

Essential Items for the Medicine Cabinet:

Many patients have asked me what I keep in my medicine cabinet in the event of an emergency. Over time, I have found the following to be the essentials of a well stocked medicine cabinet for every day life. Remember to clean out the medicine cabinet once a year and throw away expired medications.

- Antihistamine (both Benadryl, which is quick acting but sedating and Loratidine or Claritin, which is non-sedating but slower to take effect)
- Pain Medications: a bottle each of Acetaminophen, Aspirin, and non-steroidal anti-inflammatory like Ibuprofen, Advil, Motrin or Aleve
- Antacid (like Zantac, Pepcid, Prilosec or Maalox). Tums for minor heart burn.
- 1% hydrocortisone cream for itching or rashes
- Digital thermometer
- Gauze and various size bandaids
- Rubbing alcohol
- Hydrogen Peroxide
- First aid kit which includes an ace bandage and scissors.
- Potassium Iodide (KI) tablets. Adult dose is 130mg and child dose is 65mg. Information about proper usage can be found on the internet at CDC web site.