



Petal & Paper

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Medicine cabinet checklist



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M E D I C I N E C A B I N E T

cabinet checklist

Pain relief

Paracetamol (adult): ☐ in date
Ibuprofen (adult): ☐ in date
Children's paracetamol liquid: ☐ in date
Aspirin (adult, not children under 16): ☐ in date

Digestive and skin

Rehydration sachets: ☐ in date
Antacid tablets: ☐ in date
Diarrhoea tablets: ☐ in date
Hydrocortisone cream: ☐ in date
Antihistamine cream: ☐ in date

Colds and allergies

Decongestant: ☐ in date
Cough medicine: ☐ in date
Antihistamine tablets: ☐ in date
Throat lozenges: ☐ in date
Saline nasal spray: ☐ in date

Prescription medications

Check all still prescribed: ☐
Check all in date: ☐
Repeat prescriptions due:

Medications to dispose of safely:
