



PARTNERS:

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## Pediatric Travel Medicines

*Dear Parents;*

*We recommend you travel with the supplies below and call us whenever there is a question about the need and safety of taking a medication. For additional specific information regarding your destination and required immunizations, please check the CDC Website: [www.cdc.gov/travel](http://www.cdc.gov/travel).*

1. Zithromax, “Z-pack --5 day course” for *respiratory and skin infections*  
(600 mg powder for reconstitution)
2. Amoxicillin twice daily for 10days—*for suspected ear infection*  
(400mg/5cc powder for reconstitution)
3. Benadryl 12.5mg/5cc —*for an itchy rash/allergic reaction*  
(over the counter)
4. Phenergan suppository —*for nausea/motion sickness*  
(12.5 mg suppositories, #3)
5. Ibuprofen (Motrin or Advil) — *for fever, pain and inflammation (3-5 mg/lb/dose every 6 hours, not to exceed adult dose of 400 mg)*  
(over the counter)
6. Acetaminophen suppository —*for fever control in a vomiting child (5-7 mg/lb/dose every 4 hours, not to exceed the adult dose of 650 mg)*  
(over the counter 120 mg suppositories)
7. Robitussin with codeine syrup —*for cough suppression at night*  
( 4 oz.)
8. Bactroban Ointment 2% — *for cuts that appear to be getting infected (redness, swelling, increased tenderness)*  
(one tube)
9. Hydrocortisone cream 2.5% — *for itchy rashes, apply twice a day*  
(60 gm tube)
10. Oragel— *for ear pain, unless ear is draining*  
(over the counter)

***Don't forget the sunscreen, splinter tweezers, thermometer, insect repellent and bandages***