</i></p>  <p><b>Other dopamine antagonists</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Domperidone</li> <li>• Droperidol</li> <li>• Haloperidol</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Increasing gastrointestinal movement after operations</li> <li>• <b>Nausea and vomiting</b> (adult) (<a href="#">CARPA STM p105</a>)</li> </ul> <p><b>Metoclopramide</b></p> <ul style="list-style-type: none"> <li>• <b>Nausea and vomiting</b> (adult) with: opioid withdrawal (<a href="#">CARPA STM p222</a>), palliative care (<a href="#">CPM p135</a>), pregnancy (<a href="#">WBM p115</a>)</li> </ul> <p><b>Procholperazine</b></p> <ul style="list-style-type: none"> <li>• Dizziness and vertigo</li> </ul> <p><b>Doses</b> — <a href="#">CARPA STM p105</a></p>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Acts on dopamine hormone receptors in brain and gut to reduce nausea and vomiting and increase gastrointestinal movement</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Restlessness</li> <li>• Agitation</li> <li>• Muscle spasm</li> <li>• Oculogyric crisis (<a href="#">CARPA STM p106</a>)</li> </ul>  <p>Headache (metoclopramide)</p>  <p>Dizzy (metoclopramide)</p>  <p>Sleepy</p>  <p>Constipation</p>






 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• People with Parkinson's disease</li> </ul> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Children</p> </div> <div style="text-align: center;">  <p>Old people</p> </div> <div style="text-align: center;">  <p>Kidney trouble (metoclopramide)</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Dehydration – may need ORS (p204)</p> </div> <div style="text-align: center;">  <p>Depression</p> </div> <div style="text-align: center;">  <p><b>Medical consult</b> if needed for more than a short time</p> </div> </div>
 <p><b>Tell the patient</b></p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Do not</b> drive or operate machinery if sleepy</p> </div> <div style="text-align: center;">  <p>Drink lots of water</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>Return to clinic if still sick in 1–2 days</p> </div>
	<p><b>Warning stickers (p298):</b> Metoclopramide 12 Prochlorperazine 1, 13, 16</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Does patient have signs of dehydration (<i>CARPA STM p166</i>)</li> <li>• Check for cause of vomiting</li> </ul>











<p><b>Active ingredients</b> (generic names)</p>	<p><b>OMEPRAZOLE</b> (o-mep-ra-zol) <b>Common brands include:</b> <i>Acimax, Losec, Probitor</i></p>  <p><b>Other proton pump inhibitors (PPIs)</b> Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Esomeprazole</li> <li>• Lansoprazole</li> <li>• Pantoprazole</li> <li>• Rabeprazole</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Pain from stomach upset             <ul style="list-style-type: none"> <li>◦ <b>Gastritis, reflux, indigestion</b> (<i>CARPA STM p21</i>)</li> <li>◦ Stomach ulcers</li> </ul> </li> <li>• Preventing stomach irritation caused by taking NSAIDs (<i>p222</i>)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Stomach makes acid to help digest food. Acid can irritate stomach lining. PPIs reduce amount of acid in stomach</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Usually none for first 2 months</li> </ul>  <p>Headache      Nausea      Diarrhoea</p>



 <p><b>Warnings</b></p>	 <p>Liver trouble – with higher doses</p>  <p><b>Medical consult</b> if needed for more than a few days – may be another problem (eg heart trouble)</p>
 <p><b>Tell the patient</b></p>	<p><b>Interactions</b> — Do not use together without medical consult</p> <p>OMEPRAZOLE with:</p> <ul style="list-style-type: none"> <li>• Clopidogrel</li> <li>• Diazepam</li> <li>• Warfarin</li> </ul> <p>• Swallow tablets whole. <b>Do not</b> crush or chew</p>  <p>Return to clinic if needed for more than 1–2 months</p>
<p><b>Check</b></p>	<p><b>Warning stickers</b> (<a href="#">p298</a>): 13, A</p> <ul style="list-style-type: none"> <li>• Does person still need it after taking it for long time</li> </ul>






<p><b>Active ingredients</b> (generic names)</p>	<p><b>ONDANSETRON</b> (on-dan-set-ron)  <b>Common brands include:</b> <i>Ondaz, Onsetron, Zofran</i></p>  <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 10px;">Wafers</div> <p><b>Other 5HT3 antagonists</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Granisetron</li> <li>• Palonosetron</li> <li>• Tropisetron</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• <b>Nausea and vomiting</b> (<i>CARPA STM p105</i>)</li> <li>• Persistent vomiting <b>with diarrhoea</b> (children) (<i>CARPA STM p170</i>)</li> </ul> <p><b>Doses</b> — <i>CARPA STM p441, WBM p381</i></p>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Stops nausea and vomiting by blocking central and peripheral 5HT3 receptors (a type of serotonin receptor)</li> </ul>
<p><b>Side effects</b></p>	 <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">               Constipation         </div> <div style="text-align: center;">               Headache         </div> <div style="text-align: center;">               Dizzy         </div> </div>

 <p><b>Warnings</b></p>	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Breastfeeding – OK for 1–2 doses</p> </div> <div style="text-align: center;">  <p>Children under 2 years</p> </div> <div style="text-align: center;">  <p>Liver trouble – use lower dose</p> </div> </div> <p><b>Interactions — Do not use together without medical consult</b>  <b>ONDANSETRON with:</b></p> <ul style="list-style-type: none"> <li>• Apomorphine</li> <li>• Rifampicin</li> <li>• Tramadol — reduces analgesic effect of tramadol</li> </ul>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• If too nauseous to swallow tablets or medicine mixture — dissolve wafer on the tongue</li> </ul>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• For cause of nausea</li> </ul>


<p><b>Active ingredients</b> (generic names)</p>	<p><b>ORAL REHYDRATION SALTS</b> Common brands include: <i>Gastrolyte, Hydralyte, Restore ORS</i></p>  <p>Common name: ORS</p>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Replacing fluid, body salts (electrolytes), glucose lost when person at risk of or dehydrated due to             <ul style="list-style-type: none"> <li>◦ <b>Diarrhoea</b> (<i>CARPA STM p169</i>)</li> <li>◦ Vomiting</li> <li>◦ Sweating a lot</li> </ul> </li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Provides replacement fluid, body salts (electrolytes), glucose</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Usually none if taken for short time</li> </ul>







 <p><b>Warnings</b></p>	 <p>Children – watch for signs of dehydration</p>  <p><b>Medical consult</b> straight away if large fluid loss <i>OR</i> person can't tolerate fluid replacement</p>  <p><b>Medical consult</b> if needed for more than a few days – may be another problem</p>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• Important to measure right amount of clean drinking water before mixing             <ul style="list-style-type: none"> <li>◦ Usually 2 tablets or 1 sachet in 200mL of water</li> </ul> </li> <li>• Children may take ORS better if frozen and given as an ice block</li> </ul>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Dose given according to body weight and severity of diarrhoea             <ul style="list-style-type: none"> <li>◦ For children under 5 see <i>Doses</i> (<a href="#">CARPA STM p169</a>)</li> </ul> </li> </ul>  <p>Mix sachet or tablets with right amount of water before use</p> <p>Making ORS</p>

<p><b>Active ingredients</b> (generic names)</p>	<p><b>RANITIDINE</b> (ra-ni-ti-deen)  <b>Brand names:</b> <i>Ausran, Rani 2, Zantac</i></p>  <p><b>Other H<sub>2</sub> antagonists</b>                  Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> <li>• Cimetidine</li> <li>• Famotidine</li> <li>• Nizatidine</li> </ul>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Pain of stomach upset                         <ul style="list-style-type: none"> <li>◦ <b>Heartburn, indigestion in pregnancy</b> (<a href="#">WBM p116</a>)</li> </ul> </li> <li>• Stomach ulcer</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• The stomach makes acid to help digest food. Acid can sometimes irritate stomach lining. H<sub>2</sub> antagonists reduce the secretion of acid in the stomach</li> </ul> 
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• Usually none if taken for short time</li> </ul>

 <p><b>Warnings</b></p>	 <p><b>Medical consult</b> if needed for more than a few days – may be another problem (eg heart trouble)</p>
 <p><b>Tell the patient</b></p>	 <p><b>Do not drink alcohol (grog)</b> – makes symptoms worse</p>  <p>Return to clinic if not getting better <i>OR</i> symptoms come back</p>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Does person still need it after taking for a long time</li> <li>• Investigate reason for using</li> </ul>



<p><b>Active ingredients</b> (generic names)</p>	<p><b>TOPICAL ANORECTAL</b> (a-no-rec-tal)  <b>Common brands include:</b> <i>Anusol, Proctosedyl, Rectinol</i></p>  <p>May contain combinations of adrenaline (epinephrine), aluminium acetate, allantoin, balsam peru, benzocaine, cinchocaine, lidocaine (lignocaine), hydrocortisone, prednisolone, zinc oxide, benzyl benzoate.</p>
<p><b>What it is used for</b></p>	<ul style="list-style-type: none"> <li>• Relieving pain and bleeding of haemorrhoids (piles)</li> <li>• Inflammation or itchiness around anus</li> <li>• Tear or split in lining of anus (fissure)</li> </ul>
<p><b>How it works</b></p>	<ul style="list-style-type: none"> <li>• Contains local anaesthetic and corticosteroids to stop pain, adrenaline (epinephrine) to help stop small blood vessels bleeding, ingredients to soothe skin</li> </ul>
<p><b>Side effects</b></p>	<ul style="list-style-type: none"> <li>• May cause redness and irritation</li> </ul>

 <p><b>Warnings</b></p>	<ul style="list-style-type: none"> <li>• Itching around anus could be caused by threadworms</li> </ul>  <p><b>Medical consult</b> if needed for more than a short time</p>
 <p><b>Tell the patient</b></p>	<ul style="list-style-type: none"> <li>• Preventing constipation will help stop you straining when you go to the toilet. Straining causes haemorrhoids and makes them worse (painful or bleeding)             <ul style="list-style-type: none"> <li>◦ Drink lots of water and eat lots of fibre</li> </ul> </li> <li>• Use faeces softener if needed (eg docusate <a href="#">p194</a>)</li> <li>• Keep area clean</li> </ul> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Drink lots of water – helps stop constipation</p> </div> <div style="text-align: center;">  <p>Healthy food – eat plenty of fruits and vegetables to help stop constipation</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>Return to clinic if you need to use for more than a short time <i>OR</i> symptoms come back</p> </div>
<p><b>Check</b></p>	<ul style="list-style-type: none"> <li>• Does person need treatment for worms or constipation</li> </ul>