

S.no	Name of the medicine	Date of expiry	Quantity in this box	To be refilled
1.	Sterile swabs			
2.	Bandids			
3.	Thermometer			
4.	Sticky tape			
5.	Soframycin or t bact skin ointment			
6.	Neosporin powder			
7.	Zytee mouth gel			
8.	Dolo 650 crocin tablets			
9.	Lorenzes for cough			
10.	Allegra 180 mg for allergies/insect bites			
11.	Silverix burn ointment			
12.	Combiflam/Ibuprofen			
13.	Meftal spas tablets			
14.	Ondem MD			
15.	ORS sachets			
16.	Aspirin tablets			
17.	Nasal drops Otrivin			
18.	Avil or Epinephrine Injection			
19.	Emset Injection			
20.	Syringes 2 cc and 5 cc			

Please fill the other essential medicines in the blank boxes above according

Please note:

1. This is the list of routine medicines to keep in the house for adults only. For children below the age of 12 years, kindly contact the pediatrician.
2. Any of the above medicines, although commonly used, are not risk free. The risks and benefits of any drug is constantly changing, therefore, make sure to consult a doctor before taking any of the medicines.
3. Make a note of the blood group and any specific health issue that you or your family member is having, so that in case of any medical emergency, you can show to the treating doctor.
4. Make a note of the allergies you and your family members have and note it in the box given below.

Name of the family member	Age	Blood group	Any specific allergies	Any specific chronic medical condition

We Wish you the best of health always.



Dr. Glossy Sabharwal
WOMAN. DOCTOR. SUPPORT



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