

USE OF MEDICINES

Based on MSN1768 - To be used in conjunction with Ship Captain's Medical Guide

Ref.No	Drug	Type of Drug / Uses	Doses / Route
1. Cardio-Vascular			
(a)	Adrenaline (Epinephrine) injection 0,5ml (1 in 1000)	Heart Stimulant - Anaphylactic Shock (severe allergy with collapse)	0,5 to 1,0 ml by IM inj.
<i>Side effects: Anxiety, tremor, high blood pressure, rapid irregular beat. Only use in severely ill, collapsed patients with loss of blood pressure / severe breathing problems.</i>			
(b)	Glyceril Trinitrate (GTN) Spray 400 microgm metered dose	Anti-angina (heart pain), suspected heart attack or heart pain	1-2 sprays under tongue
<i>Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure.</i>			
2. Gastro-Intestinal			
(a)	Antacid preparation	Proprietary anti-indigestion preparations for heart-burn, Dyspepsia, etc.	As instructions on package
(b)	Prochlorperazine 3mg buccal tablets	Anti-sickness drug used for sickness due to ear problems (vertigo), drugs e.g. morphine	3mg (1 tab) under tongue
<i>Side effects: Dry mouth, blurred vision, rapid pulse</i>			
(d)	Loperamide 2mg tablets	Control of diarrhoea	4mg init. then 2mg after each loose stool
<i>Side effects: Drowsiness, dizziness, abdominal cramps</i>			
(e)	Promethazine 25mg injection	Anti-sickness drug and anti-histamine useful for severe motion-sickness and for severe allergic reactions.	25mg (1 amp) by IM inj.
<i>Side effects: Drowsiness, dry mouth, blurred vision.</i>			
(f)	Cinnarizine 15mg	Anti-sickness drug used for motion sickness	15 mg (1 tab) 8-hourly
<i>Side effects: Fatigue, dry mouth, blurred vision</i>			
3. Analgesics and antispasmodics			
(a)	Paracetamol 500mg tablets	"Simple" painkiller suitable for most mild to moderate pain.	1gm (2 tabs) 4-hourly
<i>Side effects: Few at correct dose, very dangerous in overdose & poisonous to liver</i>			
(b)	Codeine Phosphate 30 mg tablets	Strong painkiller suitable for moderate to severe pain	30mg (1 tab) 6-hourly
<i>Side effects: Nausea, vomiting, constipation, respiratory depression in overdose</i>			
(d)	Ibuprofen 400mg	Anti-inflammatory painkiller, suitable for headache, limb pain	400mg (1 tab) 8-hourly
<i>Side effects: Stomach pain, nausea, wheeziness. Do not give if patient has stomach / duodenal ulcer or asthma</i>			
(e)	Tramadol injection 100mg	Medium painkiller suitable for moderate to moderately severe pain	100mg (1 amp) by IM 6-hourly
<i>Side effects: Dizziness, drowsiness, blurred vision, agitation. Respiratory depression in overdose.</i>			
4. Nervous System			
(d)	Diazepam rectal dispenser 10mg	Anti-epileptic medication used to control fits	10mg per rectum max 2 doses
<i>Side effects: Drowsiness, light-headedness, confusion, headache, respiratory depression. Avoid with strong painkillers.</i>			
5. Anti-allergic and anti-anaphylactics			
(b)	Hydrocortisone 100mg injection (to be made up in 2mls)	Anti-allergy steroid for serious allergies causing severe symptoms or collapse.	100mg by IM inj. 8-hourly if
<i>Side effects: Few for single dose or short course</i>			
(c)	Prednisolone 5mg tablets	Anti-allergy steroid also essential treatment of acute asthma	5-20 mg once/day more in severe
<i>Side effects: Few for single dose or short course</i>			

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6. Respiratory system			
(a)	Salbutamol inhaler 100 microg metered dose	Anti-bronchospasm (wheeze) drug used to treat asthma and allergic wheezing	2 puffs 3-4 times daily
<i>Side effects: Tremor, headache, increased pulse rate</i>			
(c)	Paracetamol 500mg tablets	see 3(a)	
7. Anti-infection			
(c)	Trimethoprim 200mg tablets	Antibiotic useful for treatment of urinary tract infection and bronchitis	200 mg twice daily
<i>Side effects: Nausea, vomiting and diarrhoea, rashes.</i>			
(d)	Mebendazole 100mg tablets	Anti-parasite drug for treatment of gut infestation e.g. threadworms	100 mg single dose
<i>Side effects: Rare</i>			
(e)	Metronidazole 400mg tablets	Antibiotic and anti-protozoal e.g. trichomonas and amoebic infections. Useful to gut-related infections.	400mg (1 tab) 8-hourly
<i>Side effects: Nausea, vomiting, unpleasant taste, rashes. Avoid alcohol.</i>			
(f)	Ciprofloxacin hydrochloride 500mg tablets	Broad spectrum (general purpose) antibiotic	500mg twice daily
<i>Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction.</i>			
(g)	Erythromycin 250mg tablets	General purpose antibiotic, useful in penicillin allergic patients	250-500mg 6-hourly
<i>Side effects: Nausea, diarrhoea, rashes, allergic reaction. Care when used in penicillin-allergic patients.</i>			
8. Compound promoting rehydration			
(a)	Oral rehydration salts sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness.	Follow instruction on
<i>Side effects: Nil</i>			
9. Medicines for external use			
(a)	Antiseptic solutions or wipes	For cleaning skin wounds and disinfection	Follow instruction on
<i>Side effects: Nil unless applied to large areas</i>			
(e)	Hydrocortisone cream 1% 15mg tube	Anti-inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites, etc.	On affected area, not more than 3 times/day
<i>Side effects: Encourages spread of infection. Do not apply to broken skin or rashes due to skin infection e.g. ringworm</i>			
(f)	Miconazole Nitrate 2% cream 30gm tube	Anti-fungal cream for treatment of ringworm etc.	On affected area, 2 - daily
<i>Side effects: Rare, nil in normal use</i>			
(g)	Silver Sulphadiazine 1% cream 50mg tube	Anti-bacterial cream for protection against infections in burns.	On burn in bag, under dressing or alone
<i>Side effects: Allergic reactions, burning, itching. Unusual.</i>			
(h)	Chloramphenicol eye ointment 1%	General purpose eye antibiotic use after foreign body / minor injury and for conjunctivitis	Instill into eye 3-4 times/day
<i>Side effects: Unusual, but can cause eye irritation</i>			
(i)	Amethocaine Hydrochloride 0.5% eyedrops	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye.	1-2 drops in eye, do not repeat
<i>Side effects: Rare if used 1-off. Care to avoid eye injury whilst numbed.</i>			
(j)	Fluorescein sodium 1% eye drops	Used to detect scratches or lesions on the front of the eye (cornea)	1-2 drops for examination
<i>Side effects: Nil in normal use.</i>			
(k)	Lignocaine Hydrochloride 1% 25mg in 5ml injection	Local anaesthetic injection for numbing small wounds for treatment	inject around wound 2-5ml, no more than 20ml
<i>Side effects: Fits, heart problems in overdose</i>			
(m)	Oil of cloves 10ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth