



Medicines And Items Available In UHC Pharmacy For Sale To The NUS Community

Items available for purchase without doctor's consultation

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Physiotherapy aids, Surgical aids and Thermometers

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Physiotherapy aids, Surgical aids and Thermometers

PHYSIOTHERAPY AIDS



Breg® Patellar Tendon Strap

Gives pain relief due to chronic inflammation of the tendons around the knee.

\$35 - \$38



Breg® Open Patellar Knee Support

It provides effective warmth and compression for the knee. The open patella concept helps to reduce pressure on the knee cap. Additional padding for protection of the kneecap. Recommended for use during mild knee sprains and mild osteoarthritis. Available in size S and M.

\$32 - \$35



Futuro® Adjustable Knee Stabilizer

Provides strength and support for the injured knee and provide protection against further injuries. With the 2 metal stabilizers at the sides, it provides support to both the side and middle of the knee. The open patella concept helps to reduce pressure on the knee cap. The neoprene material gives the user warmth and comfort on their knee.

\$43 - \$46



Therabands (Length 1.5 meter)

Blue - Heavy resistance
Green - Moderate resistance
Red - Low resistance

Latex bands that are used for physical therapy and light strength training exercise.

\$12 - \$15



Sports Tapes

White - Eurotape Platinum Grade Athletic Tape
Brown - Elastoplast Sports Premium

It maintains a stable position of bones and muscles during athletic activity. It protects and restricts the motion of injured joint.

\$8 - \$12



Strappal Tape

Used for strong support and stabilization of joints.

\$12

Physiotherapy aids, Surgical aids and Thermometers

SURGICAL DRESSINGS



Crepe Bandage (in sizes of):

5cm x 4.5m,
7.5cm x 4.5m,
10cm x 4.5m

It is used as a gentle support & as a compression to help relieve pain and maintain stability during minor sprains or strains. Also used as an outer covering for wounds.

(Small): \$2
(Medium): \$3
(Large): \$4



Sterile Dressing Set Includes:

1 tray
5 cotton wool balls
5 gauze swabs
3 disposable forceps
1 disposable waste bag
1 sterile field
1 towel
1 outer sterile field

Contains all necessary tools to treat an infected wound.

\$2.50



Micropore tape (in sizes of):

0.5 inch
1 inch

An adhesive tape which is latex free and hypoallergenic that is used to hold the dressing in place.

\$3 - \$4



Plaster

20 pcs/pack
200pcs/box

Small dressing used to cover wound, superficial cuts and bruises.

(20 pieces): \$2
(100 pieces): \$6



Primapore

8.3cm x 6cm
15cm x 8cm

May be used as a primary dressing for post operative dressings, lacerations, abrasions, minor cuts. May be used as secondary dressing over gels, ointments etc.

(8.3cm x 6cm): \$2
(15cm x 8cm): \$2



Alcohol Swab

20 pcs/pack
200pcs/box

For cleaning and disinfecting of skin and wound.

(20 pieces): \$2
(200 pieces): \$8

Physiotherapy aids, Surgical aids and Thermometers

SURGICAL DRESSINGS



Syringes

3CC
5CC
10CC

Used to administer drug in small quantity accurately.

(3CC): \$0.50
(5CC): \$0.60
(10CC): \$0.70



Normal Saline Ampoule 20ml

It is used as a sterile irrigation medium. It can also be used for reconstitution of certain injectable medicines.

\$2



Surgical mask

10pcs/ pkt
50pcs/ box

Block large particle droplets to be transmitted to our nose or mouth. Not intended for repeat use.

(10 pieces): \$3
(50 pieces): \$10



Thermometer Forehead (No Touch)

Infra-red thermometer which can be used on the forehead

\$140



Thermometer (Oral Digital)

May be used under the armpit or in the mouth

\$8.50



N95 mask (20 pieces in a box)

3M 8110S
3M 8210

A respiratory protective device that helps filter airborne particles. Prevents wearer to inhale micro particles in air.

\$3 for 1 piece

Oral Medication

COUGH / COLD PREPARATIONS



Guaifenesin syrup (100mL)

Guaifenesin 100mg/5ml

Relieve chesty coughs by loosening and thinning secretions so that they can easily be coughed up. Not suitable for pregnant women.

\$6



Arbilar® cough syrup (100mL)

Dried ivy leaf extract 35mg/5ml

Treatment of acute catarrh (inflammation) of the respiratory tract accompanied by coughing; symptomatic treatment of chronic inflammatory bronchial diseases.

\$7 - \$8



Zinc Lozenges 1.5 mg (12's)

Buttermint, Peppermint

Per 3 grams lozenge contains Zinc acetate dihydrate equivalent to 1.5mg of elemental zinc

For symptomatic relief of throat conditions associated with the common cold, morning sinuses, allergy rhinitis, and recurring ear infections. Contains 12 lozenges per box.

\$2.70

GIT DISORDERS



Bisacodyl tablet (10 tablets)

Bisacodyl 5mg

Stimulate the bowel muscles to cause a bowel movement. Relieves occasional constipation and irregularity in bowel movements.

\$1 - \$2



Bisacodyl suppository (10 suppositories)

Bisacodyl

Stimulate the bowel muscles to cause a bowel movement. Relieves occasional constipation and irregularity in bowel movements. For rectal use only.

\$8



Hydrosil tablets (20 tablets)

Aluminum hydroxide 200mg
Magnesium hydroxide 200mg
Simethicone 20mg

Relieves gastric pain and flatulence.

\$4

Oral Medication

GIT DISORDERS



Kaolin Mixture BP (100ml)

Light kaolin BP 20% w/v
Light magnesium Carbonate BP 5% w/v
Sodium Bicarbonate 5% w/v

For relief of mild diarrhoea in children 3 years and above.

\$7.50



Magnesium Trisilicate Mixture (100ml)

Magnesium Trisilicate Mixture BP 5% w/v
Light Magnesium Carbonate BP 5% w/v
Sodium Bicarbonate 5% w/v

Relief for gastric pain, heartburn and indigestion due to excessive acid.

\$6.50



Mucilin powder (10 packets)

Ispaghula husk

Fiber supplement to maintain regularity of bowel movement and to relieve occasional constipation.

\$5



Oral Rehydration Salts (6 sachets)

ORS Reconstituted soln mmol/L: Na 90, K 20, Cl 80, citrate 10, dextrose 111.
Repalyte Reconstituted soln mmol/L: Na 20, K 10, Cl 15, citrate 7.7, dextrose 165.

Used to replace lost electrolytes in the body due to excessive diarrhea, vomiting or physical exertion.

10pcs/pack - \$3



Smecta (6 sachets)

Each sachet contains
Dioctahedral smectite 3g

Treatment of acute and chronic diarrhea in adults and children.

\$4



Lactulose 66% w/v syrup (100ml)

Lactulose Solution BP/USP 66% w/v

Used as a stool softener to prevent constipation. Has a prebiotic effect.

\$4.50

Oral Medication

URINARY TRACT INFECTION



Ultracarbon (20 tablets)

Medicinal charcoal 250mg

For symptomatic treatment of mild diarrhea and food poisoning. May be used to treat flatulence.

\$3 - \$4



Gaviscon Advance Liquid (150ml)

Sodium alginate
Potassium bicarbonate

Provides fast, soothing and long lasting relief for the pain and discomfort of heartburn and acid indigestion that can occur after meals or during pregnancy.



Ural (10 sachets)

Each sachet contains:
Sodium bicarbonate
Tartaric acid
Citric acid anhydrous
Sodium citrate anhydrous

Relief of symptoms e.g. frequent urination and pain associated with urinary tract infections.

\$8 - \$9

HEMORRHOIDS

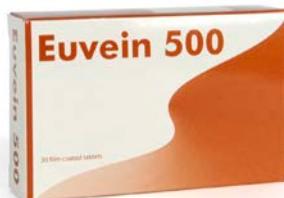


Daflon tablets 500mg (30 tablets)

Diosmin 450mg
Hesperidin 50mg

Treatment of chronic hemorrhoids and acute hemorrhoid attacks.

\$31



Diosmin & Hesperidin tablets 500mg (30 tablets)

Diosmin 450mg
Hesperidin 50mg

Treatment of chronic hemorrhoids and acute hemorrhoid attacks.

\$14

Oral Medication

MULTIVITAMIN SUPPLEMENTS



A₂Z Multivitamin (30 tablets)

Vitamin A 5000IU, Vitamin C 60mg
Vitamin D 400IU, Vitamin E 30IU
Vitamin K 25mcg, Lutein 250mcg
Folic acid 400mcg, Calcium 162mg
Iodine 150mcg, Boron 150mcg

A multivitamin supplement which is scientifically formulated to provide a complete and balanced range of essential multivitamins and minerals for overall well-being.

\$13.50



Ascorbic acid BP 100mg (20 tablets)

Ascorbic acid 100mg

Treatment and prevention of Vitamin C deficiency e.g. scurvy.

It may be used to help in wound healing and has been shown to be helpful in minimizing the severity of the common cold.

\$4



Calcium carbonate (60 tablets)

Calcium carbonate 500mg
Vitamin D 125IU

To treat or prevent calcium deficiency.

\$9



Ferrous fumarate BP 200mg (60 tablets)

Ferrous fumarate BP 200mg

Treatment or prevention of iron deficiency.

\$9



Folic Acid 5mg (60 tablets)

Folic acid 5mg

To treat or prevent one from being Vitamin B9 deficient, which can lead to anemia.

Women who are planning to conceive or are pregnant are also recommended to take this to prevent neural defects to the developing foetus.

\$9



Glucosamine & Chondroitin Supplement (30 capsules)

Glucosamine 500mg
Chondroitin 300mg

Aids in maintaining healthy joints. Recommended for osteoarthritis or joint related disorders. Not suitable for those with shellfish allergy.

\$10

Oral Medication

MULTIVITAMIN SUPPLEMENTS



Heptral 200mg (30 tablets)

S-adenosyl-L-Methionine (SAMe)

Supports healthy liver function
Provides general liver tonic effect
Supports healthy mood balance

\$45



Ocean Health Buffered C 500mg (60 tablets)

Vitamin C buffered (ascorbic acid & sodium ascorbate) 500mg
Citrus bioflavonoids 25mg

Supports the immune system.
Aids in the healing process.
Maintains healthy skin, bones, gums and capillaries.
Helps to reduce the free radical damage to the body.

\$16.50



Sangobion (28 capsules)

Ferrous gluconate 250mg
Manganese sulphate 0.25mg
Copper sulphate 0.25mg
Vitamin C 50mg
Folic acid 1mg
Vitamin B12 7.5mcg
Sorbitol 25mg

For iron replenishment and increasing haemoglobin levels in the body.

\$12.50

PAIN RELIEF / FOR FEVER



Vitamin B Complex (60 tablets)

Vitamin B1 3mg
Vitamin B2 1.5mg
Vitamin B6 0.5mg
Nicotinamide 10mg

Treatment and prevention of Vitamin B deficiency. May aid with stress reduction, and improve fatigue.

\$9



Paracetamol 250mg/ 5ml Syrup (100 ml)

Paracetamol 100ml

For treatment of mild to moderate pain, including headache and to reduce fever. Especially for younger children (less than 4 years of age) who are unable to swallow tablets.



Paracetamol 500mg tablet (20 tablets)

Paracetamol 500mg

Helps to relieve pain, headache and reduce fever.

\$2

External Medication

ANTISEPTICS



Cetrimide shampoo (100ml)

Cetrimide 5% w/v

Antiseptic shampoo that inhibits certain types of bacteria, fungi and viruses that live on the scalp. Used for the treatment of dandruff and associated scalp conditions.

\$9



Cetrimide solution (100ml)

Cetrimide 1% w/v

Treat minor skin injuries such as cuts, grazes, minor burns, and nappy rash. It contains an antiseptic that helps to prevent infection and aids healing.

\$4.50



Chlorhexidine cream (15g)

Chlorhexidine gluconate 1% w/w

Used as an antiseptic for wounds, burns, abrasions and minor skin infections.

\$2



Potassium permanganate solution (100ml)

Potassium permanganate 0.1% w/v

Antiseptic solution that helps to cleanse and deodorize wounds and relieve symptoms associated with eczematous reactions.

\$6

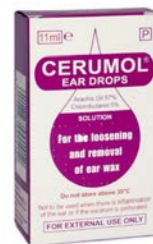


Betadine Ointment 10% (10g)

Povidone iodine 10% w/w

A non-stinging antiseptic cream for treating wounds, cuts and abrasions. Has bactericidal, fungicidal, sporicidal and virucidal properties

\$4



EAR PREPARATIONS

Cerumol Ear Drops (11ml)

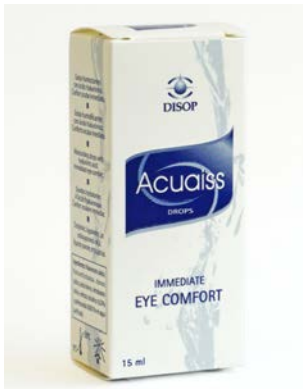
Arachis oil (Peanut oil) BP 57.3% w/v ; Chlorobutanol (Chlorbutol) BP 5% w/v

Used to loosen wax causing occlusion or partial occlusion of the external auditory meatus.

\$7

External Medication

EYE PREPARATIONS



Hyaluronic acid (Acuaiss) eye drop (15ml)

Sodium hyaluronate
Hydroxyethylcellulose

Moisturising drops with hyaluronic acid. Provides immediate eye relief. Suitable for contact lens users.

\$9



Tears Naturele Free eye drop (4 vials)

Dextran 0.1% w/v
Hydroxypropyl methylcellulose 0.3% w/v

Relief of burning and irritation due to dryness of eye and for use as a protectant against further irritation.

\$3.50



Normal Saline eye drops (5ml)

Sodium chloride 0.9% w/v

Soothe irritated eyes and refreshes tired eyes.

\$3.50

HAIR CARE PREPARATIONS



CG210

Phyto extract from plants

Balances hair cycle
Promotes healthy hairs
Promotes hair shedding back to normal

\$65

MOUTH TOPICAL PREPARATIONS



Soragel Oral Gel (10g)

Choline Salicylate BP 8.7% w/w ;
Cetylpyridinium Chloride USP 0.01% w/w

Used to minimise the pain and swelling associated with mouth ulcers, teething, dentures and braces. It is sugar-free and pleasant-tasting. Suitable for infants 4 months and above.

\$4.50

NASAL DECONGESTANT



Iliadin nasal drops / spray (0.01%, 0.025%, 0.05%)

Oxymetazoline hydrochloride

Used to relieve nasal discomfort caused by colds, allergies, and hay fever. It is also used to relieve sinus congestion and pressure.

\$6 - 7

External Medication

NASAL WASH



Flo Sinus Care Starter Pack 50 sachets / 100 sachets / Ringer Lactate

Used as a sinus wash to relieve congestion caused from sinusitis, chronic rhinosinusitis, hayfever and allergies, CPAP Therapy

\$18 - \$56



Tonimer Baby & Infant Nose Spray (125ml)

Isotonic, sterilized and ultra filtered original seawater of pH8.2 (corresponding to 0.9% sodium chloride)

Used as an intranasal lavage for children from birth onwards.

\$12.50

PHLEBITIS AND VARICOSE PREPARATIONS



Hirudoid Cream (40g)

Each gram contains mucopolysaccharide polysulfuric acid ester 3mg

Used for healing bruises, minimising scars, sprains and various inflammatory conditions of the veins.

\$2.50 - \$20

PAIN RELIEVER



Flanil Cream (30g)

Methyl Salicylate 10.20%
Menthol 5.44%
Eugenol 1.36%

Flanil Cream is an analgesic cream that helps alleviate stiff neck, aching feet, tennis elbow, any sore, stiff, arthritic, rheumatic, strains, sprains and painful muscle.

\$4.50



Diclofenac 1% Gel (20g)

Diclofenac sodium 1%

For symptomatic relief of pain and inflammation.

\$3.50

External Medication

SKIN - ANTIFUNGAL



Clotrimazole 1% lotion (20ml)

Clotrimazole 1.0% w/v

Antifungal agent used for the treatment of ringworm (tinea corporis), athlete's foot (tinea pedis), and jock itch (tinea cruris).

\$10



Clotrimazole 1% powder

Clotrimazole 1% w/v

Treat fungal and yeast infections such as ringworm (tinea corporis), athlete's foot (tinea pedis), and jock itch (tinea cruris) and candida.

\$5.50



Miconazole nitrate 2% cream (15g)

Miconazole nitrate 2% cream (15g)

Treatment of fungal skin infections such as ringworm (tinea corporis), athlete's foot (tinea pedis), and jock itch (tinea cruris), white spots (tinea versicolor) and candida.

\$5.50

SKIN – FOR ACNE



Selenium sulfide shampoo/lotion (100ml)

Selenium sulfide 2.5% w/v

Relieves itching and flaking of the scalp and removes dandruff. It is also used to treat white spots (tinea versicolor).

\$12.50



Acne Clear cream (15g)

Sulphur precipitated 4% w/w
Zinc oxide 8% w/w
Resorcinol 2% w/w
Calamine 8% w/w

Used in the treatment of acne by killing the bacteria that cause acne and helps to unblock oily pores.

\$6



Acne Clear lotion (100ml)

Sulphur precipitated 4% w/w
Resorcinol 2% w/w
Calamine 10% w/w

Used in the treatment of acne by killing the bacteria that cause acne and helps to unblock oily pores.

\$6.50

External Medication

SKIN – DRY SKIN



Aqurea 10% w/v Moisturising cream (30g)

Urea 10%

A fragrance-free and colour-free moisturiser which moisturises, hydrates and soothes dry and scaly skin conditions.

\$5



Atopiclair (40ml)

Aqua, ethylhexyl palmitate, Butyrospermum parkii butter, pentylene glycol, arachidyl alcohol, behenyl alcohol, arachidyl glucoside, butylene glycol, glyceryl stearate, glycyrrhethinic acid, capryloyl glycine, bisabolol, tocopheryl acetate, PEG-100 stearate, carbomer, ethylhexylglycerin, piroctone olamine, NaOH, allantoin, DMDM hydantoin, Na hyaluronate, Vitis vinifera seed extr, disodium EDTA, ascorbyl tetraisopalmitate, propyl gallate

A paraben and scent-free emollient used in the treatment of mild to moderate atopic dermatitis in adults and children over the age of 6 months.

\$30



Dermaveen Moisturising lotion (500ml)

Colloidal oatmeal (sodium pyrrolidone carboxylate 2%)

Soothing lotion that restores moisture and hydration to dry, scaly or sensitive skin, ideal for all body use.

\$27

SKIN – FOR ITCH



Calamine lotion (150ml)

Calamine 15%
Zinc oxide 5%
Menthol 0.5%

For relief of dermatitis, prickly heat, itch, sunburn and other minor skin irritations. May help relieve itch associated with chickenpox infection.

\$4 - \$5

UHC Basic Travel Kit

TRAVEL KIT

- Alcohol swab (5pcs)
- Crepe bandage (7.5cm x 4.5cm) (1 roll)
- Sterile gauze (5cm x 5cm) (5 pcs)
- Plasters (5 pcs)
- Chlorhexidine 0.1% cream (1 tube)

Travel kit: a kit containing enough supply of medications & surgical dressings to prevent illnesses and handle any minor injuries.

Alcohol swab: For cleaning and disinfecting of skin and wound.

Crepe bandage: It is used as a gentle support & as a compression to help relieve pain and maintain stability during minor sprains or strains. Also used as an outer covering for wounds.

Sterile gauze: as a sterile inner bandage to cover wounds. May be used with crepe bandage to control wound bleeding.

Plasters: Small dressing used to cover wound, superficial cuts and bruises.

Chlorhexidine cream: Used as a disinfectant for wounds, burns, abrasions and minor skin infections.



\$20

Orders of 10 or more travel kits: 5% discount = \$19

Orders of 30 or more travel kits: 10% discount = \$18

List of Pharmacy-Only (P-only) items

Pharmacy-only (P-only) items are available from UHC dispensary without the need for prior consultation with the doctor. However, the sale and supply of these items are subject to the limits set by existing regulations by the Health Sciences Authority of Singapore and must be conducted in the presence of the pharmacist. All customers who wish to purchase through this means would need to pay in full, as these items are not reimbursable through the group insurance scheme for NUS students and staff.

Please note that sale and supply of these items from the UHC dispensary are only for NUS students and staff only.

List of medicines used for the following conditions:

Allergy-associated conditions

e.g. allergic rhinitis

- Naphcon A® eye drops
- Sodium Cromoglycate 2% w/v eye drops

Anti-angina (Prevention of chest pains)

- Angised tablet

Anthelmintics

- Albendazole (Zentel®) 400mg tablets

Antiplatelet

- Aspirin 100mg (enteric coated capsule)

Asthma, Bronchospasm

- Salbutamol 2mg tablet; 2mg/5ml syrup
- Terbutaline 2.5mg tablet

Electrolyte supplements

- Potassium Chloride SR 600mg tablets

Gastrointestinal- associated problems

- Cinnarizine 25mg tablets
- Colimix® syrup
- Dimenhydrinate (Novomin®) 15mg/5ml syrup
- Domperidone 10mg tablets
- Famotidine 20mg tablets
- Gaviscon® Advance Liquid
- Hyoscine butylbromide 10mg tablets
- Loperamide 2mg capsules
- Mebeverine hydrochloride (Duspatalin®) 200mg capsules
- Omeprazole 20mg capsules
- Ranitidine 150mg tablets

Mouth ulcers

- Triamcinolone acetonide 1% w/w oral paste

Nerve disorders

- Neuroforte® tablets

Pain, headache

- Diclofenac 1% gel
- Panadeine® tablet
- Ibuprofen (Nurofen®) 200mg tablets - may be used for fever
- Ibuprofen 100mg/5ml syrup – may be used for fever
- Ketoprofen plaster; gel (Fastum®, Kefentech®)

Symptoms associated with the common cold, cough, flu

Antihistamines

- Cetirizine 10mg tablets
- Chlorpheniramine maleate 4 mg tablets
- Fexofenadine (Telfast®) 180mg tablets
- Dexchlorpheniramine 2mg tablets; 2mg/5ml syrup
- Loratadine 10mg tablets
- Promethazine hydrochloride 5mg/5ml syrup

Combinational products

- Cophadyl® syrup
- Fedac® Compound Linctus
- Sedilix-DM® Linctus

Cough Suppressants

- Codipront® 30mg capsules
- Dextrometorphan 15mg tablets; 15mg/5ml linctus

Decongestants

- Pseudoephedrine 60mg tablets

Mucolytics

- Acetylcysteine (Fluimucil®) 600mg effervescent tablets
- Bromhexine 8mg tablets

Sore throat

- Difflam® lozenges (Mint/ Honey Lemon – with antiseptic); gargle
- Trachisan® lozenges

Topical steroid preparations

- Hydrocortisone 1% w/w/ cream
- Zaricort® cream

Vaginal infections

- Albothyl vaginal pessaries 90mg
- Clotrimazole 100mg vaginal pessaries
- Gyno-Pevaryl Depot Ovule 150mg



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