



# Malaysian OTC Medication Guide

Preparedness-focused educational guide for common medications used in Malaysian households.

**DISCLAIMER:** Informational only. Always consult doctors or pharmacists for children, pregnancy, elderly patients, chronic illness, severe symptoms, or uncertain medication use.

## 1. Gastritis & Abdominal Cramps

Medication	Brand Examples	Adult Dose	Children Dose
Omeprazole	Losec	20mg once daily before meals.	Use only with medical advice.
Antacids	Gaviscon, MMT	Follow label instructions after meals.	Use pediatric formulations if needed.
Domperidone*	Motilium	10mg up to 3 times daily before meals.	Medical advice recommended.
Hyoscine Butylbromide	Buscopan	10–20mg up to 4 times daily.	Medical advice recommended.
Activated Charcoal + Simethicone	Colimix	Follow label instructions.	Medical advice for children.

## 2. Upper Respiratory Tract Infection (URTI)

Medication	Brand Examples	Adult Dose	Children Dose
Dextromethorphan Tablets/Syrup	Benadryl DM	10–20mg every 4 hrs or 30mg every 6–8 hrs.	Follow syrup label by age/weight.
Cetirizine	Zyrtec, Virlix	10mg once daily.	2.5–5mg depending on age.
Chlorpheniramine	Piriton	4mg every 4–6 hrs.	Use age-appropriate dosing only.
Lozenges	Strepsils, Difflam	Use according to label instructions.	Avoid choking risk in young children.
Lysozyme	Lysopaine	Follow label instructions.	Use according to label instructions.

## 3. Nausea & Vomiting

Medication	Brand Examples	Adult Dose	Children Dose
Dimenhydrinate	Dramamine	50–100mg every 4–6 hrs.	Follow pediatric dosing instructions.
Metoclopramide*	Maxolon	10mg up to 3 times daily.	Medical supervision recommended.

## 4. Gastroenteritis & Diarrhea Support

Medication	Brand Examples	Adult Dose	Children Dose
Loperamide*	Imodium	4mg initially, then 2mg after loose stool. Max 16mg/day.	Generally avoid without doctor advice.
Oral Rehydration Salts (ORS)	Pedialyte, Hydralyte	Drink frequently after diarrhea/vomiting.	50–100ml (<2 yrs) 100–200ml (2–10 yrs).

Diosmectite	Smecta	1 sachet three times daily.	Follow pediatric dosing instructions.
Racecadotril	Hidrasec	100mg three times daily before meals.	Use according to pediatric weight dosing.

## 5. Painkiller & Fever Relief

Medication	Brand Examples	Adult Dose	Children Dose
Celecoxib*	Celebrex	200mg once or twice daily with food.	Not commonly used in children without specialist advice.
Paracetamol	Panadol, Uphamol	500–1000mg every 4–6 hrs. Max 4g/day.	10–15mg/kg every 4–6 hrs.
Ibuprofen*	Brufen, Nurofen	200–400mg every 6–8 hrs with food.	5–10mg/kg every 6–8 hrs.

\*Certain medications may require pharmacist supervision or prescription depending on local regulations and patient conditions.

## Preparedness Medication Checklist

Done	Checklist Item
<input type="checkbox"/>	Check expiry dates every 6 months
<input type="checkbox"/>	Store medications in cool dry locations
<input type="checkbox"/>	Keep ORS inside emergency kits
<input type="checkbox"/>	Maintain backup chronic medications
<input type="checkbox"/>	Keep thermometer and dosing syringe available
<input type="checkbox"/>	Print clinic and hospital contact numbers