

Carole's Medications as of 12/07/2025

<u>Generic name</u>	<u>Brand Name</u>	<u>Dose</u>	<u>Take</u>	<u>Frequency</u>	<u>Why take</u>
Cetirizine Hydrochloride	Zertec	20mgs	2 tabs	Once daily	For Allergies/Hay fever
Olopatadine/Mometasone	Ryaltris	600/25	1 inh each nostril	Once Daily/PRN	For Allergies/Hay fever
Pantoprazole	Sozol Somac	20mgs	1 tab	Once every other Day	For Gastritis
Melatonin	Melotin MR	2mgs	1 tab	Nocte	For sleep
Budesonide/Formoterol	Spiromax DouResp	200/6	1-2 puffs	Twice Daily	For Asthma
Salbutamol	Asmol Ventolin	100mcgrms	2-12 puffs	PRN	For Asthma
Omega 3	Fish oils	1000mgs	1 tab	TDS	For Heart & Joints
Collagen	Hair,skin & Nails		1 tab	Once Daily	For Nails
Glucosamine and Chondrotin	Superjoint	750/250mgs	1 tab	Twice Daily	For joints
Colecalciferol	Vit D3	7000iu	1-2 tabs	Weekly	For anti-inflammation
Curcuma Longa	Turmeric	3100mg	1 tab	Once Daily	For anti-inflammation
Calcium	Caltrate	600mgs	1 tab	Once daily	For oestoprosis prevention
Sandrena	Estradiol	0.1%	1g sachet	Once nocte	For Menopause
Estriol	Ovestin Cream	1mg/ml	As per applicator	Twice a week	For Menopause
Paracetamol -Oesteo	Osteomol	665mgs	2 tabs	1-2 times daily	For joint pain
Celecoxib APX	Celecoxib	100mgs	1 Tab	Once Daily	For leg/hip/back pain
Solifenacin succinate	Solicare	5mgs	1/2 tab	Once Daily	For Hyperactive Bladder