

Essential Items for the Medicine Cabinet

Many patients have asked us what we keep in our medicine cabinets at home in the event of an emergency. Over time, we have found the following to be the essentials of a well-stocked medicine cabinet for everyday life. Remember to clean out the medicine cabinet once a year and throw away expired medications.

- Two types of antihistamines: 1) diphenhydramine (Benadryl) which is quick acting but sedating AND 2) either loratidine (Claritin), cetirizine (Zyrtec), fexofenadine (Allegra) or levocetirizine (Xyzal) which are far less sedating, milder, and slower to take effect.
- Pain Medications: a bottle each of Acetaminophen, Aspirin, and nonsteroidal anti-inflammatory like Ibuprofen (Advil, Motrin) or naproxen (Aleve)
- Antacid (like Pepcid, Prilosec or Maalox). Tums for minor heartburn
- Peptobismol for indigestion, mild diarrhea
- 1% hydrocortisone cream for itching or rashes

Other recommended items to have at home:

- Digital oral thermometer
- Gauze and various size band-aids
- Rubbing alcohol
- Hydrogen Peroxide
- First aid kit which includes an ace bandage and scissors.
- Surgical masks
- N95 masks (NIOSH approved)
- Pulse oximeter
- Blood pressure cuff (arm)
- Body scale

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