

## RECOMMENDED MEDICATIONS FOR CUBAR 2015

**WARNING:** Be sure no one is allergic to any medication before use. Consult a physician before treating a child, pregnant or nursing woman. Read entire pharmacy info sheet that came with prescription medication before use and container info for over the counter (OTC) medications.

Virtually ALL medications have potential side effects: read them before use, discontinue Rx if the side effects become significant. All dosages below are for adults with healthy kidney & liver function only. Suggested treatment dosages and duration are typical but may not be appropriate in all situations. Consult a physician whenever possible and as soon as possible.

Be aware of person's allergies & intolerances to medications. Do not treat if in doubt.

If symptoms of any illness, injury not improved with treatment of any of these medications within 24-36 hrs (sooner if serious illness/injury) you **MUST CONSULT** a physician ASAP = AS SOON AS POSSIBLE.

Rx = Treatment Dx= Diagnosis Recommended number of each med = # to be dispensed

### NON PRESCRIPTION (OTC= over the counter) MEDS:

Acetaminophen 325mg tablets

Activated Charcoal (Actidose) = Rx of food poisoning, oral drug overdose

Aloe Vera Gel =Rx of superficial burns (sunburn), abrasions

Aspirin 325 mg tablets

EarShield = water repellent ear spray to prevent swimmer's ear

Pepto-Bismol tablets = to prevent/treat traveler's diarrhea

Diphenhydramine (Benadryl) tablets / cream

Hydrocortisone Cream USP 1%

Ibuprofen (Advil, Motrin) 200mg tablets

Loperamide (Imodium) 2mg tablets= symptomatic relief of diarrhea

Miconazole (Monostat Cream &/or Suppositories)

Meclizine (Bonine) Tablets = Rx for seasickness

Oral Glucose Gel (Glucose Paste) if any diabetics are aboard

Polysporin ointment (topical antibiotic) or generic double antibiotic ointment

Ranitidine (Zantac) 150mg tablets = reduces stomach acidity

Insect repellent (VERY IMPORTANT on mainland Mexico)

Bulk stool softener = Metamucil, Citra cell, etc.

Stimulant Laxative (e.g. Senokot, etc.)

Terbinafine (Lamisil) cream = Rx for fungal skin infections (athlete's foot)

Hydrogen Peroxide and/ or Betadine Solution

## PRESCRIPTION MEDS:

### ANTIBIOTICS

Azithromycin (Zithromax Z-Pak) 250 mg Capsules # 10 or 15

Rx for bacterial sore throat, middle ear infections, sinusitis, bronchitis, pneumonia, traveler's diarrhea. ( 1 tab every 12 hrs on first day, then 1 tab daily for 4 more days)

Cephalexin (Keflex) 500mg capsules # 50 (1 cap 3 or 4 times daily for 5 – 10 days ,depending on Dx)

Rx for skin infections, wounds that have significant risk of becoming infected, urinary tract infections, bacterial throat infections, sinusitis, bronchitis, dental infections, middle ear infections. Use with caution if person has Penicillin allergy = 5% will cross react to this.

Ciprofloxacin (Cipro) 500 mg tablets # 30

Rx for traveler's diarrhea, pneumonia, UTIs, skin infections (especially wounds from marine exposure), deep wound (i.e. bone) infections . For traveler's diarrhea, one tab 2X/day for 3 days.

For pneumonia or UTIs or wound/skin infections, one tab 2X/day for 7-10 days

Metronidazole (Flagyl) 250mg # 20

Rx for intra-abdominal infections , e.g. appendicitis, diverticulitis, etc. also dental infections.

(2 tabs every 6 hrs if person not vomiting. Attempt to control vomiting before using this Rx.

DO NOT DRINK ALCOHOL WHILE TAKING THIS Rx = repeated, vigorous vomiting with alcohol

Trimethoprim 80mg / Sulfamethoxazole 400mg (Septra DS or Bactrim DS) # 30

Rx for UTIs, middle ear infections, sinusitis, bacterial throat infections, bronchitis, skin infections when MRSA (Methicillin-resistant Staphylococcus aureus) might be present

(2 caps every 12 hrs with 10-12 liquid X 7 -10 days)

DO NOT USE IF ALLERGIC TO SULFA MEDICATIONS

### PAIN MEDICATION

Hydrocodone 5 mg + Acetaminophen 500mg tablets (Vicodan, Narco, Lortab) # 30

Rx of moderate to severe pain = 1-2 tabs every 4 to 6 hrs.

Rx of diarrhea or suppression of a persistent cough = 1 tab every 6 hrs.

Codeine is a narcotic and potentially habit forming or addicting. Side effects include sleepiness, constipation, respiratory depression, and nausea/vomiting. Do not use if allergic or intolerant To either codeine or acetaminophen (Tylenol).

Oxycodone 5mg / Acetaminophen 325 mg (Percocet5, Tylox5) #30

Rx for moderate to severe pain. 1-2 tabs every 4-6 hrs. Typically considered more potent than hydrocodone. A narcotic with same side effects and potential for addiction and respiratory depression as hydrocodone. Do not use if allergic to or intolerant to its ingredients. No allergic cross-over if allergic to hydrocodone.

## Treatment of Nausea / vomiting / seasickness

### Ondansetron (Zofran ) 4 mg tabs # 30

Rx for any cause of nausea / vomiting. Place tablet on tongue and allow to dissolve. DO NOT CHEW or break tablet. Beware of side effects. 1 tab every 6-8 hrs . Do not take with Phenergan.

### Scopolamine Transdermal Transderm SC Patches) # 6 MORE if anyone on board prone to seasickness

Seasick prophylaxis = apply at least 3hr to 4 hrs before going to sea. Remove no later than 72 hrs later. Read package instructions & follow!! Be aware of many side effects, ALL of which WILL HAPPEN if patch left on skin long enough (more than 72 hrs).

### Promethazine (Phenergan) Suppositories & pills 25 mg each # 8 suppositories / # 20 pills

One oral tab or one rectal suppository every 10 -12 hrs for relief of severe vomiting or seasickness. Do not take more frequently. Not for children. Be aware of side effects, including Muscle spasm / stiffness around mouth & tongue (difficultly talking/swallowing) and spasm of posterior neck muscles. NOT DANGEROUS, NOT ALLERGY. Can be frightening. Discontinue this treatment. Give Benadryl 50 mg .

## Eye Medications

Ciprofloxacin ophthalmic (eye) (Cipro) 0.3 % solution 2.5 ml dropper bottle. See Above. Avoid touching Tip of eye dropper to anything to prevent contamination. Rx for bacterial conjunctivitis or corneal scratch/abrasion 1-2 drops in the eye every 2 hours while awake for 2 days, then every 4 hrs for 5 more days. Place patch over eye to relieve pain & encourage healing

### Tetracaine ophthalmic 0,5% solution # 15ml

1-2 drops on surface of eye every 5 – 10 minutes for maximum 3 doses in any 24 hrs. for relief of pain from the surface of the eye, i.e. foreign body or superficial scratch on cornea. Do not use if corneal perforation is suspected. Do not overuse. Do not use if allergic to local anesthetics.

## Ear Medications

### Cipro HC OTIC #10 ml bottle (somewhat expensive)

Rx for infection in ear canal = swimmer's ear = 3 drops in ear canal 2X daily X7 days. Point ear upward, install drops & keep ear upward for few minutes for drops to penetrate inside

OR

### Cortisporin Otic Suspension # one small dropper bottle (not expensive)

3-4 drops into infected ear canal 4 times per day for 7 days. Warning: contains Neomycin which can cause allergic reaction. Discontinue if anything in ear canal becomes worse after 24 hrs. Also contains polymixin B = can permanently damage hearing if used excessively.

## Heart Medications

Aspirin 325 mg tablets #100

Chew and swallow one table ASAP onset of angina or heart pain. Will reduce blood clotting in heart (Coronary ) artery and may prevent or reduce heart attack or injury.

Nitroglycerine Spray # one multidose spray canister (expensive but long shelf life) Rx of heart pain (angina or heart attack) one spray under tongue every 4-5 minutes until symptoms relieved or onset of headache. Must be sitting or lying down to prevent light headedness due to decreased blood pressure. Consult physician ASAP

OR

Nitroglycerine tablets # one small bottle ( cheap but short shelf life) unless anyone on boat has history Of coronary heart disease (angina or heart attack) then more than one bottle. Keep in cool dark place. Rx for heart pain same as nitroglycerine spray above. One tablet under tongue every 4-5 minutes until symptoms relieved or onset of headache. MUST be sitting or lying down to prevent light headedness due to decreased blood pressure. Consult physician ASAP

## OTHER

Lidocaine local anesthetic 1% solution MDV # 30cc or 50cc (without epinephrine) when injected with With needle & syringe around a skin wound will anestize (numb) under and around area to allow cleaning and / or suture closure of wound. Onset in 2-3 minutes, duration 1-3 hrs.

EpiPen #one Unless anyone on bat has history of life threatening allergy = anaphylaxis then at least two EpiPens on board. Should be kept in cool, dark place as sunlight degrades epinephrine rapidly. Epinephrine is the ONLY LIFE SAVING treatment for an anaphylactic reaction. Repeat injections maybe necessary IF ANAPHYLATIC reaction continues or returns after first injection. Consult physician ASAP

Prednisone 10 mg tablets # 50 more if anyone on board has history of asthma or severe allergic reactions . Treatment of severe asthma, allergic reactions, toxicity from marine envenomation, as a potent anti-inflammatory medication. First adult dose 60mg, onset of effect 4-6 hrs. additional doses should be determined by physician consultation, but usually tapered less daily. Beware of side effects. Use with caution if person has glaucoma, seizures, heart failure, stomach ulcers. Consult physician ASAP

Source: Marvin Benson, M.D.,

