



## TRAVEL PHARMACY

# CHECKLIST 1

Are you close to your departure? Don't forget to take with you the most important medicines. Keep in mind your medical needs, travel length, and destination. Our checklist will help you prepare the perfect travel kit.



## MEDICINES

### ANTIBIOTICS

Ask your doctor for a prescription for a broad-spectrum antibiotic for bacterial infections: upper and lower airways, kidney and intestines.

- Amoxicillin and/or Augmentin
- Ciprofloxacin and/or Levofloxacin
- Metronidazole
- Azithromycin
- Clarithromycin
- Erythromycin
- Cephalexin

### ANTIPYRETIC/ PAINKILLER

- Paracetamol
- Acetylsalicylic acid  
do not use if the risk of haemorrhagic fever is present in the living area.

### ANTI-INFLAMMATORY / PAIN RELIEVER

- Ibuprofen     Ketoprofen
- Diclofenac     Ketorolac

### CORTISONE AND ANTIHISTAMINES

- Active ingredient prescribed by your doctor.

### GASTROPROTECTORS, ANTIEMETICS (anti-vomiting) AND ANTISPASMODICS

- Omeprazole     Metoclopramide
- Hyoscine butylbromide (Buscopan)

### ANTIDIARRHEALS

- Loperamide  
do not use if you suspect bacterial diarrhea. Always consult a doctor before taking.

### ANTHELMINTICSI (against intestinal worms)

- Mebedazole

### EYE AND OPHTHALMIC DROPS

- Antibiotics, anti-inflammatory and anesthetics



## WHAT ELSE TO BRING

### ORAL REHYDRATION SALTS

Sachets to dissolve in water, useful when you sweat a lot, when dry heat prevails on the climate, or if you are affected by enteritis (diarrhea). If the situation does not resolve itself quickly, consult a doctor.

### MATERIAL FOR DISINFECTING WOUNDS

- Povidone-iodine (Betadine)
- Hydrogen peroxide
- Povidone
- Patches
- Chlorhexidin
- Gauzes and bandages
- Sodium hypochlorite
- Scissors and tweezers

### MEDIUM AND LONG-HAUL FLIGHTS

Pressure sock, chewing gum, motion sickness medication (if needed).

### SUN PROTECTION AND HEAT

Suitable clothing, sunglasses, sunscreens, hydration systems, water bottles.

### ANTIMALARIAL PROPHYLAXIS

Atovaquone and Proguanil (Malarone) / Doxycycline  
A prescription is required.

### MOSQUITO PROTECTION

Long clothes, portable mosquito net, repellents (for skin, for clothes), tylenol, thermometer, rapid malaria test.

### EYEGLASSES AND CONTACT LENSES

If you wear eyeglasses, have a spare pair.  
If you use contact lenses, bring enough supplies to cover more days than the duration of the trip.

### DENTAL CEMENT

- In case of damaged fillings and for the fall of implant capsules.

### EPINEPHRINE AUTOINJECTOR (EpiPen)

- For allergic subjects at risk of anaphylactic shock. Consult your doctor first.



# CHECKLIST **2**

When managing medications to take on the road, pay attention to transport, storage and quantity, especially in case of chronic diseases or specific conditions. Here are some tips.



## **WATCH OUT!**

### ✓ **PHARMACEUTICALS - TRANSPORT AND STORAGE**

To store medicines, prefer cool and dry places, avoiding potential damage to them and to not alter their quality. Check the storage methods indicated on the packaging leaflet.

Transport the medicines in the original packaging complete with the leaflet to avoid problems at the security checks.

For air travel, especially if there are stopovers, carry the drugs in your hand luggage to avoid losing them in case your luggage gets lost.

### ✓ **WOMEN - CONTRACEPTIVES**

Make sure that, despite the time difference, between one intake and another of oral contraceptives you do not exceed 28 hours and that in case of diarrhea or vomiting the effectiveness of the pill may be reduced.

### ✓ **SUBJECTS WITH CHRONIC DISEASES**

If you are chronically ill, expect a minimum supply of medicines for four weeks longer than the expected length of stay.

### ✓ **DIABETIC SUBJECTS**

If you are a diabetic traveler, make sure you have all the different insulin pens with you and in sufficient quantities. Also, check with your airline if there are any special guidelines for carrying EpiPens.

### ✓ **ALLERGIC SUBJECTS**

Check with your airline if there are any special requirements for carrying EpiPens.

### ✓ **PSYCHOTROPIC DRUGS**

In some destinations, psychotropic drugs are considered narcotic substances for which importation is prohibited.