Other medication suggestions

- Oral antibiotics : for any infections
- Topical steroid cream : for any cuts, rashes, infected skin
- Normal Saline Spray : for any blocked nose, running nose and post nasal drip or phlegm in throat
- Anti-Reflux medication : for Gastroesophageal Reflux

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5 ENT Medicines you NEED in your travel kit

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What medicines to pack for overseas trips?

Ever wondered what Emergency medicines to pack in your travel medicine kit? You are not alone.

Seeking medical attention for minor ailments overseas may not be easy due to language constraints, unfamiliarity and the sheer lack of knowledge of where to go for medical care. It is always useful to carry some medications from home to alleviate discomfort instantly.

Here we suggest 5 ENT medications to have on hand for common ENT conditions.

ANTI-HISTAMINES

Anti-histamines are useful for unexpected food or drug allergies. They also help to reduce running nose, blocked nose and sneezing in patients with new-onset flu or patients with allergic rhinitis which can be triggered in new environments.

NASAL SPRAY

Corticosteroid nasal sprays help to reduce nasal inflammation for patients with new-onset flu as well as for control nasal symptoms for patients with allergic rhinitis.

ANTI-VOMITTING & ANTI-VERTIGO MEDICATIONS

Sudden onset vertigo with nausea and vomitting can spoil an overseas trip. Motion sickness can also cause vomitting and imbalance. Having some medications to control vertigo and vomitting is handy for minor dizziness and nausea before deciding if you should seek further medical attention.

LOZENGES AND THROAT SPRAYS

Sorethroats can happen due to dietary intake, indadequate hydration, or the beginning of a flu. It is always nice to have a lozenges or throat spray to soothe a sorethroat so that you can talk more comfortably or eat in ease.

ANTIBIOTIC EAR DROPS

Ear pain or ear discharge can happen after swimming or can occur suddenly. Having antibiotic ear drops on hand in your travel medicine kit means you can start treatment immediately and hopefully relive some of the pain and discomfort you are experiencing from an external ear infection