

Doctor Treatment List

Ailment: diarrhoea

Prescribe: some medicine
Take twice daily.

Extra Advice:
(a) Drink plenty of fluids.
(b) Avoid foods containing milk.

Ailment: flu

Prescribe: antiviral medication.
Take three times daily after meals.

Extra Advice:
(a) Get lots of rest.
(b) Drink plenty of fluids

Ailment: constipation

Prescribe: laxative. Take every morning when you wake up.

Extra Advice:
(a) Get some exercise.
(b) Eat plenty of fruits and vegetables.

Ailment: sore throat

Prescribe: some medication
Take every four hours.

Extra Advice:
(a) Drink plenty of liquids.
(b) Drink warm tea with honey.

Ailment: rash

Prescribe: an ointment. Apply four times a day.

Extra Advice:
(a) Avoid scratching your skin.
(b) Use as little soap as possible.

Ailment: indigestion

Prescribe: antacid. Take after meals.

Extra Advice:
(a) Avoid spicy food.
(b) Cut down on eating and drinking.

Ailment: cuts

Prescribe: an antibacterial ointment. Apply three times daily.

Extra Advice:
(a) Wash carefully with mild soap.
(b) Keep dirt out of it.

Ailment: sprained ankle

Prescribe: some pain killers
Take whenever you have pain.
(maximum five times daily)

Extra Advice:
(a) Keep your foot elevated.
(b) Keep ice on it for 24 hours.

Ailment: high blood pressure

Prescribe: some pills. Take after meals three times daily.

Extra Advice:
(a) Exercise daily.
(b) Loose some weight.
(c) Cut down on salt and alcohol.