



















<p>Active ingredients (generic names)</p>	<p>DEXAMETHASONE + FRAMYCETIN + GRAMICIDIN (dex-a-meth-a-son-e + fra-my-cet-in + gram-i-ci-din) Common brands include: <i>Otodex, Sofradex</i></p> <p>TRIAMCINOLONE + NEOMYCIN + NYSTATIN + GRAMICIDIN (tri-am-sin-o-lone + ne-o-my-sin + ny-stat-in + gram-i-ci-din) Common brands include: <i>Kenacomb Otic, Otocomb Otic</i></p>  <p>Other antibacterial + steroid combinations Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Flumethasone + clioquinol (eg <i>Locacorten Vioform</i>) • Hydrocortisone + ciprofloxacin (eg <i>Ciproxin HC</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Inflammation of the ear canal (otitis externa) (CARPA STM p180) • Nasal packing for nose bleed (CPM p169)
<p>How it works</p>	<ul style="list-style-type: none"> • Kills germs causing ear infection, reduces inflammation 
<p>Side effects</p>	<ul style="list-style-type: none"> • May cause redness (dermatitis) in ear if used for long time



 <p>Warnings</p>	<ul style="list-style-type: none"> • Do not use if eardrum has a hole (perforation)  <p>Medical consult if needed for more than a short time</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Don't touch ear with tip of bottle when putting in drops <div style="display: flex; justify-content: space-around;"> <div data-bbox="435 602 690 884">  <p>Ear drops – use top of bottle to squeeze drops out</p> </div> <div data-bbox="757 615 1070 911">  <p>Dry mop ears – drops work best if pus cleaned out of ear first by dry mopping (CPM p164)</p> </div> </div> <div style="text-align: center; margin-top: 20px;">  <p>Return to clinic if you still have discharge after 5–7 days OR you have ringing in your ears, hearing loss, or feel unsteady</p> </div>
<p>Check</p>	<ul style="list-style-type: none"> • Check drops not used for more than 5–7 days and any left over is returned to clinic • If discharge continues — ENT specialist consult




<p>Active ingredients (generic names)</p>	<p>CIPROFLOXACIN (sip-row-flox-a-sin) Common brands include: <i>Ciloquin, Ciloxan</i></p>  <p>Ciprofloxacin and steroid combination drops Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Hydrocortisone + ciprofloxacin (eg <i>Ciproxin HC</i>)
<p>What it is used for</p>	<ul style="list-style-type: none"> • Ear infection <ul style="list-style-type: none"> ◦ Acute otitis media with perforation (<i>CARPA STM p179</i>) ◦ Ongoing ear infection with discharge (chronic suppurative otitis media) (<i>CARPA STM p180</i>) ◦ Inflammation of ear canal (otitis externa) • Discharging grommets (<i>CARPA STM p181</i>)
<p>How it works</p>	<ul style="list-style-type: none"> • Antibiotic that stops bacteria from making DNA. DNA is important for the bacteria's growth
<p>Side effects</p>	<ul style="list-style-type: none"> • Long-term use may cause skin irritation








 <p>Warnings</p>	 <p>Medical consult if hole in eardrum (perforation) or grommets</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Shake bottle before using • Avoid touching ear with tip of bottle or dropper • Keep bottle away from light • If any unused drops 28 days after opening — take bottle back to clinic  <p>Dry mop ears – drops work best if pus cleaned out of ear first by dry mopping (CPM p164)</p>
<p>Check</p>	






<p>Active ingredients (generic names)</p>	<p>DOCUSATE (doc-u-sate) Common brands include: <i>Waxsol</i></p> <p>SODIUM BICARBONATE SOLUTION</p>  <p>Other wax softeners Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Carbamide peroxide • Dichlorobenzene + chlorbutol
<p>What it is used for</p>	<ul style="list-style-type: none"> • Softening wax before removal if too much and blocking ears (<i>CARPA STM p182</i>)
<p>How it works</p>	<ul style="list-style-type: none"> • Softens wax so it is easier to clean or drain from ear 
<p>Side effects</p>	<ul style="list-style-type: none"> • May cause irritation or itch in ear

 <p>Warnings</p>	<ul style="list-style-type: none"> • Do not use if sore, red ears or hole (perforation) in eardrum
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Don't use cotton buds in the ears, they push the wax further down  <p>Return to clinic – use for 2 days then come to clinic to have ears syringed</p>
<p>Check</p>	

<p>Active ingredients (generic names)</p>	<p>OXYMETAZOLINE (ox-ee-me-taz-o-leen) Common brands include: <i>Drixine, Logicin Rapid Relief</i></p> <p>XYLOMETAZOLINE (zy-low-me-ta-zo-leen) Common brands include: <i>FLO Xylo-POS, Otrivin</i></p>  <p>Other nasal decongestants Not included in this monograph — see individual monograph or <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Ephedrine • Phenylephrine (p150) • Tramazoline
<p>What it is used for</p>	<ul style="list-style-type: none"> • Colds • Hayfever • Sinus problems
<p>How it works</p>	<ul style="list-style-type: none"> • Narrows swollen blood vessels in nose to open up blocked nose • Dries up runny nose 
<p>Side effects</p>	<ul style="list-style-type: none"> • Might sting when first put in • Nasal discharge may increase when first used • If used for more than 4–5 days — nose may become blocked again and be worse than before (rebound congestion)

 <p>Warnings</p>	 <p>Children under 12 years – don't give to child under 6 years. Only give to child 6–11 years if told to by doctor or pharmacist</p>
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Do not use for more than 5 days without talking to doctor • Try using saline drops for children with blocked noses • How to use nose drops <ul style="list-style-type: none"> ◦ Blow nose, tip head back and put drops in nose while sniffing gently. Repeat with other nostril. Keep head back for a few minutes ◦ For children (if advised by doctor or pharmacist) — lay child on lap with head tilted back and down, put drops in nose ◦ Rinse dropper after use, don't share with other people • How to use nasal spray <ul style="list-style-type: none"> ◦ Blow nose, shake bottle, put nozzle just inside nostril aiming towards outside wall, block the other nostril ◦ Squirt 1–2 times while sniffing gently. Repeat in other nostril <p>Note: May need to be primed, check manufacturer's instructions.</p>
<p>Check</p>	

<p>Active ingredients (generic names)</p>	<p>PHENYLEPHRINE (fen-il-eff-rin) Common brands include: <i>Dimetapp PE, Sudafed PE</i></p>   <p>Combinations</p> <ul style="list-style-type: none"> Used in some cold and flu tablets
<p>What it is used for</p>	<ul style="list-style-type: none"> Colds Hayfever Sinus problems
<p>How it works</p>	<ul style="list-style-type: none"> Narrows swollen blood vessels in nose to open up blocked nose Dries up runny nose 
<p>Side effects</p>	 <p>Can increase BP</p>  <p>Shaking, nervous</p>  <p>Dizzy</p>  <p>Trouble sleeping</p>

 <p>Warnings</p>	 <p>Pregnant (first trimester) Old people</p> <p>Children under 12 years – don't give to child under 6 years. Only give to child 6–11 years if told to by doctor or pharmacist</p>  <p>Heart trouble High BP</p>
	<p>Interactions — Do not use together without medical consult</p> <p>PHENYLEPHRINE with:</p> <ul style="list-style-type: none"> • Atropine
 <p>Tell the patient</p>	<ul style="list-style-type: none"> • Do not use for more than 4 days • Do not give to children under 12 unless the doctor tells you to
<p>Check</p>	 <p>BP</p>