

KIDNEY STONES

(ISS MED/3A - ALL/FIN)

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Pain Medication

For mild to moderate pain:

Phenergan Oral (Promethazine) (P1-B22) - Antinausea, antihistamine

Dose: 1-2 tablets every 4 to 6 hours as needed

WARNING

Possible severe side effects of Phenergan

Muscles tight, contracted

Eyes may be rolled up into head (rare reaction)

Sedation, inability to concentrate, drowsiness,

dizziness, blurred or double vision, nausea, rash

Treatment for Phenergan Reaction

Diphenhydramine (Benadryl) Injectable (Drug 14 --- 17)

Dose: Inject 1 ml intramuscularly.

Refer to {INJECTIONS - INTRAMUSCULAR}, {INJECTIONS - TUBEX INJECTOR} (SODF: ISS MED: INJECTIONS/IV).

Contact Surgeon.

Compazine Suppository (Prochlorperazine) (P4-B1) - Suppositories for antinausea

Dose: 1 suppository every 12 hours

Possible side effects

Drowsiness, dizziness, blurred vision, rash, low blood pressure, agitation, muscle spasms

For severe pain:

AMP, ALSP

Demerol (Meperidine) Injectable (AMP Injectable-25 --- 30) (ALSP Drug 4 --- 7) - Narcotic pain reliever for severe pain

Dose: Inject 1 ampule intramuscularly every 3 to 4 hours as needed.

Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

TREATMENT

- AMP
(blue)
1. Control bleeding by applying pressure over wound with Gauze Pads (Surgical Supply-4).
 2. Contact Surgeon for laceration repair options.
 3. Photodocument the wound.
Continue to photodocument the wound every 24 hours.

EQUIPMENT/SUPPLIES REQUIRED

Unstow:

- AMP
(blue)
- Povidone Iodine Swabs (P3-A3) (Surgical Supply-4)
 - Saline, 100 ml (P2-A20)
 - 500 ml (ALSP-9)
 - Alcohol Pads (P3-A1)
 - Gloves, Non-Sterile (P3-B2)
 - Skin Stapler (Surgical Supply-3)
 - Gauze Pads (Surgical Supply-4)
 - Sterile Gloves (Surgical Supply-1)
 - Sterile Drape (Surgical Supply-3)
 - Surgical Instrument Assembly (Surgical Supply-2)
 - Suture (Surgeon will advise size) (Surgical Supply-5)
 - Xylocaine (Plain) (Surgical Supply-1)

-OR-

Xylocaine with Epinephrine (Lidocaine with Epinephrine) (Surgical Supply-1)

-AND-

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ALSP
(red) Needle, 18G
Syringe, 20cc (IV Administration-17)
IV Catheter, 16G (IV Assessment-9,10)
Towels
Tape (Surgical Supply-6)

1. Don Non Sterile Gloves.
2. Gently cleanse wound edge with Povidone Iodine Swab.
3. Insert Xylocaine (Plain) or Xylocaine with Epinephrine (Lidocaine with Epinephrine) into Plunger or Syringe.
If Xylocaine with Epinephrine (Lidocaine with Epinephrine), refer to [{INJECTIONS - TUBEX INJECTOR}](#) (SODF: ISS MED: INJECTIONS/IV).

WARNING

1. Use Xylocaine (Plain) for wounds of hands/fingers, feet/toes, ears, and nose.
2. Use Xylocaine with Epinephrine (Lidocaine with Epinephrine) for wounds of trunk, head, and feet.
DO NOT use on fingers, toes, nose or earlobes.

4. Insert needle into skin at wound edge.
5. Pull back on Plunger and check for blood return.
If no blood inject enough Xylocaine to raise small bump under skin.
Advance needle parallel to wound edge.
Repeat process to anesthetize entire wound edge.
Repeat process on opposite side.

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WOUND PREPARATION

6. Remove 18G Needle from sterile pack and attach 20cc Syringe. (Protective Syringe cap should be removed from tip).
7. Clean rubber injection port of Saline Bag with Alcohol Pad.
8. Insert Needle into Saline Bag being careful not to puncture other side.
9. Fill 20cc Syringe with Saline.
10. Remove needle from bag and carefully recap.
11. Remove 16G Catheter from plastic case.
12. Slide Teflon Catheter off of needle and discard needle.
13. Remove 18G Needle from Syringe, replace with Teflon Catheter. Temporarily stow 18G Needle and cap for re-use if necessary.
14. Inject Sterile Saline into wound to flush and cleanse, catching run-off in Towel.
Repeat process as needed to remove dirt and foreign material.
15. Blot dry wound and wound edge gently with sterile Gauze Pad when irrigation is complete.
16. Clean skin with Povidone Iodine Swabs first around wound and then several centimeters beyond wound edge.

LACERATION CLOSURE USING SUTURES

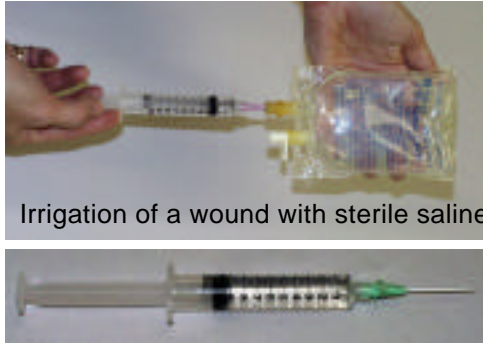
17. Don Sterile Gloves without touching outer glove surface.
18. Have assistant open Sterile Drape package without touching Drape. Remove adhesive backing and place center hole in Drape over wound. Tape Drape edges to patient.
19. Have assistant secure Sterile Instrument Assembly with Velcro and open without touching instruments.
20. Open inner pack of suture material without touching contents.

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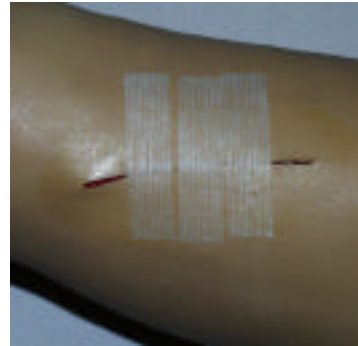
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21. Follow Wound Repair blocks:



Irrigation of a wound with sterile saline

1. Attach injection needle to syringe.
2. Remove needle cap, swab rubber injection port of saline infusion bag with Alcohol Pad, insert needle and fill syringe.
3. Carefully recap needle, remove. Replace with plastic IV intracatheter tip.
4. Inject sterile saline into wound to flush/cleanse, catch runoff in towel.
5. Repeat process as needed to remove dirt/debris



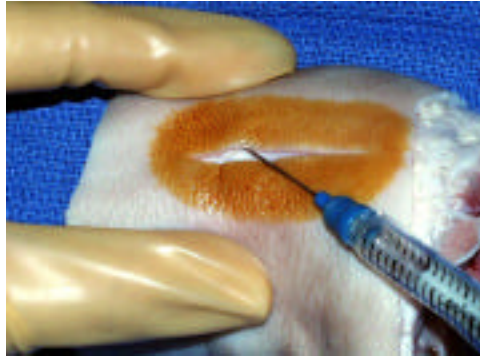
Use of Steri-Strips for clean laceration with straight edges easily brought together

1. Thoroughly clean wound area, blot dry surrounding skin with towel or sterile gauze pad.
2. With benzoin swab, paint skin around wound but not directly in wound.
3. Allow to dry; Steri-strips will not stick to wet or moist surface.
4. Apply Steri-strips as shown, bringing wound edges together without tension.

LACERATION - REPAIR

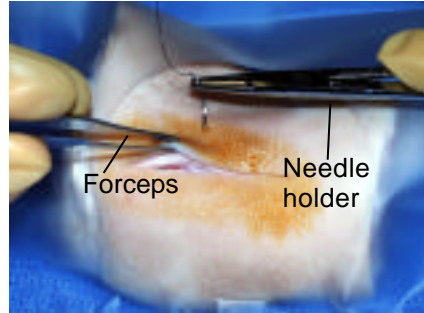
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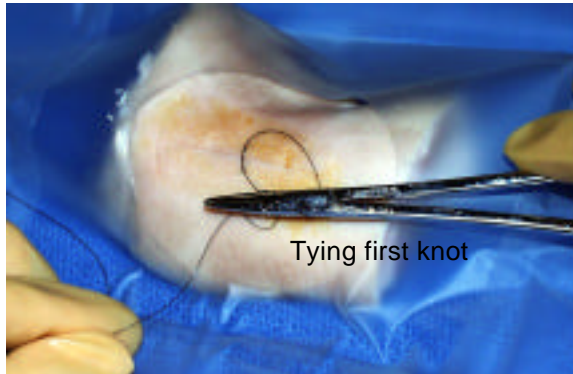
Local Anesthetic for suturing laceration

1. Use Xylocaine Plain for wounds of hands/fingers, feet/toes, ears, nose. Use Xylocaine with Epinephrine for wounds of trunk, head, legs.
2. Load Tubex with selected Xylocaine, inject into cleaned wound edges so that entire area is infiltrated.
3. Test surrounding skin after about 5 minutes with needle prick; should not feel sharp.
4. Place Sterile Drape over area with wound exposed through hole.

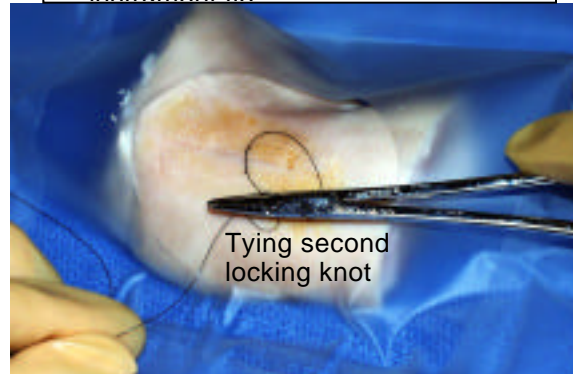


Beginning suture repair

1. Apply first suture in the middle of the wound.
2. With needle holder gripping suture as shown, enter the skin firmly perpendicular to surface of skin 4 - 5mm from the wound edge. Use forceps to grip skin edge, using only enough force to stabilize skin.
3. Once through skin with needle, shift forceps and gently grip near edge, stabilize skin. With a rolling motion, drive needle out the opposite side (toward you) so that it exits the skin perpendicular to surface and even with far side.
4. Pull entire suture through to leave a tail of about 3cm. Keep this tail for instrument tie



1. Remove suture needle from needle holder, take needle carefully in left hand.
2. Perform instrument tie by wrapping long end of suture around needle holder twice. Be careful not to pull entire suture through: leave 2-3cm of tail intact. Open needle holder and grip end of tail, pull through the wraps so that wound edges are just pulled together. Do not pull tight.

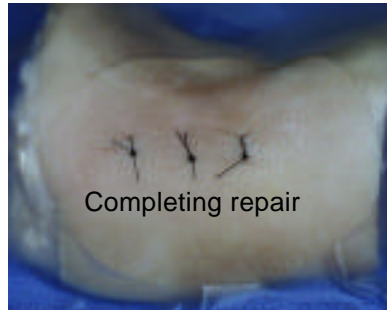


1. Release tail end of suture and wrap long end around needle holder once, in direction opposite from first knot. Carefully open needle holder, grip tail end, pull through the single wrap and pull moderately tight. Wound edges should just approximate.
2. Apply 3-4 more locking knots as above, with single wraps alternating directions.
3. Cut suture with scissors to leave about

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1. Place additional sutures to complete repair so that final spacing is 4-5mm apart.
2. Cleanse area with sterile saline from syringe as in step A; recommend injecting sterile saline onto Gauze Pad and gently wiping area clean.
3. When wound dry, apply thin layer of Neosporin cream and cover with dry gauze pad and Kling Dressing or Dermicel Tape.
4. When finished, place suture needle back in

WOUND DRESSING

22. Unstow:
 - AMP (blue) Kling Dressing (P3-B5)
 - Tegaderm (Transparent Dressing) (Surgical Supply-4), (P3-B1)
 - Polysporin Ointment (P2-A12)
- AMP (blue) 23. Clean staple line gently with Saline solution on Sterile Gauze.
Apply Polysporin Ointment (P2-A12).
24. Apply Tegaderm to staple line.
25. Cover with Gauze Pads, Kling Dressing.
Tape securely in place.

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NOTE

Once a laceration has been repaired using Sutures, Staples, or Steristrips, the wound should be checked daily and reports made to Surgeon. Typically Sutures, Staples, or Steristrips are removed after 5 to 8 days depending on wound location and progress of healing. Determination on when to remove will be made upon consultation with Surgeon.

AMP SURGICAL INSTRUMENT CLEANING AND STOWAGE

- (blue) 26. When surgical repair complete, wipe instruments clean with Alcohol Pads (P3-A1) and return to Surgical Instrument Assembly and restow.

SKIN STAPLER REPAIR OF LACERATION

27. Follow wound preparation through step 18.
28. Don Sterile Gloves without touching outer Glove surface.
29. Remove Skin Stapler from packaging (Surgical Supply-3) and handle as sterile item.
30. Approximate and evert skin surfaces with fingers or Forceps.
31. Position Skin Stapler on midpoint of wound.
32. Squeeze Skin Stapler actuating lever while maintaining pressure on wound.

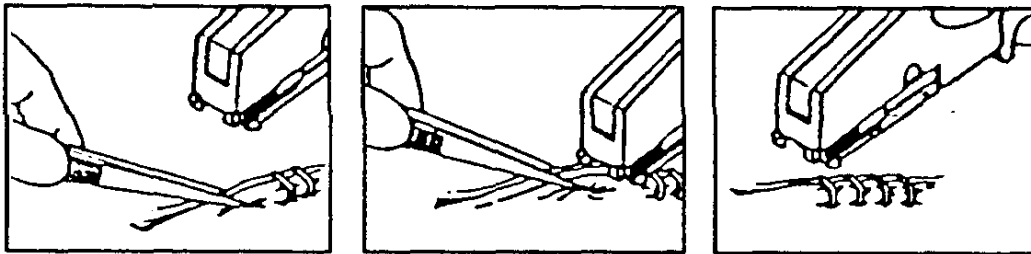


Figure 1.- Skin Stapler Process.

LACERATION - REPAIR

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33. Place additional staples at midpoint of each wound section; should be 1 cm apart when complete.
34. If staple placed abnormally across wound, consider performing {[SUTURE AND STAPLE REMOVAL](#)} (SODF: ISS MED: WOUND CARE). Then complete {[LACERATION REPAIR](#)} (SODF: ISS MED: WOUND CARE).
35. When repair complete, wipe down Skin Stapler thoroughly with Alcohol Pads before restowing (Surgical Supply-3).

WOUND DRESSING

- AMP
(blue)
36. Unstow:
 - Kling Dressing (P3-B5)
 - Tegaderm (Transparent Dressing) (Surgical Supply-4), (P3-B1)
 - Polysporin Ointment (P2-A12)
 37. Clean staple line gently with Saline Solution on Sterile Gauze.
Apply Polysporin Ointment.
 38. Apply Tegaderm to staple line.
 39. Cover with Gauze Pads, Kling Dressing.
Tape securely in place.

NOTE

Once a laceration has been repaired using Sutures, Staples, or Steristrips, the wound should be checked daily and reports made to Surgeon. Typically Sutures, Staples, or Steristrips are removed after 5 to 8 days depending on wound location and progress of healing. Determination on when to remove will be made upon consultation with Surgeon.

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

Typically occurs in first few days of flight

SYMPTOMS

Stomach awareness
Nausea
Headache
Decreased appetite
Vomiting
Head-spinning sensation (worsens with head movement)
Excess salivation
Sweating

TREATMENT

1. Maintain hydration, bland diet as tolerated.
2. Move slowly.
Minimize head movements.
3. Cool cabin.

MEDICATIONS

1. Mild Case
Antinausea, Antivomiting Drugs

DRUG HELP

1. If patient is vomiting such that pills cannot stay down or are provocative, use Compazine Suppository.
2. If stronger and more rapid effect needed, go to injectable Phenergan.
3. The main side effect of both Compazine and Phenergan is drowsiness/sedation. If symptoms interfere with sleep, injectable Phenergan at bedtime may be especially helpful.

AMP

Phenergan Oral (Promethazine) (P1-B22), (Injectable 1-6) - Antinausea,

MOTION SICKNESS

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(blue) antihistamine

Dose: 1-2 tablets every 4 to 6 hours as needed

NOTE

Severe side effects of Phenergan:

Muscles tight contracted

Eyes may be 'rolled up' into head (rare reaction)

Sedation, inability to contract, drowsiness,

dizziness, blurred or double vision, nausea, rash

Treatment for Phenergan Reaction

ALSP

(red)

Diphenhydramine (Benadryl Injectable) (Drug 14 --- 17)

Dose: Inject 1 ml intramuscularly.

Refer to INJECTION - INTRAMUSCULAR (SODF: ISS MED),

INJECTION - TUBEX INJECTOR (SODF: ISS MED: INJECTIONS/IV).

Contact Surgeon.

2. Moderate/Severe Case

Nausea, vomiting, fatigue, inability to eat

ALSP

(red)

Phenergan Injectable (Promethazine) (Injectables-1-6) - Antinausea,
antihistamine

Dose: Inject 1/2 to 1cc intramuscularly.

Refer to INJECTIONS - INTRAMUSCULAR (SODF: ISS MED:

INJECTIONS/IV).

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

NOTE

Spasms of head and neck muscles may occur with intramuscular injection. Muscles may be tight, contracted, eyes may be rolled up in head (rare reaction).

Possible side effects

Sedation, inability to concentrate, drowsiness, dizziness, blurred or double vision, nausea, rash

AMP
(blue)

Compazine Suppository (Prochlorperazine) (P4-B1) - Antinausea

Dose: 1 suppository every 6 hours as needed

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, dizziness, blurred vision, rash, low blood pressure, reduced breathing rate, agitation, muscle spasms

NOSEBLEED

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

SIMPLE NOSEBLEED

1. Pinch nose just below nasal bone applying direct, uninterrupted pressure for 10 minutes.

2. If bleeding continues:

Unstow:

AMP
(blue)

Otoscope (Physical Exam-9)
Afrin Nasal Spray (P2-B1)
Silver Nitrate Stick (P2-B3)
Polysporin Ointment (P2-A12)
Cotton Balls (P3-A4)
Gloves, Non-Sterile (P3-B2)
Forceps (Surgical Supply-2)
Nasal Speculum (P3-A6)

3. Don Non-Sterile Gloves.



Figure 1.- Nasal Speculum.

NOSEBLEED

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4. Spray Afrin Nasal Spray on Cotton Balls.
Using Forceps and Nasal Speculum, gently pack Cotton Balls into nose.
Apply pressure from outside for 10 to 15 minutes.
5. Remove Cotton Balls using Forceps.
Nose for bleeding site with Otoscope
6. If bleeding site located, touch area 3 to 4 times with Silver Nitrate Stick.
Silver Nitrate Stick application will cause transient local pain.
7. Apply Polysporin Ointment to affected area using clean Cotton Ball.
8. If bleeding site not located or bleeding continues, maintain pressure and contact Surgeon.

POSTERIOR NASAL PACKING

1. Unstow:
AMP (blue) Saline; 100 ml (P2-A20)
500 ml (ALSP IV-8)
18G Needle (Injectable-13)
Syringe, 10cc (P3-A6)
Bactroban (P4-B1)
Posterior Nasal Packing (P4-B5)
2. Apply Bactroban to Posterior Nasal Packing.
3. Grasp drawstring end of packing, insert in direction of center of head until fully inserted.

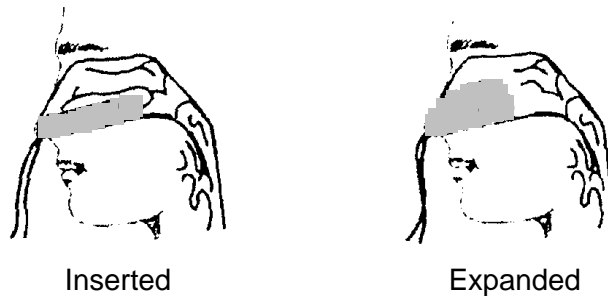


Figure 1.- Posterior Nasal Packing.

NOSEBLEED

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4. If Posterior Nasal Packing not fully expanded 30 seconds after placement
 - 4.1 Place 18G Needle on end of Syringe.
 - 4.2 Insert into port on Saline Bag.
 - 4.3 Fill Syringe with Saline.
 - 4.4 Remove Needle from Syringe.
Recap and temporarily stow.
 - 4.5 Slowly irrigate Posterior Nasal Packing with Saline, allowing Posterior Nasal Packing to fully expand.
5. Posterior Nasal Packing may be left in place up to 48 hours.
Tape drawstring over end of nose, trim excess.
6. If bleeding controlled, refer to ANTIBIOTICS.

ANTIBIOTICS

If Posterior Nasal Packing is to remain in place for more than 12 hours
Amoxil (Amoxicillin) (P1-A13,14,15) - Antibiotic

AMP
(blue)

Dose: 1 capsule 3 times/day

WARNING

Do not use if there is a history of Penicillin
or Cephalosporin allergy.

Possible side effects

Nausea, diarrhea, rash

Contact Surgeon before removing Posterior Nasal Packing.

WARNING

In case of nosebleed, do not administer
Ascriptin or Motrin. Use Tylenol for pain.

TREATMENT

Decongestants

DRUG HELP
1. Sudafed has a more rapid onset of effect and is shorter acting than Entex LA. It is a simple and effective decongestant, and may also be used prior to any pressure changes (such as EVA) after consultation with Surgeon. Sudafed's main possible side effects are rapid heart rate and "jitteriness."
2. Entex LA contains a decongestant and a medication to loosen secretions. Entex LA is longer acting and milder, and so is a good choice for mild but persistent symptoms. Entex LA's main possible side effects include restlessness and nervousness.
3. Afrin Nasal Spray and Galasolin Nasal Drops are topical nasal decongestants and useful for nasal and ear congestion. These are good agents if mildly congested and any pressure changes are anticipated. Use only as needed and do not use either agent for more than 3 days.
4. AYR Nasal Mist helps to cleanse nasal passages without providing local decongestant effect, so it can be used in combination with any of the above medications.

AMP
(blue)

Sudafed (Pseudoephedrine) (P1-B16) - Decongestant

Dose: 1-2 tablets every 6 hours as needed

Possible side effects

May cause high blood pressure, rapid heart rate, restlessness

AMP
(blue)

Entex LA (Phenylpropanolamine/Guaifenesin) (P1-B14,15) -
Decongestant

Dose: 1 tablet every 12 hours as needed

Possible side effects

Insomnia, restlessness, headache, nausea

NOSE CONGESTION

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__-2

Galasolin Nasal Drops - Topical nasal decongestant

Dose: 1-2 drops in each nostril 1 to 3 times/day

Possible side effects

Tachycardia (rapid heart rate greater than 100 beats per minute),
increased blood pressure

AMP
(blue)

Afrin Nasal Spray (P2-B1) - Topical nasal decongestant

Dose: 1-2 sprays every 12 hours as needed

Possible side effects

Burning, stinging, sneezing, or increased nasal discharge.

Usage more frequently than directed can produce chronic nasal
congestion.

AMP
(blue)

AYR Nasal Mist (P2-B2)

Dose: 1-2 sprays every 2 hours as needed to cleanse nasal passages

NOTE

1. Nausea and vomiting (N/V) always are secondary to an underlying cause. The main principles followed include identification and treatment of the underlying cause and maintaining adequate fluid hydration. The possible causes are numerous, but in most cases associated symptoms and history will suggest a diagnosis. In the first few days of flight, N/V are nearly always due to Space Motion Sickness or gastroenteritis acquired prior to flight. Following this, motion disorders are still possible but less likely; more likely are food poisoning and drug effects. If more than one crewmember develops N/V, then contamination of atmosphere, food, or water must be considered. Surgeon will advise on environmental sampling.
2. Any associated symptoms or disorders must be noted and described to Surgeon during PMC. The following warning symptoms should prompt a PMC immediately; severe abdominal pain, flank or groin pain, severe headache, vision changes, bloody emesis, frequent diarrhea.
3. Maintaining adequate hydration is critical if vomiting continues. Drinking frequently in small volumes may suffice. If unable to keep even small sips of drink down, do not give oral medications. Consideration should be given to administering IV fluids, which are simple and highly effective in treatment of dehydration associated with vomiting.

TREATMENT

1. If Nausea/Vomiting is not associated with warning symptoms as listed above and underlying cause is known, the following medications may be used.

If associated with any warning symptoms, is particularly severe, or does not respond to any of the medications below, go to step 2.

Maintain fluid intake.

Drink small volumes frequently as tolerated.

AMP
(blue)

Phenergan Oral (Promethazine) (P1-B22) - Antinausea, antihistamine

Dose: 1-2 tablets every 4 to 6 hours as needed

NOTE

Severe side effects of Phenergan:

Muscles tight, contracted

Eyes may be 'rolled up' into head (rare reaction)

Sedation, inability to concentrate, drowsiness,
dizziness, blurred or double vision, nausea, rash

Treatment for Phenergan Reaction

ALSP
(red)

Diphenhydramine (Benadryl Injectable) (Drug 14 --- 17)

Dose: Inject 1 ml intramuscularly.

Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED:
INJECTIONS/IV), {INJECTIONS - TUBEX INJECTOR} (SODF:
ISS MED: INJECTIONS/IV).

Contact Surgeon.

AMP
(blue)

Compazine Suppository (Prochlorperazine) (P4-B1) - Suppositories for
antinausea

Dose: 1 every 12 hours as needed.

DRUG HELP
1. Use oral Phenergan tablets if nausea is mild and patient is able to keep pills down.
2. If patient is vomiting such that pills cannot stay down or are provocative, use Compazine Suppository.
3. If stronger and more rapid effect needed, go to injectable Phenergan.
4. The main side effect of both Compazine and Phenergan is drowsiness/sedation.
5. Should not be used together with the following drugs as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.
6. Spasms of head, neck muscles may occur with intramuscular injection of Phenergan.

Possible side effects

Drowsiness, dizziness, blurred vision, rash, low blood pressure, agitation, muscle spasms

2. If N/V is associated with any warning symptoms, is particularly severe, or does not respond to any of the medications in step 1, contact ground and schedule PMC.

Be ready to provide the following information:

Duration of N/V: _____

Estimation of volume: _____

Associated symptoms: _____

Any recent medications: _____

ALSP

Blood Pressure: _____
(ALSP-4)

NAUSEA/VOMITING
(ISS MED/3A - ALL/FIN)

Pulse: _____

ALSP Temperature (Oral): _____
(Assessment-4)

Surgeon will advise if any further diagnostic studies or examination is required, or if IV fluids are indicated.

PAIN RELIEF

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

MILD TO MODERATE

NOTE

Medication is listed in increasing order of strength.

DRUG HELP
<p>1. Ascriptin (buffered aspirin), Motrin, Voltaren, and Arthrotec are all anti-inflammatory and analgesic agents, and in the doses recommended here are nearly equivalent in pain relief. All may cause mild upset stomach and should be avoided if there is allergy to aspirin. Arthrotec is a combination of anti-inflammatory drug and stomach-protective agent, with decreased risk of stomach discomfort and erosions; it should be used if the other agents cannot be tolerated. Use of Arthrotec decreases the risk of developing erosive and ulcerous lesions of the gastrointestinal tract. Selection is based on crew experience and dosing convenience.</p>
<p>2. Tylenol and Analgin are analgesics. Analgin has minimal anti-inflammatory effects and Tylenol has none. They do not cause upset stomach, and work almost as well for general pain as do the anti-inflammatory agents. Selection is based on preference and experience.</p>
<p>3. Baralgin consists of a non-narcotic pain reliever (Analgin) and an anti-spasm agent. It is especially effective for treatment of pain with spasm, such as from kidney stones, intestinal spasm, and migraine headaches.</p>
<p>4. Vicodin is Tylenol plus a mild narcotic and is the strongest oral pain reliever. It may cause some drowsiness and dizziness.</p>

AMP
(blue)

Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory

Dose: 1-2 tablets every 4 to 6 hours as needed

PAIN RELIEF

(ISS MED/3A - ALL/FIN)

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WARNING

Do not use in patients with asthma, history of aspirin allergy, GI, or other bleeding problems.

Possible side effects
Upset stomach, ringing in ears

AMP
(blue)

Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

___-1

Analgin - Non-narcotic analgesic agent

Dose: 1 tablet 3 times/day

Possible side effects
Blood clotting defect due to low platelets

Baralgin - Non-narcotic analgesic and anti-spasm agent

Dose: 1-2 tablets 3 to 4 times/day as needed

Possible side effects
Blood clotting defect due to low platelets

AMP
(blue)

Motrin (Ibuprofen) (P1-B5,6) - Oral anti-inflammatory drug and pain reliever

Dose: 1 tablet every 8 hours with food and drink

WARNING

Do not take if allergic to aspirin.

Possible side effects
Upset stomach, diarrhea

PAIN RELIEF

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AMP
(blue)
__-1 Voltaren (Diclofenac Sodium) (P1-B10) - Oral anti-inflammatory drug; effective alternative to Motrin for pain relief of headache, backache, sinus pressure

Dose: 1 tablet 2 to 3 times/day as needed

WARNING

Do not take if allergic to aspirin.

Possible side effects

Abdominal pain, cramps, fluid retention

__-1 Arthrotec (Diclofenac/Misoprostol) - Non-steroidal anti-inflammatory drug with stomach protective prostaglandin

Dose: 1 tablet 2 to 3 times/day

Possible side effects

Upset stomach, bleeding defects

MODERATE TO SEVERE PAIN

Moderate to severe pain might result from a musculoskeletal injury or large wound, burn, kidney stone, etc. More potent pain medications tend to have more serious side effects, so these must be carefully used and only as needed. However, whatever is necessary to relieve pain should be used.

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

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DRUG HELP	
1.	Vicodin is Tylenol (Acetaminophen) plus a mild narcotic (Hydrocodone); it is the strongest oral pain reliever. It may cause drowsiness and some dizziness. Do not use in event of nausea and vomiting.
2.	Baralgin consists of a non-narcotic pain reliever (Analgin) and an anti-spasm agent. It is especially effective for treatment of pain with spasm, such as from kidney stones, intestinal spasm, and migraine headaches.
3.	Toradol (Ketorolac) is a non-narcotic injectable anti-inflammatory agent, with pain relief similar to narcotics. It should not be used together with oral anti-inflammatory agents (such as Aspirin, Motrin, Voltaren). Pain relief begins about 30 minutes after injection and lasts for 4-6 hours. Very good for acute pain of kidney stone. If break-through pain occurs, do not use increased dose of Toradol; instead use small doses of Morphine or Demerol. Toradol may be given IV slowly at half the IM dose; contact ground for instructions.
4.	Demerol (Meperidine) and Morphine are injectable narcotics and may be used alone or in combination with oral pain medications (with exception of Vicodin). After the first dose as indicated on the instruction, Sugeon can advise regarding combination and adjusting dose to effect. Morphine's effect endures somewhat longer than Demerol, and offers particular advantages in treating cardiac chest pain. Either may be given in an emergency, with ground consultation as soon as possible.

__-2

Baralgin - Non-narcotic analgesic and anti-spasm agent

Dose: Inject 1 ampule 1-2 times/day as needed

Possible side effects

Blood clotting defect due to low platelet count

AMP
(blue)

Toradol Injectable (Ketorolac Tromethamine) (Injectable-19,20) - Anti-inflammatory injectable

PAIN RELIEF

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Dose: Inject 1 ampule intramuscularly initially, then 1/2 ampule every 6 hours as needed. Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

Possible side effects

Nausea, upset stomach, drowsiness

AMP
(blue)

Vicodin (Hydrocodone Bitartrate, Acetaminophen) (P1-B3) - Oral; narcotic pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

Possible side effects

Dizziness, drowsiness, nausea, vomiting, constipation, urinary retention

INJECTABLE NARCOTICS

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

May cause low blood pressure, reduced breathing rate. Narcan is antidote.

AMP
(blue)
ALSP
(red)

Demerol Injectable (Meperidine) (AMP Injectable-25 --- 30) (ALSP, Drug 4 --- 7) - Narcotic pain reliever for severe pain

Dose: Inject 1 ampule intramuscularly every 3 to 4 hours as needed. Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

PAIN RELIEF

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Possible side effects

Dizziness, light-headedness, sedation, nausea, vomiting, sweating,
dry mouth, blurred vision, constipation

AMP
(blue)
ALSP
(red)

Morphine Sulfate (2cc units in AMP/10 mg/ml, Injectable-9,10,21 --- 24)
(1cc units in ALSP/10 mg/ml, Drug 1 --- 3) - Narcotic pain reliever for
severe pain

Dose: Inject 1 ml intramuscularly every 3 to 4 hours as needed.
Refer to {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED:
INJECTIONS/IV).

- AMP
(blue)
1. Unstow:
Pregnancy Test Stick (P4-A1)
Watch or Timer
Gloves, Non-Sterile (P3-A2)

NOTE
Carefully read all test instructions before beginning
test to ensure test is performed accurately.

2. Remove Pregnancy Test Stick from foil wrapper by tearing along "splice."
Refer to Figure 1.

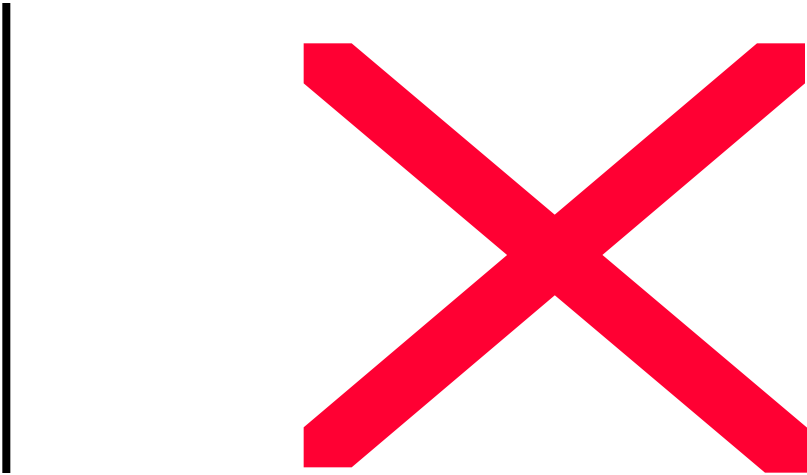


Figure 1.- Pregnancy Test Stick.

3. Remove protective cap from Pregnancy Test Stick by pulling cap off and exposing absorbent end.
Do not discard protective cap.
4. Don Non-Sterile Gloves.
5. Hold Pregnancy Test Stick so that absorbent end is downward and directly in urine stream for at least 6 seconds until absorbent end is saturated.

PREGNANCY TEST

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6. Alternate procedure; immediately after voiding and before sweeping pubic area with Urine Collection Device funnel, saturate Pregnancy Test Stick with urine.
7. Replace protective cap over wet absorbent end.
8. Start Watch or Timer.
9. Viewing windows should be facing up (Control Window is oval, and Test Window is circular).
10. Read results 5 minutes after conducting test by looking at Test Window. A positive result may be observed in less than 1 minute. A rose-pink colored band in Test Window indicates positive result and pregnancy.

NOTE

Even a very faint rose-pink colored band in Test Window at five minutes indicates a positive result.

To verify negative result, allow test to run for a full 5 minutes. No colored band in Test Window indicates a negative result.

NOTE

If no color band appears in Control Window, discard Pregnancy Test Stick and repeat test. Do not read test after 10 minutes. Do not reuse Pregnancy Test Stick.

11. Dispose of Pregnancy Test Stick in biohazardous trash.
12. Contact Surgeon.

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I

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment, then call Surgeon as soon as possible.

Acidum Acetylsalicylicum (Aspirin) - Oral pain reliever, anti-inflammatory, anti-fever

Possible side effects

Upset stomach, stomach ulcers with bleeding, ringing in ears, inhibits blood clotting

Acidum Glutaminicum (Aminoglutaric Acid) - Oral amino acid preparation used for central nervous system disorders, including seizures, psychotic reactions, and for accelerating spaceflight adaptation

Possible side effects

Vomiting, diarrhea, irritability; prolonged use may result in anemia

Adrenaline (Epinephrine) - Injectable nervous system stimulant drug used only in severe allergic reaction

Possible side effects

Rapid heart rate, heart palpitations, tremors, sweating

Aetmozine - Oral anti-arrhythmic agent used for rapid heart rate (tachycardia), extra systoles, ventricular arrhythmias

Possible side effects

Upset stomach, slight dizziness, and itchy skin

Aethacizin - Oral anti-arrhythmic agent used for rapid heart rate (tachycardia), extra systoles, atrial arrhythmias, and ventricular premature beats

Possible side effects

Nausea, dizziness, or disruptions in accommodation

Ampioks (Penicillin/Oxacillin) - Oral antibiotic used for infections of throat, lungs, other body areas

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WARNING

Do not use if there is history of penicillin allergy.

Possible side effects
Allergic reactions

Analgin - Oral and injectable pain reliever and anti-fever medication used for headache, muscle ache, and other mild to moderate pain

Possible side effects
Low blood platelet counts and resulting blood clotting defect may result from prolonged use

Anaprilin (Propranolol) - Oral medication that decreases heart rate and blood pressure, decreases heart work load; used for high blood pressure, chest pain, some fast arrhythmias. Same as Inderal in US CHeCS kit

WARNING

Propranolol must not be used if heart rate is less than 60 beats per minute.

Possible side effects
Nausea, vomiting, diarrhea, slow heart rate, dizziness, occasional allergic reactions and bronchospasms

Arthrotec (Diclofenac/Misoprostol) - Oral pain reliever, combination anti-inflammatory and stomach protective prostaglandin. Used if other anti-inflammatory agents cause stomach pains or bleeding

Possible side effects
Upset stomach, bleeding defects

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Ascorbic Acid (Vitamin C) - Used in cases of vitamin C deficiency, various metabolic disorders, and intensive physical loads

Possible side effects

During prolonged use of large doses only, possible kidney damage

Asparkam (Panangin) - Potassium and magnesium asparaginate used for treating and preventing disruptions to cardiac rhythm caused by electrolytic disturbances, primarily low potassium

Possible side effects

Nausea, vomiting, diarrhea, disrupted heart conductivity

Aspirin (Acetyl Salicylic Acid) - Water soluble 325 mg tablets - Oral pain reliever, anti-inflammatory, anti-fever

Possible side effects

Upset stomach, stomach ulcers with bleeding, ringing in ears, inhibits blood clotting

Aspirin Cardio (Acetyl Salicylic Acid) - 100 mg and 300 mg tablets used in heart attack, chest pain from coronary stenosis; makes use of effect to decrease blood clotting

Possible side effects

Upset stomach, stomach ulcers with bleeding, ringing in ears, inhibits blood clotting

Atenolol - Oral medication that decreases heart rate and blood pressure, decreases heart work load; used for high blood pressure, cardiac chest pain, some fast arrhythmias

WARNING

Atenolol must not be used if heart rate is less than 60 beats per minute.

Possible side effects

Fatigue, slow heart rate, dizziness, sleep disturbance, occasional allergic reactions and bronchospasms

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Atropine - Injectable cardiac drug and potent anti-spasmodic agent used for dangerously low heart rate, spasms of stomach, gall bladder, bronchi of lung, urinary tract

Possible side effects

Dryness of the mouth, dilation of the pupils, tachycardia, disrupted urine excretion, decreased intestinal movement

Baralgin - Oral and injectable non-narcotic pain reliever (analgin) combined with anti-spasmodic agents used as an analgesic and anti-spasmodic for renal, hepatic and intestinal colic, and acute migraine attacks

Possible side effects

Prolonged application may result in blood clotting defect due to decrease in platelet number

Bellalgin - Oral anti-spasmodic agent used for diseases of the gastrointestinal tract accompanied by an elevated acidity, smooth muscle spasms, pain

Possible side effects

Dryness of the mouth, dilation of the pupils, tachycardia, disrupted urine excretion, decreased intestinal movement

Biseptol (Trimethoprim/Sulfamethoxazole) - Oral antibiotic, same as Bactrim in US CHcCS kit

NOTE

Do not use if allergy to Sulfa or Trimethoprim exists. Give with caution to patients with severe allergy or asthma.

Possible side effects

Skin rash, headache, stomach upset

Bromhexin (Solvin) - Oral expectorant, loosens secretions of the respiratory tract during respiratory infections

Possible side effects

Prolonged use of the drug can lead to nausea, vomiting, stomach upset

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Caffeine - Oral and injectable stimulant used for increasing mental and physical work capacity during fatigue states and in diseases with suppressed nervous system function

Possible side effects

Reduces blood clotting ability, upset stomach

Cametonum Aerosolum (Chlorobutanol Hydrate) - Aerosol compound drug for inhalation; contains Chlorobutanol hydrate, Camphor, Menthol, Eucalyptus and Vaseline oil; used for inflammation of nose, throat

Possible side effects

In very large doses may cause sedative effects

Carbolen - Activated charcoal tablets, taken orally to adsorb ingested toxins such as with food poisoning, certain drug overdoses

Possible side effects

Constipation or diarrhea

Ciprobay (Ciproflaxacin; same as Cipro in the US CHeCS kit) - Oral broad spectrum antibiotic

Possible side effects

Stomach upset, nausea, diarrhea, vomiting, abdominal pain, skin rash

Cordiamine (Nicotinic Acid Diethylamide) - Injectable central nervous system, respiratory, and vascular system stimulant used in cases of acute and chronic circulatory disorders, reduced vascular tension, collapse and fainting

Possible side effects

Skin flushing and redness, stomach upset

Dekaris (Levamasole) - Oral immune stimulant and antibiotic against certain parasites

Possible side effects

Nausea, headache, diarrhea; prolonged use results in allergic reactions in the form of skin rashes, blood cell changes

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Dexamethasone (Decadron, also in US CHeCS kit) - Injectable steroid used for severe allergic reactions or inflammatory conditions, increased intracranial pressure

Possible side effects

Headache, psychic disturbances, vertigo

Dibazol (Bendazole Hydrochloride) - Injectable cardiovascular anti-spasm agent used in life-threatening high blood pressure events

Possible side effects

Low blood pressure

Emplastrum Capsici (Pepper Plaster) - Topical plaster used to treat local pain from muscle and nerve inflammation

Possible side effects

Mild local skin irritation

Enap (Enalapril/Hydrochlorothiazide) - Oral combination of diuretic and blood pressure medication

Possible side effects

Dizziness, headache, fatigue, dry cough, low blood pressure

Ecefuryl (Nifuroxaside) - Oral antibiotic, particularly used for infections of the gastrointestinal tract

Possible side effects

Allergic reactions

Erythromycin (Erythrocin) - Oral antibiotic

Possible side effects

Nausea, vomiting, stomach pain, disrupted liver function, allergic reactions

Erythromycin Ointment - Topical antibiotic ointment used for bacterial skin infections

Possible side effects

Local skin irritation

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Essentiale - Oral liver protective agent, contains vitamins and cofactors to enhance liver function in cases of hepatitis, toxicity

Possible side effects

Rarely, discomfort in the stomach

Ethyl Alcohol - Topical alcohol used as antiseptic

Falimint - Oral lozenges for inflammation of mouth and throat, cough suppression

Finalgon - Topical ointment used for pain due to local inflammation of joints, muscles, and nerves

Possible side effects

Local skin irritation and redness - rare

Flucinar (Fluocinolone) - Topical steroid ointment used for allergic and contact dermatitis

Possible side effects

Prolonged use may result in skin degeneration

Galasolin Nose Drops - Topical nasal decongestant used for inflammation of the nasal passages

Possible side effects

Frequent and/or prolonged use causes irritation of the nasal mucosa, burning, jabbing pain, sneezing, dryness of the nasal mucosa, and occasional hypersecretion

Gentamycini Sulfas (Garamycin) - Antibiotic eye drops used for infection and prevention of infection of the eye surface in event of injury

Possible side effects

Irritation, itching, burning, and swelling of the eyelids

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Grandaxin (Tofizopam) - Oral sedative and tranquilizer used for anxiety and other psychological disorders

Possible side effects

Nausea, anorexia, stomach discomfort, increased irritability of individual patient

Heparin Ointment - Topical anticoagulant cream used for thrombophlebitis of surface veins and injection complications

Imodium (Loperamide; also in the US CHcCS kit) - Oral anti-diarrheal agent

Possible side effects

Abdominal discomfort, nausea, vomiting, constipation, drowsiness, dizziness, dry mouth

Inhacamf Inhaler - Combination drug containing camphor, menthol, salicylic acid methyl ether, eucalyptus oil; used for nasal inflammation

Iodine Solution (Solutio Iodi Spirituosa) - Tincture of iodine in alcohol for topical antiseptic

Possible side effects

Local allergic reaction, skin irritation

Isoptin (Verapamil) - Oral medication; lowers blood pressure, treats cardiac chest pain, and some rapid arrhythmias

WARNING

Do not use if systolic blood pressure less than 90 mmHg.

Possible side effects

Nausea, dizziness, headache, reddening of the face, constipation. Large doses may result in slow heart rate, low blood pressure

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Kardiket (Isosorbide Dinitrate) - Oral vascular dilating agent used for treating cardiac chest pain

NOTE

Do not use if systolic blood pressure less than 90 mmHg.

Possible side effects

Headache, low blood pressure, fatigue, nausea, vomiting

Kelestoderm (Celestoderm) - Topical steroid ointment used for skin rash, itching

Possible side effects

With prolonged administration, burning sensation, dryness, degeneration of skin

Lasix (Furosemide - also in US CHeCS kit) - Injectable IV diuretic used to treat pulmonary edema (water in lungs causing difficulty breathing) and other fluid overload disorders

Possible side effects

Dehydration, abdominal pain, low blood pressure, low blood potassium, nausea, vomiting, diarrhea

Lasix (Furosemide) - Oral diuretic used to treat pulmonary edema (water in lungs causing difficulty breathing) and other fluid overload disorders

Possible side effects

Dehydration, abdominal pain, low blood pressure, low blood potassium, nausea, vomiting, diarrhea

Levomycetin (Chloramphenicol) - Oral antibiotic

Possible side effects

Stomach discomfort, irritation of the mucous membranes of the mouth and throat, skin rash, dermatitis; rarely blood toxicity effects

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Lidocaine (Xycain, Xylocaine - also in US CHeCS kit) - Injectable local anesthetic, also cardiac drug for suppressing certain arrhythmias

Possible side effects

With deep IM injection for cardiac problems, possible elevated blood pressure, depression of central nervous system, headache, rarely seizures

Lincomycin Ointment (Unguentum Lincomycini) - Antibiotic ointment for skin infection treatment and prevention in case of skin injury

Possible side effects

Localized irritation, allergic reactions

Lorindeni C Ointment (Unguentum Lorindeni C) - Topical steroid and antibiotic ointment for treating skin rash and preventing skin infection

Possible side effects

Contact dermatitis, local irritation, steroid acne, skin degeneration

Methyluracil Ointment (Unguentum Methyluracili) - Topical ointment to stimulate and enhance slow-healing wounds and burns

Possible side effects

Local allergic reactions

Nitroglycerin (also in US CHeCS kit) - Oral tablets to treat cardiac chest pain, heart attack; tablets are dissolved under the tongue

Possible side effects

Headache, dizziness, transient facial flushing, tachycardia, reduced blood pressure

Nitroxoline (5-NOK) - Oral antibiotic used for urinary tract infections, also active against Candida (yeast)

Possible side effects

Nausea, allergic reactions, yellow discoloration of the urine

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Nootropil (Pyracetam) - Oral brain metabolic stimulant used for brain injury and toxicity, treatment of spaceflight induced asthenia

Possible side effects

Irritability, anxiety, sleep disorders, dyspepsia, stomach pains, dizziness, tremors, headache

No-Spa - Injectable anti-spasm agent used for painful spasms of bladder, gall bladder, gastrointestinal tract

Possible side effects

Flushing, dizziness, palpitation, sweating

Nystatin - Oral antibiotic with anti-fungal activity used for treatment and prevention of fungal infections of the mouth and skin

Possible side effects

Nausea, vomiting, diarrhea, rarely fever, allergic reactions

Olasol - Herbal vitamin and antibiotic spray for treating skin wounds, burns, and other skin disorders

Possible side effects

Rare instances of local allergic reactions

Oletetrine (Oleandomycin/Tetracycline) - Oral combination antibiotic with broad spectrum of coverage

Possible side effects

Impairment of liver function

Pantogam - Oral metabolic stimulant, increases mental and physical capacity, also anti-seizure medication and brain protective agent

Possible side effects

Allergic reactions (nasal inflammation, conjunctivitis, skin rash)

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Papazol (Diabazol/Papaverine) - Oral combination anti-spasm agent used for elevated blood pressure, spasms of cerebral and vessels

Possible side effects

Decreased cardiac output, low blood pressure

Persen (Valeriana, peppermint, lemon extracts) - Oral sedative for sleep disorders, irritability, stress

Possible side effects

Oversedation

Pharingosept - Oral antibiotic for mouth and throat infections; placed under the tongue until completely dissolved in the oral cavity (15 --- 30 minutes after eating).

Possible side effects

None listed

Phenazepam - Oral sedative and tranquilizer, muscle relaxant, and anti-seizure medication

Possible side effects

Drowsiness, muscle weakness, dizziness, stomach discomfort

Phenibut - Oral tranquilizer, reduces stress, anxiety and fear, and improves sleep

Possible side effects

Drowsiness

Platyphyllin - Injectable anti-spasm medication used for spasms of the abdominal organs, bronchial asthma, elevated blood pressure

Possible side effects

Overdose may lead to dry mouth, tachycardia, pupil dilation

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Potassium Orotate - Oral metabolic stimulant used for enhancing liver and heart metabolism and for enhancing of activity under stressful physical loads

Possible side effects

Rarely, stomach discomfort

Prednisolone - Injectable steroid used for severe allergic reactions or inflammatory conditions, increased intracranial pressure, severe injuries or burns, shock

Possible side effects

IM injection may cause local pain, erosions of the gastrointestinal tract, elevated blood pressure, psychic disturbances

Pyriditol (Encefabol) - Oral antidepressant with sedative effects, enhances central nervous system metabolism, used for mild depression, asthenia, other psychological disorders

Possible side effects

Headache, nausea, insomnia, irritability

Radedorm (Berlidorm, Nitrazepam) - Oral sedative and tranquilizer, muscle relaxant and anti-seizure medication, used for insomnia

Possible side effects

Morning fatigue, disrupted concentration, slowed reactions, muscle weakness

Relanium (Diazepam, seduksen, sibazon - Same as Valium in the US CHeCS kit) - Injectable sedative, anti-seizure drug, muscle relaxant

Possible side effects

Drowsiness, fatigue, nausea, muscle weakness, slow heart rate, blurred vision

Remantadine - Oral anti-viral agent used for influenza prevention and treatment

Possible side effects

Rarely, stomach discomfort

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Riboxine (Inozin) - Oral metabolic stimulant oriented to heart activity, used for coronary disease, cardiac chest pain, inflammation of heart

Possible side effects

Itching, flushing of skin

Rudotel (Medazepam) - Oral tranquilizer and anti-anxiety medication, for daytime use in treating anxieties and other psychological disturbances

Possible side effects

Drowsiness, dizziness, constipation, disrupted eye focusing, tachycardia

Senadexine (Senade) - Oral bowel stimulant used as laxative for constipation

Possible side effects

Abdominal cramping, nausea, vomiting, discoloration of urine, rarely skin rash

Soda (Sodium Bicarbonate) - Oral antacid tablets for use in heartburn, upset stomach

Possible side effects

Use over a long period may cause loss of appetite, nausea, vomiting, abdominal pains, and a possible increase in body temperature

Sofradex (Framecycin/Gramicidin/Dexamethasone) - Antibiotic and anti-inflammatory drops for treating bacterial infections of the eyes and ears

Possible side effects

Increased intraocular pressure

Solcoseryl Ointment - Topical metabolic stimulant, used for enhancing wound healing

Possible side effects

Local mild skin irritation, burning

Solutio Ammonii Caustici (Ammonia Inhalant) - For restoring consciousness and stimulating respiration in simple fainting

Possible side effects

In large concentrations, may cause reflex cardiac arrest

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Solutio Sulfacyli-Natrii (Sulfacetamide Drops) - Antibiotic eye drops for treating and preventing bacterial infections of the eye surface (conjunctivitis)

Possible side effects

Rarely, skin irritation

Solutio Viride Nitens - Topical antiseptic solution for scratches, abrasions, cuts, inflammatory diseases of the skin

Possible side effects

May cause local skin irritation

Sulfadimethoxine (Depo-Sulfamid) - Oral sulfa antibiotic

Possible side effects

Allergic reactions, stomach upset, headache, rash

Sulfocamphocaine - Injectable cardiac metabolic stimulant used for cardiac insufficiency

Possible side effects

Decreased blood pressure

Suppositoria "Cefeconum" (Salifylamide/Amidopyrine/Phenacetin/Caffeine) - Suppositories with combination of medications for pain and fever relief when oral agents cannot be tolerated

Possible side effects

May produce local irritant effect

Suprastin (Chloropyramine) - Oral and injectable antihistamine used for allergic reactions and for treatment of nausea

Possible side effects

Dizziness, drowsiness, dry mouth; nausea and diarrhea when taken internally

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Sustak Forte (Nitroglycerin Depot) - Oral nitroglycerin preparation for treatment and prevention of cardiac chest pain

Possible side effects

Headache, dizziness, nausea, temporary facial flushing, sensation of heat, tachycardia, decreased blood pressure

Tarivid (Ofloxacin) - Oral antibiotic with wide spectrum of coverage

Possible side effects

Nausea, vomiting, diminished appetite, headache, dizziness, insomnia, blood clotting defect due to low platelets

Tavegil (Clemastin) - Oral antihistamine used for acute allergic reactions and other allergic conditions

Possible side effects

Fatigue, drowsiness, rarely dry mouth, headache, dizziness, stomach upset

Tetracycline Eye Ointment - Antibiotic ointment for treating infections of the eye

Possible side effects

Allergic reactions, local irritation

Triampur (Triamterene/Hydrochlorothiazide) - Oral combination diuretic for treating edema (swelling) and other volume overload disorders

Possible side effects

Nausea, vomiting, headache, decreased blood pressure, tachycardia

Trinitrolong - Topical long acting nitroglycerine patch, similar to nitroglycerine patch in US CheCS kit, used for treatment and prevention of cardiac chest pain

Possible side effects

Headaches, dizziness, decreased blood pressure

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Troxevazin Gel - Topical gel used for treating varicose veins, thrombophlebitis, swelling from injuries

Possible side effects

Local irritation, allergic reactions

Tusuprex (Libexin) - Oral cough medication, non-narcotic

Possible side effects

Nausea, vomiting, stomach discomfort, fatigue

Validol (Validolum) - Oral central nervous system and neurovascular agent used for sedation during hysteria, cardiac chest pain, nausea

Possible side effects

Mild nausea, watery eyes, dizziness

Vetoron - T (Beta Carotene) - Oral beta carotene preparation used for vitamin deficiency, immune stimulant, toxicity states, radiation exposure

Possible side effects

Yellow discoloration of skin when used for long period

Vibramycin - Oral antibiotic

Possible side effects

Nausea, vomiting, decreased appetite, stomach discomfort

Vicasol (Vicasolum) - Oral and injectable synthetic analog of vitamin K used to restore normal blood clotting function during uncontrolled bleeding

Possible side effects

May lead to abnormal blood clotting

Vitrum - Oral multivitamin preparation used to treat and prevent vitamin and mineral deficiencies

RUSSIAN MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

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Voltaren (Diclofenac, Ortophen - also in US CHeCS kit) - Oral anti-inflammatory agent for pain such as headache, backache, sinus pain

Possible side effects

Stomach upset, erosive and ulcerous lesions of the gastrointestinal tract, hemorrhaging, headaches, fluid retention

Xanax (Alprazolam) - Oral sedative and tranquilizer, muscle relaxant and sleeping aid used for sleep disorders, anxiety, other psychological disturbances

Possible side effects

Drowsiness, dizziness, disruption in concentration, delayed mental and motor reactions

Zovirax (Acyclovir) - Ophthalmic ointment used for treating eye infections caused by Herpes Simplex virus

Possible side effects

Possible localized burning, conjunctivitis

Zovirax (Acyclovir) – Cream used for treating skin infections caused by Herpes Simplex and Herpes Zoster virus

Possible side effects

Localized burning and skin irritation

SEIZURES - EMERGENCY

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

- ALSP
(red)
1. Restrain patient.
If seizure resolved, go to step 6.
If seizure persists, go to step 2.

NOTE

1. Generalized seizure, or total body convulsions, may result from severe illness, head injury, stroke, prolonged hypoxia, or other disorders. It is most important to prevent injury during the seizure by guiding the patient away from hard structures; do not tightly restrain. Ensure that the airway is open, but do not insert any object into the mouth. There is a good chance the seizure will resolve on its own, but as soon as seizures are recognized, Diazepam (Valium) injection should be prepared.
2. Following a generalized seizure, the following may commonly be seen: short period of no breathing, confusion, no memory of event, incontinence of bladder or bowel, high blood pressure. These will generally resolve within a few hours. The patient should be checked thoroughly for injuries, including tongue laceration from bite injury.

- ALSP
(red)
2. Diazepam (Valium) Injectable (Drug-8,9,10) - Sedative, anticonvulsant/
antiseizure drug
- ___-2 Relanium (Diazepam) - Injectable IM

NOTE

Valium and Relanium are both trade names for the drug Diazepam, used to stop seizures while they are occurring. The CHeCS (Tubex Cartridge) and Russian (Ampule) drugs are equivalent in concentration and dose. Diazepam is poorly absorbed IM and preferably given IV. If CMO cannot access IV, it may be given IM.

SEIZURES - EMERGENCY

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Dose: Inject 2cc intravenously (slowly, give entire ampule over 2 minutes) or intramuscularly as soon as possible.

Refer to {INJECTIONS - INTRAVENOUS} (SODF: ISS MED: INJECTIONS/IV), {INJECTIONS - INTRAMUSCULAR} (SODF: ISS MED: INJECTIONS/IV).

WARNING

May cause low blood pressure, reduced breathing rate, sedation when given IV.

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, fatigue, nausea, slow heart rate, blurred vision

3. If no effect or seizure persists, repeat Diazepam (Valium) injection after 5 minutes.
4. If seizure persists after two doses of Diazepam (Valium)
 - 4.1 Start IV, if not previously started.
Refer to {INJECTIONS - INTRAVENOUS} (SODF: ISS MED: INJECTIONS/IV).
 - 4.2 Attach ECG Leads.
Refer to {CARDIOPULMONARY RESUSCITATION: CPR - ECG DATA STORAGE - EMERGENCY} (SODF: ISS MED: EMERGENCY).
 - 4.3 If Diazepam (Valium) does not control seizure, give Phenytoin (Dilantin) IV.
Monitor blood pressure.

SEIZURES - EMERGENCY

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WARNING

1. ECG must be monitored to give Dilantin IV.
2. Stop Dilantin injection on Surgeon call.

ALSP
(red)

5. Administer Phenytoin (Dilantin) Injectable (Drug-43 --- 52) - For treatment of seizures

Dose: Inject one ampule (50 mg/ml/2 ml) IV, slowly.
Inject one full ampule and additional ampules at no more than 0.5 ml per minute.
Up to 10 ampules may be used.

WARNING

Dilantin IV must be delivered at less than 1cc/minute to prevent dysrhythmias, low blood pressure, and reduced breathing rate.

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects
Slurred speech, confusion

6. After seizure stops
If no pulse or respiration, perform {CARDIOPULMONARY RESUSCITATION: CPR - EMERGENCY} (SODF: ISS MED: EMERGENCY).

If unconscious, insert airway and provide ventilatory support.
Refer to {CARDIOPULMONARY RESUSCITATION: CPR - EMERGENCY} (SODF: ISS MED: EMERGENCY).

SEIZURES - EMERGENCY

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If patient conscious and not vomiting and able to swallow tablets, go to step 10 for first dose of oral medication, then return to step 7.

SEIZURES - EMERGENCY

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7. Start IV if not previously started.
Refer to {INJECTIONS - INTRAVENOUS} (SODF: ISS MED: INJECTIONS/IV).
8. Attach ECG leads.
Refer to {CARDIOPULMONARY RESUSCITATION: CPR - ECG DATA SUPPORT - EMERGENCY} (SODF: ISS MED: EMERGENCY).
9. Contact Surgeon.
10. If person is conscious following seizure and able to swallow tablets, provide oral medication to prevent recurrence.

DRUG HELP

Either Phenytoin (Dilantin) or Phenazepam may be taken orally to prevent recurrence of seizure. Phenazepam is associated with more sedative side effects than Phenytoin, but this is not a significant problem in this setting. Preferably ground support will advise on choice. If comm not available, administer either one as soon as patient able to swallow. Pantogam is a supplemental medication and is not so urgent in using; ground will advise.

AMP
(blue)

Phenytoin (Dilantin) Oral (P1-B21) - For treatment of seizures

Dose: 1 tablet every 4 hours for 5 doses in first 24 hours, then 1 tablet 3 times/day.

-OR-

—

Phenazepam Oral - For treatment of seizures

Dose: 2 tablets
Ground will advise if further doses necessary.

Possible side effects
Drowsiness, muscle weakness, dizziness

Supplemental medication: ground will advise on use

SEIZURES - EMERGENCY

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— Pantogam Oral - For treatment of seizures

Dose: 1-2 tablets 2 times/day

Possible side effects

Allergic reactions (rhinitis, skin rash)

NOTE

The following drugs should not be used together as they may cause excessive drowsiness in combination: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprestin, Tavegil, Xanax.

11. If seizure recurs, contact Surgeon, return to step 3, and contact Surgeon as soon as possible.

Possible side effects

Drowsiness, fatigue, nausea, slow heart rate, blurred vision

SHOCK - CIRCULATORY COLLAPSE - EMERGENCY

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NOTE

The most critical step is identifying and treating the underlying cause.

Basic causes of shock are:

Anaphylaxis - severe allergic reaction

Heart attack

Loss of circulating blood volume (bleeding, burns, dehydration)

Decompression sickness

Venous dilation (allergy, pain, drugs, heat stroke, infection)

High or low body temperature

SIGNS

Pulse - rapid, weak, thready

Respiration - shallow, irregular, labored

Blood Pressure - low, falling

Mental State - confused, sluggish, anxious

Eyes - pupils may be dilated

Skin - cold, clammy, sweating

If no pulse or respiration, perform {CARDIOPULMONARY RESUSCITATION: CPR - EMERGENCY} (SODF: ISS MED: EMERGENCY).

1. Evaluate vital signs and record every 5 minutes every 5 minutes.

	Time (minutes)	0	5	10	15	20	25	30
ALSP	Blood Pressure (ALSP-4)							
	Pulse							
	Respiratory Rate							
ALSP	Temperature (Assessment-4)							
ALSP	Pulse Oximeter (Assessment-3)							

2. Unstow and don Non-Sterile Gloves (ALSP Airway-4,5,6).
If bleeding, control by applying direct pressure using Gauze Pads (Airway-11).
3. Prevent loss of body heat with clothing, sleeping bag, warm environment.

SHOCK - CIRCULATORY COLLAPSE - EMERGENCY

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4. Attach ECG leads.
Refer to {CARDIOPULMONARY RESUSCITATION: CPR - ECG DATA STORAGE - EMERGENCY} (SODF: ISS MED: EMERGENCY).
5. Contact Surgeon.
6. If no immediate ground communication available, start IV with 1L bag Normal Saline.
Fully open roller clamp assembly to allow maximum flow.
Refer to {INJECTIONS - NONPOWERED INTRAVENOUS FLUID INFUSION} (SODF: ISS MED: INJECTIONS/IV).

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

SYMPTOMS

Facial pain
Ear pain
Tooth pain
Congestion

CAUSES

Pressure changes
Respiratory infection-congestion or sinus infection

DIAGNOSIS

- AMP
(blue)
- AMP
(blue)
1. Examine ear with Otoscope (Physical Exam-9).
For redness, fluid, bubbles, movement, or perforation
 2. Record body temperature: _____ with Oral Disposable
Thermometers (P3-A2).
 3. Contact Surgeon with results and for treatment recommendations.

TREATMENT

1. Decongestants

DRUG HELP
1. Sudafed has a more rapid onset of effect and is shorter acting than Entex LA. It is a simple and effective decongestant, and may also be used prior to any pressure changes (such as EVA) after consultation with Surgeon. Sudafed's main possible side effects are rapid heart rate and "jitteriness." For sinus problems, it is recommended to start with Sudafed, then consult with Surgeon.
2. Afrin Nasal Spray and Galasolin Nasal Drops are topical nasal decongestants and useful for nasal and ear congestion. These are good agents if mildly congested and any pressure changes are anticipated. Use only as needed, and do not use either agent for more than 3 days.
3. Entex LA contains a decongestant and a medication to loosen secretions. Entex LA is longer acting and milder, and is a good choice for mild but persistent symptoms.

AMP
(blue)

Afrin Nasal Spray (P2-B1) - Topical nasal decongestant

Dose: 1-2 sprays every 12 hours as needed

Possible side effects

Burning, stinging, dryness, sneezing, or increased nasal discharge
Usage more frequently than directed can produce chronic nasal congestion.

___-2

Galasolin Nasal Drops - Topical nasal decongestant

Dose: 1-2 drops in each nostril, 1 to 3 times/day

Possible side effects

Tachycardia (rapid heart rate greater than 100 beats per minute),
increased blood pressure

SINUS PROBLEMS

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AMP
(blue) Entex LA (Phenylpropanolamine/Guaifenesin) (P1-B14,15)

Dose: 1 tablet every 12 hours as needed

Possible side effects

Insomnia, restlessness, headache, nausea

AMP
(blue) Sudafed (Pseudoephedrine) (P1-B16)

Dose: 1-2 tablets every 6 hours as needed

Possible side effects

May cause high blood pressure and rapid heart rate, restlessness

2. Antibiotics

DRUG HELP

All of these medications (Amoxil, Ampiks, Biseptol/Bactrim, Duricef, Cipro/Ciprolet, Tarivid, Zithromax) are generally effective for sinus infection, and serious side effects are uncommon. Selection depends on individual experience and known allergies or sensitivities. It is best to check with Surgeon before beginning treatment. Depending on severity, treatment may be extended from 7 to 14 days.

NOTE

If fever, contact Surgeon for antibiotic choice.

AMP
(blue) Amoxil (Amoxicillin) (P1-A13,14,15)

Dose: 1 capsule 3 times/day for 10 to 14 days

WARNING

Do not use if there is history of Penicillin or Cephalosporin allergy.

Possible side effects

Nausea, diarrhea, rash

SINUS PROBLEMS

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___-1 Ampioks (Penicillin/Oxacillin)

Dose: 2 capsules 4 to 6 times/day for 7 days

WARNING

Do not use if there is a history of Penicillin allergy.

Possible side effects

Nausea, vomiting, diarrhea

-OR-

___ Bispetol (Trimethoprim/Sulfamethoxazole)

Dose: 1-2 tablets 2 times/day for 7 days

WARNING

Do not use if allergy to Sulfa or Trimethoprim exists.
Give with caution to patients with severe allergy or
asthma.

Possible side effects

Skin rash, headache, stomach upset

-OR-

AMP Bactrim DS (Trimethoprim/Sulfamethoxazole) (P1-A4,5)
(blue)

Dose: 1 tablet 2 times/day for 10 to 14 days

WARNING

Do not use if allergy to Sulfa or Trimethoprim exists.
Give with caution to patients with severe allergy or
asthma.

Possible side effects

Skin rash, headache, stomach upset, photosensitivity

SINUS PROBLEMS

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AMP
(blue) Duricef (Cefadroxil) (P1-A18,19)

Dose: 1-2 capsule every 12 hours for 10 to 14 days

WARNING

Do not use if there is history of Penicillin or Cephelosporin allergy.

Possible side effects

Diarrhea, nausea, vomiting, abdominal pain, rash

__-4 Tarivid (Ofloxacin)

Dose: 1 tablet 1 to 2 times/day for 7 days

Possible side effects

Nausea, vomiting, headache, dizziness, insomnia, allergic reactions, decreased field of vision

-OR-

__-2 Ciprolet (Ciprofloxacin)

Dose: 1 tablet 2 times/day for 7 days

Possible side effects

Nausea, diarrhea, vomiting, abdominal pain

AMP
(blue) Zithromax (Azithromycin) (P1-B7)

Dose: 2 capsules first day followed by 1 capsule 1 time/day for 4 days

Possible side effects

Diarrhea, nausea, abdominal pain, vomiting

3. Pain Medication

DRUG HELP
1. Ascriptin (buffered aspirin), is an anti-inflammatory and analgesic agent. It may cause mild upset stomach and should be avoided if there is allergy to aspirin.
2. Tylenol and Analgin are analgesics. Analgin has minimal anti-inflammatory effects and Tylenol has none. They do not cause upset stomach, and work almost as well for general pain as do the anti-inflammatory agents. Selection is based on preference and experience.
3. Ascriptin, Tylenol, and Analgin all help to reduce fever.

AMP
(blue)

Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory

Dose: 1-2 tablets every 4 to 6 hours as needed

NOTE

Do not use in patients with asthma, history of aspirin allergy, GI, or other bleeding problems.

Possible side effects

Upset stomach, ringing in ears

___-1

Analgin - Non-narcotic analgesic agent

Dose: 1 tablet 3 times/day

Possible side effects

Blood clotting defect due to low platelet count

AMP
(blue)

Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

Possible side effects

Can cause ringing in ears

4. Contact Surgeon and schedule follow-up observation and PMC activities.

SKIN INFECTION

(ISS MED/3A - ALL/FIN)

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I

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

SIGNS

Skin is red, warm, tender

Pus may be seen coming out of localized point

TREATMENT

1. Contact Surgeon and photodocument the infection every 24 hours.
2. Antibiotics

DRUG HELP

1. Many skin infections will heal well with topical ointment alone. Consult with Surgeon before beginning treatment.
2. Duricef works well for skin infections, and it is preferred to use this agent first unless there is known sensitivity or allergy to this or related medications. Erythromycin, Zithromax, Tarivid, and Ciprolet also work well for skin infections. Selection will be based on availability and known sensitivities. Surgeon will advise.
3. Local skin care will be important along with antibiotic treatment. Surgeon will advise.

AMP
(blue)

Duricef (Cefadroxil) (P1-A18,19)

Dose: 1 capsule every 12 hours for 10 days

WARNING

Do not use if there is a history of Penicillin or Cephalosporin allergy.

Possible side effects

Diarrhea, nausea, vomiting, abdominal pain, rash

SKIN INFECTION

(ISS MED/3A - ALL/FIN)

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AMP
(blue)

Zithromax (Azithromycin) (P1-B7)

Dose: 2 capsules 1st day, followed by 1 capsule 1 time/day for 4 days

Possible side effects

Diarrhea, nausea, abdominal pain, vomiting

___-1

Erythromycin - Broad-spectrum oral antibiotic

Dose: 2-3 tablets 4 times/day (1 hour before eating, or 2-3 hours after eating)

Possible side effects

Occasional stomach upset, nausea, vomiting

___-4

Tarivid (Ofloxacin) - Oral antibiotic

Dose: 1 tablet 1 to 2 times/day for 7 days

Possible side effects

Nausea, vomiting, headache, dizziness, insomnia, allergic reactions

___-2

Ciprolet (Ciprofloxacin) - Oral antibiotic

Dose: 1 tablet 2 times/day for 7 days

Possible side effects

Nausea, vomiting, diarrhea, abdominal pain

3. Topical Ointments

AMP
(blue)

Bactroban (Mupirocin) (P4-B1) - Topical ointment for skin infection

Dose: Apply thinly to affected area once/day until skin is healed.

Possible side effects

Skin burning, itching

SKIN INFECTION

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— Erythromycin Ointment - Topical ointment for skin infection

Dose: Apply thinly to affected area 3 times/day until skin is healed

Possible side effects

Allergic skin reactions

SKIN RASH

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

DERMATITIS

NOTE

Skin rash encountered in flight will most likely be contact dermatitis, usually due to prolonged or repeated contact with a skin irritant and localized to the contact area (often hands and arms). This may be a delayed allergic reaction, or a non-allergic dermatitis caused by prolonged or repeated contact with soaps, solvents, coolants, or even water and sweat. The most important part of treatment is removing the cause and limiting contact. Antihistamine medications such as Benadryl and Claritin may not be needed if the rash is not allergic. Surgeon will advise.

Signs

Skin is red, warm

May have hives or blisters

May have itching

DRUG HELP

1. Kenalog, Flucinar, and Celestoderm are topical steroid creams and ointments and will often resolve skin rash when used alone. All are about equally effective. Lorindeni C is a combination steroid and antibiotic ointment.
2. Benadryl, Suprastin, and Claritin are antihistamines. Benadryl and Suprastin have more rapid onset of effect and are shorter acting than Claritin. For bothersome symptoms, such as itching, it is best to use one of these first. Either is a good choice for allergic symptoms which interfere with sleep.
3. Claritin takes longer to take effect, but is longer acting and is not sedating.
4. In general, do not use these agents in combination with one another due to oversedation.
5. Deltasone is a steroid, and should not be taken without Surgeon consultation.

SKIN RASH

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Treatment

1. Creams/Ointments

AMP (blue)	<p>Kenalog Cream (Triamcinolone) (P2-A17) - Topical steroid cream for skin rashes</p> <p>Dose: Apply a thin layer 2 times/day until rash is resolved (rub in well, avoid contact with eyes).</p>
___	<p>Lorindeni C - Steroid/antibiotic ointment for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Contact eczema, steroid acne</p>
___	<p>Flucinar - Steroid cream for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Prolonged use may result in skin thinning</p>
Medical Kit with Ointments	<p>Celestoderm - Steroid cream for skin rashes</p> <p>Dose: Apply thinly to affected area 1-2 times/day until rash is resolved</p> <p>Possible side effects Contact dermatitis, steroid acne, prolonged use may result in skin thinning</p>

2. Antihistamines

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Demerol, Dilantin, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

AMP
(blue)

Benadryl (Diphenhydramine) (P1-B23) - Oral antihistamine; used for allergic reactions or for drug-induced muscle spasms

Dose: 1 capsule every 6 hours as needed

Possible side effects

Drowsiness, inability to concentrate, dry mouth, blurred vision, rash, sensitivity to light, headache, rapid heart rate, dizziness, fatigue

AMP
(blue)

Claritin (Loratadine) (P1-B4) - Oral non-sedating antihistamine

Dose: 1 tablet every 12 hours as needed

Possible side effects

Dry throat and mouth, drowsiness

___-1

Suprastin (Chloropyramine) - Oral antihistamine used for relief of allergic symptoms

Dose: 1 tablet 3 times/day

Possible side effects

Dry mouth and throat, drowsiness, dizziness, nausea

SKIN RASH

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If rash (hives) or itching worsens

3. Oral Steroids

AMP
(blue)

Deltasone (Prednisone) (P1-A16)-Oral steroid

Dose: 6 tablets in one dose

Possible side effects (with several days treatment)

High blood pressure, salt and water retention (generalized swelling),
mood changes, increased sweating, headache, vertigo

Contact Surgeon for further dosing and photodocument the rash every
24 hours.

FUNGAL

Signs

Skin is red, scaly

Oval/round patches with central scales or central clearing may be present

Treatment

AMP
(blue)

Lotrimin Cream (Clotrimazole Cream) (P2-A15) - Antifungal skin medication

Dose: Apply a thin layer 2 times/day for 14 days.

Rub in well, avoid contact with eyes.

Contact Surgeon for further dosing and photodocument the rash every
24 hours.

SKIN EXPOSURE TOXICOLOGY TREATMENT

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1. Remove individual from further exposure.
- SM 2. Don Chemical Resistant Gloves from CCPK.
3. Remove contaminated clothing and, if possible, place into Chemical Resistant Bag from CCPK.
If not, place in trash container and label with appropriate Hazard Decal.
4. Remove any remaining toxic material from skin by washing affected area with copious amounts of water using wet Towels.
Dispose of Towels in Chemical Resistant Bags in CCPK.
5. As required, treat as surface burn and refer to BURNS
(SODF: ISS MED: A THROUGH B).
6. Contact Surgeon.

SLEEP MEDICATION OVERDOSE - EMERGENCY

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SIGNS

Confusion
Lethargy
Difficulty waking

SYMPTOMS

Decreased respiratory rate
Low blood pressure
Slow heart rate

1. If not breathing, go to {CARDIOPULMONARY RESUSCITATION: CPR - ORAL AIRWAY INSERTION - EMERGENCY} (SODF: ISS MED: EMERGENCY).
2. Perform vital signs and record as necessary every 5 minutes.

	Time (minutes)	0	5	10	15	20	25	30
ALSP	Blood Pressure (ALSP-4)							
	Pulse							
	Respiratory Rate							
ALSP	Temperature (Assessment-4)							
ALSP	Pulse Oximeter (Assessment-1)							

WARNING

Recurrence of sedation can occur if large amounts of sedatives were ingested. Close monitoring is needed for several hours after use. If sedation recurs, repeat dosing below no more often than every 20 minutes.

3. Romazicon (Flumazenil) Injectable (Drug-19 --- 22, 58) - Antidote for overdose of Restoril or Valium
Refer to {INJECTIONS - BUTTERFLY NEEDLE} (SODF: ISS MED: INJECTIONS/IV).

Dose: Inject 2 ml over 30 seconds.
Wait 30 seconds.

SLEEP MEDICATION OVERDOSE - EMERGENCY

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If no response, repeat with 3 ml over 30 seconds.

Wait 30 seconds.

If no response, repeat 5 ml over 30 seconds.

If still no response, then symptoms are unlikely due to sedative overdose.

Possible side effects

Dizziness, sweating, headache, blurred vision, nausea, vomiting, agitation

3. Contact Surgeon.

SORE THROAT

(ISS MED/3A - ALL/FIN)

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

DIAGNOSIS

Signs

Red throat
Swollen glands in neck
White blotches on tonsils

Symptoms

Pain on swallowing
Possible fever

- AMP
(blue)
1. Perform throat exam using Penlight (Physical Exam-5) and Tongue Depressors (P3-A9, Physical Exam-4).
- ___-2
2. Cametonum Aerosol (Chlorobutanol Hydrate) - Antiseptic and anesthetic aerosol

Dose: The drug is inhaled for 1-2 minutes 3 to 4 times/day
- ___-4
3. Faringosept Throat Lozenges

Dose: 1 tablet dissolved under the tongue 3 to 5 times/day

NOTE

Dissolve lozenge in mouth at least 15 minutes after meal.

SORE THROAT

(ISS MED/3A - ALL/FIN)

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TREATMENT

4. Antibiotics

DRUG HELP
1. Sore throat does not always require antibiotic treatment. It is best to consult with Surgeon before beginning treatment.
2. All of these medications (Amoxil, Ampioks, Duricef, Doxycycline, Ciprolet, Taravid) are generally effective for bacterial throat infection, and serious side effects are uncommon. Selection depends on individual experience and known allergies or sensitivities.

AMP
(blue)

Amoxil (Amoxicillin) (P1-A13,14,15)

Dose: 1 capsule every 8 hours for 10 days

WARNING

Do not use if there is a history of Penicillin or Cephalosporin allergy.

Possible side effects
Nausea, diarrhea, rash

___-1

Ampioks (Ampicillin/Oxacillin)

Dose: 2 capsules 4 to 6 times/day for 7 days

WARNING

Do not use if there is history of Penicillin allergy.

Possible side effects
Nausea, vomiting, diarrhea

SORE THROAT

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___-3 Doxycycline (Vibramycin)

Dose: 1-2 capsules 2 times/day for 7 days

Possible side effects

Nausea, vomiting, headache, dizziness, insomnia, allergic reactions

___-2 Ciprolet (Ciprofloxacin)

Dose: 1 tablet 2 times/day for 7 days

Possible side effects

Nausea, vomiting, diarrhea, abdominal pain

AMP Duricef (Cefadroxil) (P1-A18,19)

(blue)

Dose: 1 tablet 2 times/day for 10 days

WARNING

Do not use if there is a history of Penicillin or Cephalosporin allergy.

Possible side effects

Diarrhea, nausea, vomiting, abdominal pain, rash

TREATMENT

<p style="text-align: center;"><u>NOTE</u> Immediate application of cold pack will reduce swelling.</p>

1. Wet Towel with cold water, apply to injury for 10 minutes. Repeat 3 times.
 2. Immobilize sprain with figure-eight Ace Bandage (P2-B7,8) or use SAM Splint (P4-A7) with Ace Bandage. Cut SAM Splint into smaller size if necessary. Alternatively, use splint kit (____). Ground will advise based on injury.
- AMP
(blue)

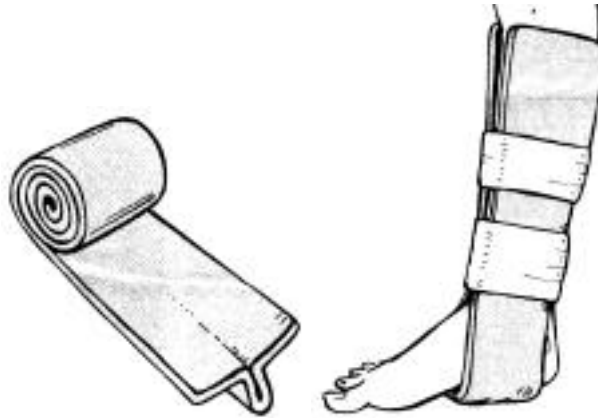


Figure 1.- Ankle Sprain.

PAIN RELIEF

DRUG HELP
1. Ascriptin (buffered aspirin), Motrin, Voltaren, and Arthrotec are all anti-inflammatory and analgesic agents and in the doses recommended here, are nearly equivalent in pain relief. All may cause mild upset stomach and should be avoided if there is allergy to aspirin. Arthrotec is a combination of anti-inflammatory drug and stomach-protective agent, with decreased risk of stomach discomfort and erosions; it should be used if the other agents can not be tolerated. Selection is based on crew experience and dosing convenience.
2. Tylenol and Analgin are analgesics. Analgin has minimal anti-inflammatory effects and Tylenol has none. They do not cause upset stomach, and work almost as well for general pain as do the anti-inflammatory agents. Selection is based on preference and experience.
3. Use of Arthrotec decreases the risk of developing erosive and ulcerous lesions of the gastrointestinal tract.

AMP
(blue)

Ascriptin (Aspirin) (P1-B1,2) - Pain reliever, anti-inflammatory

Dose: 1-2 tablets every 4 to 6 hours as needed

WARNING
Do not use in patients with asthma, history of aspirin allergy, or GI or other bleeding problems.

Possible side effects

Upset stomach, ringing in ears

AMP
(blue)

Motrin (Ibuprofen) (P1-B5,6) - Intermediate-strength pain reliever

Dose: 1 tablet every 8 hours with food and drink

NOTE
Do not take if allergic to aspirin.

STRAINS/SPRAINS

(ISS MED/3A - ALL/FIN)

Page 3 of 5 pages

Possible side effects
Upset stomach, diarrhea

AMP
(blue)
__-1

Voltaren (Diclofenac Sodium) (P1-B10) - Anti-inflammatory drug
Effective alternative to Motrin for pain relief of headache, backache, sinus
pressure.

Dose: 1 tablet 2 to 3 times/day as needed

NOTE

Do not take if allergic to aspirin.

Possible side effects
Abdominal pain, cramps, fluid retention

__-1

Arthrotec (Diclofenac/Misoprostol) - Non-steroidal anti-inflammatory drug
with stomach protective prostaglandin

Dose: 1 tablet 2 to 3 times/day

Possible side effects
Abdominal pain, nausea, diarrhea, flatulence

__-1

Analgin - Non-narcotic analgesic agent

Dose: 1 tablet 3 times/day

Possible side effects
Blood clotting defect due to low platelet count

AMP
(blue)

Tylenol (Acetaminophen) (P1-A1,2,3) - Aspirin-free pain reliever

Dose: 1-2 tablets every 4 to 6 hours as needed

STRAINS/SPRAINS

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Page 4 of 5 pages

3. After 24 hours, apply heat to injured area.

AMP
(blue)

3.1 Obtain Towel, Ace Bandage (P2-B7,8).
Wet Towel with warm water.

3.2 Apply Towel to injured area for 10 minutes, secure with Ace
Bandage.

3.3 Repeat up to 3 times/day, if necessary.

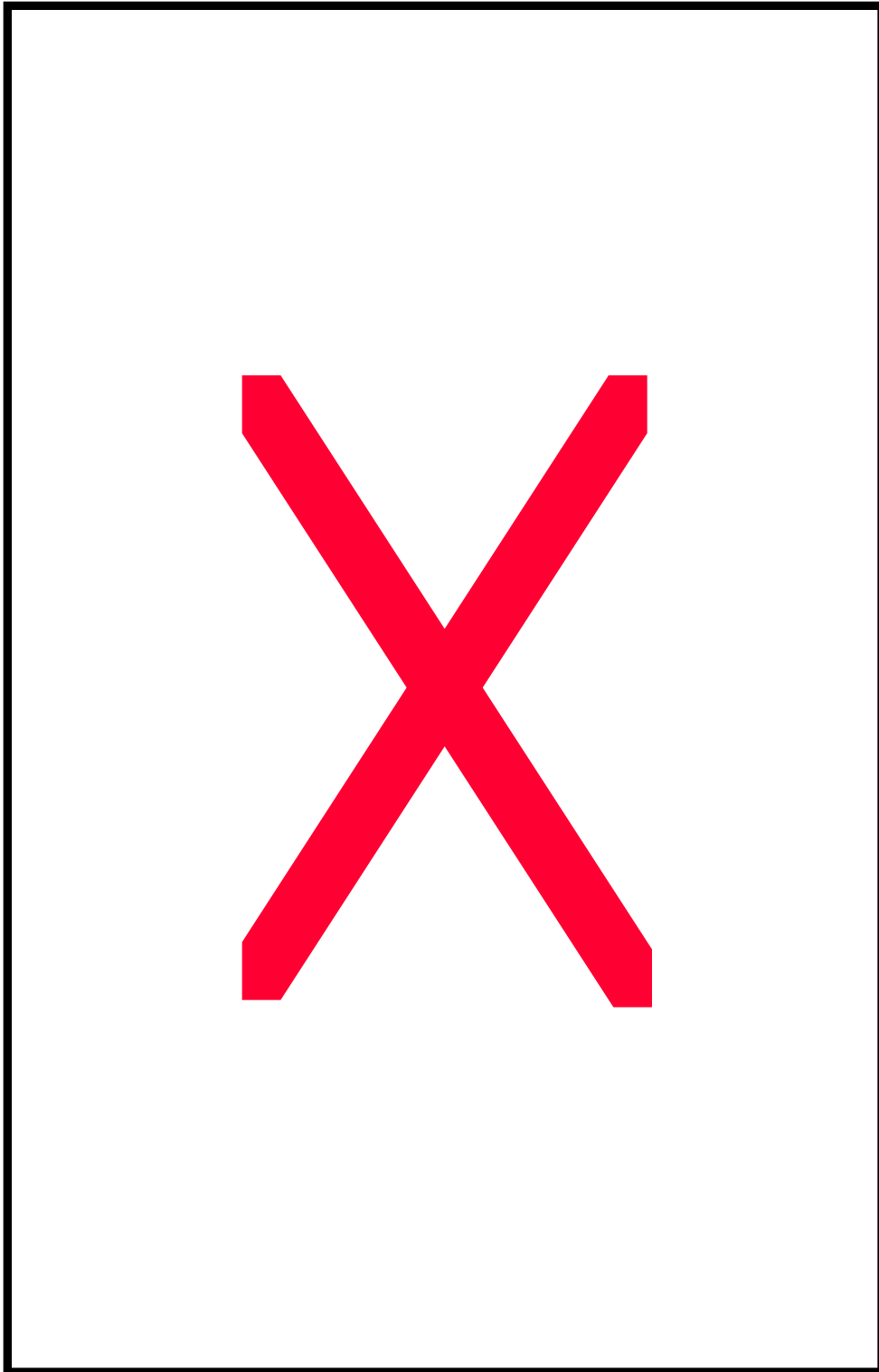


Figure 2.- Strains/Sprains.

BEHAVIORAL - SUICIDAL - EMERGENCY

(ISS MED/3A - ALL/FIN)

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

- ALSP
(red)
1. Unstow:
 - Drug Subpack
 - Gray Tape
 - Bungees
 - Towels
 2. Talk with the patient while you are restraining him. Explain what you are doing, and that you are using a restraint to ensure that he is safe. Restrain patient using Gray Tape around wrists, ankles, and use a bungee around the torso.

- AMP
(blue)
3. Administer 5 mg Valium (Diazepam) Oral (P1-A12) - Sedative, anticonvulsant, antiseizure drug

If patient is uncooperative with taking oral dose of Valium (Diazepam), give IM Valium (Diazepam) as noted in step 5.

Possible side effects

Drowsiness, fatigue, nausea, slowed heart rate, blurred vision.
Romazicon is antidote for overdose.

NOTE

Backup CMO should remain with restrained crewmember at all times. Confirm presence of radial and pedal pulses. If pulses are weak or faint, loosen restraints.

4. Monitor and record vital signs while the patient is restrained:
 - If blood pressure, pulse, or breathing is abnormal or unstable, check vital signs approximately every 5 minutes and record values with time.
 - If and when blood pressure, pulse, and breathing is stable for two or three readings, decrease frequency to every 15 minutes until advised by ground.

BEHAVIORAL - SUICIDAL - EMERGENCY

(ISS MED/3A - ALL/FIN)

	Time (minutes)						
	Pulse (radial (#), pedal (±))						
ALSP	Blood Presssure (ALSP-4)						
	Respiratory Rate						
AMP	Temperature (Skin Temp Monitors, P3-A7)						

- ALSP (red) 5. If patient did not take oral Valium, administer 5 mg/ml (half an ampule) Valium (Diazepam) IM (Drug-8,9,10).
For detailed instructions, refer to {INJECTIONS - INTRAMUSCULAR}
(SODF: ISS MED: INJECTIONS/IV).



Figure 1.- Intramuscular Injection.

- 1. Prepare injection site with Alcohol Pad.
- 2. Stabilize hand on arm and enter skin gently but rapidly perpendicular to surface, about 2-3 cm deep.
- 3. Withdraw the plunger slightly to look for blood return to ensure that the needle is not in a vessel. If so, withdraw and try again at a diferent site.
- 4. Inject Medication Cartridge.

NOTE

Valium may cause drowsiness, nausea, vomiting, headache, fatigue. Watch for signs of increased agitation.

6. Contact Surgeon to discuss crewmember status and restraint removal.

SUTURE AND STAPLE REMOVAL

(ISS MED/3A - ALL/FIN)

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SUTURE REMOVAL

NOTE

Remove suture on the face in 4 days. Remove sutures from other parts of the body in 5-7 days. Sutures across a joint or sutures on the scalp may be left in place for 8-10 days.

- AMP
(blue)
1. Unstow:
Surgical Instrument Assembly (Surgical Supply-2)
Forceps (Surgical Supply-2)
Scissors (Surgical Supply-2)
Ziplock (AMP-3)

2. Carefully remove wound dressing.

WARNING

Do not cut both sides of suture, a small portion of suture will be left under the skin.

3. Using Forceps, gently lift suture knot away from skin and cut one side of suture.
4. Slowly pull to remove entire suture, discard in Ziplock Bag.
5. Continue until all sutures are removed.
6. Discard Ziplock Bag into biohazardous trash.
7. Contact Surgeon with description of laceration following suture removal and for advice on wound dressing.

STAPLE REMOVAL

- AMP
(blue)
1. Unstow:
Staple Remover (Surgical Supply-3)
Ziplock Bag (P4-B7)(AMP-3)
 2. Remove Staple Remover from packaging.
 3. Carefully remove dressing from stapled wound.

SUTURE AND STAPLE REMOVAL

(ISS MED/3A - ALL/FIN)

Page 2 of 2 pages

4. Insert teeth of Staple Remover between staple and skin.
5. Squeeze levers of Staple Remover together.
Refer to Figure 1.



Figure 1.- Staple Removal Process.

6. Place removed staple in Ziplock Bag.
7. Continue until all staples removed.

NOTE

If Staple Remover required to remove abnormally placed staple during repair, wipe thoroughly with Alcohol Pad.

8. Discard Ziplock Bag into biohazardous trash.
9. Wipe Staple Remover thoroughly with Alcohol Pads before restowing in AMP (Surgical Supply-3).
10. Place new dressing using Polysporin Ointment, Gauze Pads, and Kling Bandages or Tape.

4.1. TOXIC RELEASE RESPONSE

(EMER/2R - ALL/FIN B/MULTI) Page 1 of 4 pages

LEVEL 4 (RED) MOST HAZARDOUS RELEASE (NONCONTAINABLE)

R1. Notify crew and **MCC**, "Identify module(s) affected by release."

If shuttle crew in ISS

Inform shuttle crew to return to shuttle.

Close PMA APAS Hatch.

SM
Central
Post &
FGB
429,
Russian
Laptop

R2. ATM pb – press

CCPK R3. All crew don/activate emergency breathing apparatus and Silver Shield Gloves.

R4. Check **MCC** for Russian Segment steps.

R5. Check **MCC** in order to activate charcoal-based systems.

R6. If SM PO compartment affected by release
Perform {5.1. ISS EMERGENCY EGRESS} p. 5-1E.

R7. Isolate affected modules from ISS.

Level 3 (ORANGE) Actions on Next Page

4.1. TOXIC RELEASE RESPONSE

(EMER/2R - ALL/FIN B/MULTI) Page 2 of 4 pages

LEVEL 3 (ORANGE) HAZARDOUS RELEASE (CONTAINABLE)

O1. Notify crew and **MCC**, "Identify module(s) affected by release."

If shuttle crew in ISS

Inform shuttle crew to return to shuttle.

Close PMA APAS Hatch.

SM O2. ATM pb – press

Central

Post &

FGB

429,

Russian

Laptop

CCPK O3. All crew don/activate emergency breathing apparatus and Silver Shield Gloves.

O4. Clean up spill with Dry Wipes.
Bag, label, stow in trash.

O5. Check **MCC** for Russian Segment steps.

If cleanup fails, elevate release to Level 4 >>

O6. Deact/doff emergency breathing apparatus, gloves.
Stow gloves in trash.

O7. Inform other crew, **MCC**, "Spill cleaned up."

Level 2 (YELLOW) Actions on Next Page

4.1. TOXIC RELEASE RESPONSE
(EMER/2R - ALL/FIN B/MULTI) Page 3 of 4 pages

LEVEL 2 (YELLOW) HAZARDOUS RELEASE

- Y1. Notify crew and **MCC**, "Identify module(s) affected by release."
- SM Y2. ATM pb – press
Central
Post &
FGB
429,
Russian
Laptop
- CCPK Y3. All crew in vicinity don goggles, surgical masks, Silver Shield Gloves.
- Y4. Clean up spill with Dry Wipes.
Bag, label, stow in trash.
- Y5. Check **MCC** for Russian Segment steps.
- If clean up fails, elevate to a Level 4 release >>
- Y6. Doff goggles, surgical masks, and gloves.
Stow gloves in trash.
- Y7. Inform other crew, **MCC**, "Release cleaned up."
- Level 1 (BLUE) Actions on Next Page

4.1. TOXIC RELEASE RESPONSE
(EMER/2R - ALL/FIN B/MULTI) Page 4 of 4 pages

LEVEL 1 (BLUE) LEAST HAZARDOUS RELEASE

- B1. Notify crew and **MCC**, "Identify module(s) affected by release."
- SM B2. ATM pb – press
Central
Post &
FGB
429,
Russian
Laptop
- CCPK B3. If required, all crew in vicinity don goggles, surgical masks, latex gloves.
- B4. Clean up spill with Dry Wipes.
Bag, label, stow in trash.
- B5. Check **MCC** for Russian Segment steps.
- B6. If required, doff goggles, surgical masks, gloves.
Stow gloves in trash.
- B7. Inform other crew, **MCC**, "Release cleaned up."

LEVEL 0 (GREEN) NONHAZARDOUS RELEASE

- G1. Notify crew and **MCC**, "Identify module(s) affected by release."
- CCPK G2. Clean up spill with Dry Wipes.
Bag, label, stow in wet trash.
- G3. Check **MCC** for Russian Segment steps.

MOUTH ULCERS - STOMATITIS

(ISS MED/3A - ALL/FIN)

Page 1 of 1 page

SYMPTOMS

Painful lesion on oral mucosa, frequently following mucosal injury or irritation

SIGNS

Raised lesion on oral mucosa, often with a central yellow crater

TREATMENT

AMP
(blue) Kenalog in Orabase (Triamcinolone Acetonide) (P2-A18) - Topical
steroid ointment for treatment of mouth ulcers

Dose: Apply ointment with finger to affected area after meals and before
sleeping until completely resolved.

__-4 Faringosept Oral Lozenges

Dose: 1 lozenge dissolved under the tongue 3 to 5 times/day

NOTE

Dissolve lozenge in mouth at least 15 minutes
after meal.

STOMACH UPSET - INDIGESTION

(ISS MED/3A - ALL/FIN)

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NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

TREATMENT

DRUG HELP

1. Use Pepto-Bismol for 'crampy' abdominal pain. Antacids are indicated for 'acid stomach', or acid reflux with bitter taste in mouth.
2. Prilosec is not used urgently, so always start with antacids and check with Surgeon when possible. Ground will advise on indication.

AMP
(blue)

Pepto-Bismol Tablets (P4-B1) - Bismuth compound used to treat nausea, indigestion, diarrhea

Dose: Chew 2 tablets every 30 to 60 minutes as needed to maximum of 16 tablets/day.

Possible side effects

May turn stool dark in color, may darken tongue.

AMP
(blue)

Mylanta DS (P2-B4) - Antacid/antiflatulent

Dose: Chew 2-4 tablets between meals and at bedtime.
May take 2 tablets in between this schedule as needed to maximum of 12 tablets/day.

WARNING

Avoid using in conjunction with Cipro (Ciprobay is Russian equivalent).

STOMACH UPSET - INDIGESTION

(ISS MED/3A - ALL/FIN)

Page 2 of 2 pages

AMP
(blue) Prilosec (Omeprazole) (P1-A17) - Decreases stomach acid production;
used for severe stomach pains or ulcer

Dose: 1 capsule every day

URINALYSIS

(ISS MED/3A - ALL/FIN)

Page 1 of 2 pages

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NOTE

Perform if suspected bladder infection (refer to {BLADDER/KIDNEY INFECTION} (SODF: ISS MED: A THROUGH B) as directed by Surgeon, and during all PHS exams (SODF: ISS MED: PHS).

- AMP
(blue)
1. Unstow:
Gloves, Non-Sterile (P3-B2)
Cotton Swabs (P2-B3)
Urine Chemstrips with Color Chart (P4-A3)
 2. To perform urinalysis using Urilux, refer to BIOCHEMICAL URINE TEST: MO-9 (RODF: SERVICE MODULE MEDICAL OPERATIONS BOOK 2), and record results in appropriate table at end of procedure.
To perform urinalysis using Urine Chemstrip, go to step 3.
 3. Don Non-Sterile Gloves.
Hold two Cotton Swabs together under urine stream to saturate.
Pass two Cotton Swabs over Urine Chemstrip to saturate colored reagent pads.
Compare with Colorchart after recommended time.
Record results in appropriate table at end of procedure.
 4. Dispose of Cotton Swabs and Urine Chemstrip in biohazardous trash.
 5. Contact Surgeon to report abnormal findings and discuss treatment.

URINALYSIS

(ISS MED/3A - ALL/FIN)

Page 2 of 2 pages

Urinalysis (CHEMSTRIP 10SG)

SpG						
pH						
Leuk						
Nit						
Protein (mg/dL)						
Glucose (mg/dL)						
Ketones						
Urobilinogen (mg/dL)						
Bilirubin						
Blood						
Hemoglobin (Ery/uL)						

OR

Urinalysis (URILUX)

SG						
pH						
LEU (Leu/uL)						
NIT						
PRO (g/L)						
GLU (mmol/L)						
KET(mmol/L)						
UBG (umol/L)						
BIL (umol/L)						
ERY (Ery/uL)						

NOTE

1. Foley Catheter is used for both short-term and long-term (indwelling) drainage.
2. Urinary Straight Catheter is used only for short-term (intermittent) drainage.

FOLEY CATHETER

Unstow:

- | | |
|---------------|--|
| AMP
(blue) | Gloves, Sterile (Surgical Supply-1)
Gloves, Non-Sterile (P3-B2)
Povidone Iodine Swabs (P3-A3)
Chemstrips 10-SG (P4-A3)
Cotton Swabs (P2-B3)
Saline, 100 ml (P2-A20) |
| ALSP
(red) | 500 ml (ALSP-9)
Foley Catheter (ALSP-3)
Syringe, 10cc (ALSP-3)
Lubricant (ALSP-3)
Leg-Bag (ALSP-3) |

1. Contact Surgeon.
Decision will be made to leave Foley Catheter in place or remove after bladder drained.
2. Expose patient.
3. Don Non-Sterile Gloves.
4. Clean Foley Catheter insertion site on patient with Povidone Iodine Swabs. For males, cleanse tip of penis with Cotton Swab from urethra outward. For females, cleanse area of urethra with Cotton Swab, toward vagina.
5. Open Foley Catheter package half way.
Balloon by inflating/deflating with Syringe (use approximately 5cc of air)
6. Don Sterile Gloves.
7. Generously cover tip of Foley Catheter with lubricant.
Keep Foley Catheter sterile.

URINARY RETENTION

(ISS MED/3A - ALL/FIN)

Page 2 of 4 pages

8. Connect port-end of Foley Catheter to Leg-Bag.
Make sure balloon is completely deflated before proceeding.
9. Insert Foley Catheter with firm pressure until urine flows.

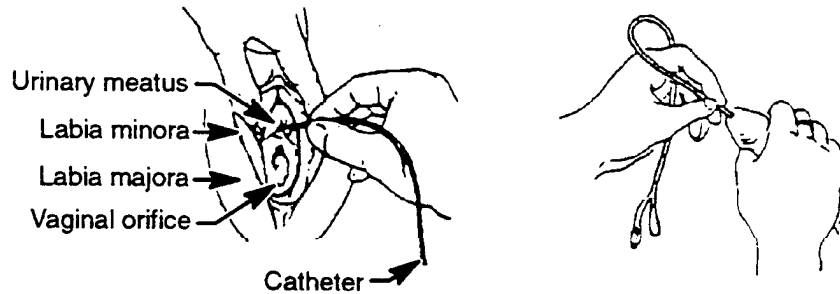


Figure 1.- Foley Catheter.

10. Maintain Foley Catheter in place until urine flow ceases.
11. If decision to remove, withdraw Foley Catheter in continuous motion and return to package.
Dispose in biohazardous trash unless otherwise directed by Surgeon.
12. If Foley Catheter to remain in place, insert Foley Catheter 8 to 10 cm further to ensure balloon in bladder.
Attach needle to 10cc Syringe.
Remove cap, withdraw 5cc of Saline from 100 ml Saline Bag through rubber port.
Inflate balloon on Foley Catheter with Syringe using 5cc of Saline.
13. Release small amount of urine from Leg-Bag.
Perform Urine Chemstrip testing.
Refer to [{BLADDER/KIDNEY INFECTION}](#) (SODF: ISS MED: A THROUGH B).
Saturate Cotton Swab with urine for testing (P2-B3) by opening blue valve and allowing small amount to flow onto Cotton Swab.

AMP
(blue)

WARNING

Do not pull on Catheter while balloon is inflated.

URINARY RETENTION

(ISS MED/3A - ALL/FIN)

Page 3 of 4 pages

14. Record the following:

Volume _____
Urine Color _____

URINARY STRAIGHT CATHETER

NOTE

For voiding into urine reclamation system.

Unstow:

AMP
(blue)

Urinary Straight Catheter (P4-A1)
Gloves, Non-Sterile (P3-B2)
Povidone Iodine Swabs (P3-A3)
Gloves, Sterile (Surgical Supply-1)
Lubricant (ALSP-3)

ALSP
(red)

1. Contact Surgeon.
2. Position patient in proximity to urine reclamation system and expose.
3. Don Non-Sterile Gloves.
4. Clean Urinary Straight Catheter insertion site with Povidone Iodine Swabs.
For males, cleanse tip of penis with Cotton Swab from urethra outward.
For females, cleanse area of urethra with Cotton Swab, toward vagina.
5. Open Urinary Straight Catheter package half way.
6. Don Sterile Gloves.
7. Generously cover tip of Urinary Straight Catheter with Lubricant.
Keep tip of Urinary Straight Catheter sterile.
8. Ensure outflow end of Urinary Straight Catheter is directed into urine reclamation system.
9. Insert Urinary Straight Catheter into urethra with firm, gentle pressure until urine flows.

URINARY RETENTION

(ISS MED/3A - ALL/FIN)

Page 4 of 4 pages

10. Hold Urinary Straight Catheter in place until urine flow ceases.
11. If directed by Surgeon, remove and dispose of Urinary Straight Catheter into biohazardous trash.
12. Decision for cleansing and reuse of Urinary Catheter will be made with Surgeon consultation.

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

Page 1 of 30 pages

NOTE

Contact Surgeon before giving any medication marked with an asterisk. In emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

Acetaminophen (Tylenol) - Aspirin free pain reliever

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Acetazolamide (Diamox) - For altitude sickness

Possible side effects

Minimal with short-term therapy - tingling sensation in extremities, loss of appetite, increased urine output, occasional drowsiness, confusion

Acyclovir (Zovirax) - Antiviral ointment effective against herpes viruses

Possible side effects

Mild burning or stinging, itching

Adenosine (Adenocard) - IV Cardiac drug; converts paroxysmal supraventricular tachycardia (a specific type of ECG rhythm abnormality) to normal rhythm.

Possible side effects

Headache, sweating, flushing, chest pain, hypotension, shortness of breath, dizziness, nausea

Adenocard (Adenosine) - IV Cardiac drug; converts paroxysmal supraventricular tachycardia (a specific type of ECG rhythm abnormality) to normal rhythm.

Possible side effects

Headache, sweating, flushing, chest pain, hypotension, shortness of breath, dizziness, nausea

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

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Adrenaline (Epinephrine) - Injectable cardiac drug; use only in severe allergic reaction.
Give 1:1000 (SQ)

Epinephrine 1:1000 Subcutaneous (SQ) Injection

Possible side effects

Rapid heart rate, heart palpitations, tremors, sweating

Adrenaline (Epinephrine) - Injectable cardiac drug; use only in cardiopulmonary arrest or severe allergic reaction. Give 1:10,000 (IV Cardiac)

Epinephrine 1:10,000 IV Cardiac Injection

Possible side effects

Rapid heart rate, fast arrhythmias, heart palpitations, tremors, sweating

Afrin Nasal Spray - Topical nasal decongestant

Possible side effects

Burning, stinging, sneezing, or increased nasal discharge. More frequent use than directed can produce chronic nasal congestion

AK-CIDE Ophthalmic Ointment (Vasocidin Ophthalmic Ointment) – Used for eye infections

WARNING

Do not use if sensitive or allergic to sulfa.
May cause local irritation, burning, eye discharge, sticky sensation.

Albuterol (Proventil Inhaler) - Used for shortness of breath associated with wheezing

Possible side effects

May notice tremor, palpitations, fast heart rate

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

Page 3 of 30 pages

Ambien (Zolpidem Tartrate) - Oral, mild sedative/sleeping aid

Possible side effects

Daytime drowsiness, dizziness, headache, nausea and vomiting, diarrhea, muscle aches

Amikacin (Amikin) - IV antibiotic, for severe infection

Amikin (Amikacin) - IV antibiotic, for severe infection

Amoxil (Amoxicillin) - Antibiotic, penicillin analog

WARNING

Do not use if there is history of Penicillin or Cephalosporin allergy.

Possible side effects

Nausea, diarrhea, rash

Amoxicillin (Amoxil) - Antibiotic, penicillin analog

WARNING

Do not use if there is history of Penicillin or Cephalosporin allergy.

Possible side effects

Nausea, diarrhea, rash

Anusol HC Suppository - For relief of pain/itching from hemorrhoids or other rectal problems

Possible side effects

Discontinue if anal irritation develops/worsens

Artificial Tears (Refresh) - Saline eye drops for dryness, irritation

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

Page 4 of 30 pages

Ascriptin (Aspirin) - Oral pain reliever, anti-inflammatory

NOTE

Do not use in patients with asthma, history of aspirin allergy, or GI or other bleeding problems.

Possible side effects

Upset stomach, ringing in ears

Aspirin (Ascriptin) - Oral pain reliever, anti-inflammatory

NOTE

Do not use in patients with asthma, history of aspirin allergy, or GI or other bleeding problems.

Possible side effects

Upset stomach, ringing in ears

Atropine - IV cardiac drug

Use only in severe heart slowing or cardiopulmonary arrest

Possible side effects

Rapid heart rate, dilated pupils, dry skin and mouth, cardiac arrhythmias

Azithromycin (Zithromax) - Oral antibiotic

Possible side effects

Diarrhea, nausea, abdominal pain, vomiting

Ayr Nasal Mist - Saline nasal spray used for dryness, irritation

Bactrim DS (Trimethoprim/Sulfamethoxazole) - Oral antibiotic

NOTE

Do not use if allergy to Sulfa or Trimethoprim exists. Give with caution to patients with severe allergy or asthma.

Possible side effects

Skin rash, headache, stomach upset

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

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Bactroban (Mupirocin) - Antibiotic ointment for skin infections

Possible side effects

Skin irritation, itching

Benadryl (Diphenhydramine) (Oral, injectable) - Antihistamine; used for allergic reactions, drug-induced muscle spasms, or as a sleeping aid

Possible side effects

Drowsiness, inability to concentrate, dry mouth, blurred vision, rash, sensitivity to light, headache, rapid heart rate, dizziness, fatigue

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Bisacodyl (Dulcolax) - Bowel stimulant for constipation

Possible side effects

Abdominal cramps

Bretylium - IV cardiac drug; helps to suppress the recurrence of ventricular fibrillation/tachycardia following defibrillation

WARNING

May cause hypotension, dizziness, chest pressure, nausea, vomiting, precipitation of angina.

Possible side effects

Transient high blood pressure and rapid heart rate, then low blood pressure, nausea, vomiting

CHECS MEDICATIONS LIST AND POSSIBLE SIDE EFFECTS

(ISS MED/3A - ALL/FIN)

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Carisoprodol (Soma) - Oral medication used for muscle spasms or aches

Possible side effects

Drowsiness, dizziness, may impair mental abilities, may cause allergic reactions

Cefadroxil (Duricef) - Oral antibiotic

NOTE

Do not use if there is history of Penicillin or Cephalosporin allergy.

Possible side effects

Diarrhea, nausea, vomiting, abdominal pain, rash

Ciloxan Ophthalmic Solution (Ciprofloxacin) - Antimicrobial eye drops

Possible side effects

Local burning or discomfort; use may result in overgrowth of nonsusceptible organisms, including fungi

Cipro (Ciprofloxacin) - Oral antibiotic

Possible side effects

Nausea, diarrhea, vomiting, abdominal pain

Claritin - Oral, non-sedating, antihistamine

Possible side effects

Dry throat and mouth, drowsiness

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

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Clotrimazole Cream (Lotrimin Cream) - Antifungal ointment

Cough Lozenges - For cough suppression, to dissolve in mouth

Compazine (Prochlorperazine) Suppositories - For nausea, vomiting

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, dizziness, blurred vision, rash, hypotension, agitation, muscle spasms

Cortisporin Ophthalmic Suspension (Neomycin and Polmixin B Sulfates and Hydrocortisone Ophthalmic Suspension) - Antimicrobial and anti-inflammatory agent used for eye and ear infections.

WARNING

Do not use if ruptured eardrum suspected.

Cyclogyl Ophthalmic Solution (Cyclopentolate) - Eye drops for pupil dilation

Possible side effects

Transient irritation, blurred vision due to pupil dilation, sensitivity to light

Cyclopentolate (Cyclogyl Ophthalmic Solution) - Eye drops for pupil dilation

Possible side effects

Transient irritation, blurred vision due to pupil dilation, sensitivity to light

Decadron (Dexamethasone) - IV steroid used for severe allergic reactions or inflammatory conditions, increased intracranial pressure

Possible side effects

Headache, psychic disturbances, vertigo

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Deltasone (Prednisone) - Oral steroids, for inflammatory conditions, persistent allergic symptoms

Possible side effects (with several days treatment)

High blood pressure, salt and water retention (generalized swelling), mood changes, increased sweating, headache, vertigo

Demerol (Meperidine) - Narcotic pain reliever

NOTE

1. May cause low blood pressure, reduced breathing rate. Narcan is antidote.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Dizziness, light-headedness, sedation, nausea, vomiting, sweating, dry mouth, blurred vision, constipation

Dexamethasone (Decadron) - IV steroid used for severe allergic reactions or inflammatory conditions, increased intracranial pressure

Possible side effects

Headache, psychic disturbances, vertigo

Dexedrine (Dextroamphetamine) - For motion sickness

NOTE

Central Nervous System (CNS) Stimulant;
may impair ability to concentrate.

Possible side effects

Dizziness, rapid heart rate, high blood pressure, restlessness, tremor, headache, loss of appetite

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Dextroamphetamine (Dexedrine) - For motion sickness

NOTE

Central Nervous System (CNS) Stimulant;
may impair ability to concentrate.

Possible side effects

Dizziness, rapid heart rate, high blood pressure, restlessness, tremor,
headache, loss of appetite

Diamox (Acetazolamide) - For altitude sickness

Possible side effects

Minimal with short-term therapy - tingling sensation in extremities, loss of
appetite, increased urine output, occasional drowsiness, confusion

Diazepam (Valium) - Sedative, anticonvulsant drug (antiseizure drug)

NOTE

1. May cause low blood pressure, reduced breathing rate, sedation
when given IV. Additive sedative effects may occur with other
central nervous system depressants.
2. The following drugs should not be used together as they may cause
excessive drowsiness: Ambien, Benadryl, Claritin, Compazine,
Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium,
Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut,
Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, fatigue, nausea, slow heart rate, blurred vision
Romazicon is antidote for overdose.

Diclofenac Sodium (Voltaren) - Oral anti-inflammatory drug; alternative to Motrin for pain
relief of headache, backache, sinus pressure

NOTE

Do not take if allergic to aspirin.

Possible side effects

Abdominal pain, cramps, fluid retention

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Diflucan (Fluconazole) - Oral antifungal medication for vaginal yeast infections

Possible side effects

Headache, nausea, abdominal pain, diarrhea. Symptoms are usually transient.

Dilantin (Phenytoin) - IV medication for treatment of seizures

WARNING

Dilantin IV must be delivered at less than 1ml/minute to prevent dysrhythmias, hypotension. Additive effects may occur with other central nervous system depressants.

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Slurred speech, confusion, low blood pressure

Diphenhydramine (Benadryl) - Antihistamine; used for allergic reactions, drug-induced muscle spasms, or as a sleeping aid

Possible side effects

Drowsiness, inability to concentrate, dry mouth, blurred vision, rash, sensitivity to light, headache, rapid heart rate, dizziness, fatigue

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

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Dopamine (Dopamine Hydrochloride) - IV cardiovascular drug to increase blood pressure during shock

WARNING

May cause heart rhythm abnormalities, increased heart rate, angina, shortness of breath, nausea, vomiting, headache.

Possible side effects

Increased heart rate, arrhythmias, nausea, vomiting. Must be given with certainty in vein; leakage into surrounding tissue will cause local injury to skin and muscle.

Dulcolax (Bisacodyl) - Bowel stimulant for constipation

Possible side effects

Abdominal cramps

Duricef (Cefadroxil) - Oral antibiotic

NOTE

Do not use if there is history of Penicillin or Cephalosporin allergy.

Possible side effects

Diarrhea, nausea, vomiting, abdominal pain, rash

Entex LA (Phenylpropanolamine/Guaifenesin) - Oral decongestant

Possible side effects

Insomnia, restlessness, headache, nausea

Epinephrine (Adrenaline) - Injectable cardiac drug; use only in severe allergic reaction.
Give 1:1000 (SQ)

Epinephrine 1:1000 Subcutaneous (SQ) Injection

Possible side effects

Rapid heart rate, palpitations, tremors, sweating

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Epinephrine (Adrenaline) - Injectable cardiac drug; use only in cardiopulmonary arrest or severe allergic reaction. Give 1:10,000 (IV Cardiac)

Epinephrine 1:10,000 IV Cardiac Injection

Possible side effects

Rapid heart rate, fast arrhythmias, heart palpitations, tremors, sweating

Flagyl (Metronidazole) - Oral antibiotic

Possible side effects

Nausea, headache, vomiting, diarrhea, loss of appetite, metallic taste, rash

Fluconazole (Diflucan) - Oral antifungal medication for vaginal yeast infections

Possible side effects

Headache, nausea, abdominal pain, diarrhea. Symptoms usually transient.

Flumazenil (Romazicon) - IV antidote for overdose of Ambien, Restoril, Valium, or Phenergan

WARNING

Recurrence of sedation can occur if large amounts of sedatives are ingested. Close monitoring is needed for several hours after use. If sedation recurs, repeat above dose no more often than every 20 minutes.

Possible side effects

Dizziness, sweating, headache, blurred vision, nausea, vomiting, agitation

Fluoxetine (Prozac) - Oral antidepressant

Possible side effects

Chills, increased blood pressure, increased appetite, nausea, sleep disorder, agitation, ear discomfort or ringing

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Furosemide (Lasix) - IV diuretic used to treat pulmonary edema (water in lungs causing difficulty breathing)

Possible side effects

Dehydration, abdominal pain

Haldol (Haloperidol) - Potent injectable major tranquilizer

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects (with several days treatment)

Low blood pressure, rapid heart rate, headache, involuntary movements, increased body temperature

Haloperidol (Haldol) - Potent injectable major tranquilizer

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects (with several days treatment)

Low blood pressure, rapid heart rate, headache, involuntary movements, increased body temperature

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Hydrocodone Bitartrate Acetaminophen (Vicodin) - Oral narcotic pain reliever

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Dizziness, drowsiness, nausea, vomiting, constipation, urinary retention

Ibuprofen (Motrin) - Oral anti-inflammatory drug and pain reliever

NOTE

Do not take if allergic to aspirin.

Possible side effects

Upset stomach, diarrhea; if possible, take with food and drink

Imodium (Loperamide HCl) - Oral medication used to stop diarrhea

Possible side effects

Abdominal discomfort, nausea, vomiting, constipation, drowsiness, dizziness, dry mouth

Inderal (Propranolol Hydrochloride) - Oral medication that decreases heart rate and blood pressure, decreases heart work load; used for high blood pressure, chest pain

WARNING

Toprol-XL and Inderal must not be used if heart rate is less than 60 beats per minute.

Possible side effects

Bradycardia (slow heart rate) heart rhythm abnormalities, dizziness, weakness, nausea, vomiting, diarrhea, hypotension

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Isoptin (Verapamil) - Oral medication, lowers blood pressure, treats cardiac chest pain and some rapid arrhythmias

WARNING

Do not use if systolic blood pressure less than 90 mmHg.

Possible side effects

Nausea, dizziness, headache, reddening of the face, constipation. Large doses may result in slow heart rate, low blood pressure.

Kenalog (Triamcinolone) - Steroid cream for skin rashes

Kenalog in Orabase (Triamcinolone Acetonide Dental Paste) - Topical steroid for treatment of mouth ulcers

Ketorolac Tromethamine (Toradol) - Injectable anti-inflammatory used for pain relief; moderate strength

Possible side effects

Nausea, upset stomach, drowsiness

Lasix (Furosemide) - IV diuretic used to treat pulmonary edema (water in lungs causing difficulty breathing)

Possible side effects

Dehydration, abdominal pain

Lidocaine (Xylocaine with Epinephrine) - Injectable local anesthetic used prior to selected laceration repair

WARNING

Do not use for anesthesia on fingers, toes, or nose where constriction of blood vessels may lead to tissue death.

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Lidocaine (Xylocaine) IV Cardiac - Injectable cardiac drug; use only in cardiopulmonary arrest or with serious heart abnormalities

Possible side effects

Low blood pressure, drowsiness, disorientation, muscle twitching, seizures

Loperamide HCl (Imodium) - Oral medication used to stop diarrhea

Possible side effects

Abdominal discomfort, nausea, vomiting, constipation, drowsiness, dizziness, dry mouth

Lotrimin Cream (Clotrimazole Cream) - Antifungal ointment

Meperidine (Demerol) - Narcotic pain reliever

NOTE

1. May cause low blood pressure, reduced breathing rate. Narcan is antidote.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Dizziness, light-headedness, sedation, nausea, vomiting, sweating, dry mouth, blurred vision, constipation

Metaproterenol - For asthma, wheezing, allergic respiratory problems

Possible side effects

Rapid heart rate, tremors, nervousness, palpitations

Metronidazole (Flagyl) - Oral antibiotic

Possible side effects

Nausea, headache, vomiting, diarrhea, loss of appetite, metallic taste, rash

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Metoprolol Succinate (Toprol-XL) - Oral medication that decreases heart rate and blood pressure, decreases heart work load in angina

Possible side effects

Bradycardia (slow heart rate), heart rhythm abnormalities, dizziness, weakness, insomnia, nausea, vomiting, difficulty breathing, hypotension

WARNING

Toprol-XL and Inderal must not be used if heart rate is less than 60 beats per minute.

Morphine Sulfate - Use only for severe pain

NOTE

1. May cause low blood pressure, reduced breathing rate. Narcan is antidote.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Motrin (Ibuprofen) - Oral anti-inflammatory drug and pain reliever

NOTE

Do not take if allergic to aspirin.

Possible side effects

Upset stomach, diarrhea; if possible, take with food and drink

Mupirocin (Bactroban) - Antibiotic ointment for skin infections

Possible side effects

Skin irritation, itching

Mylanta Ultra - Chewable tablets, antacid

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Naloxone (Narcan) - Intravenous narcotic antagonist. Antidote to narcotic effects from Demerol, Morphine

Narcan (Naloxone) - Intravenous narcotic antagonist. Antidote to narcotic effects from Demerol, Morphine

Neosporin Plus Cream with Lidocaine - Aids in prevention of infection and provides temporary pain relief in minor cuts, scrapes, burns

Nitroglycerin Pills and Patches - Used only for treatment of heart attacks, other cardiac emergencies

NG Patches: medication patch applied to skin to treat heart attacks, other cardiac emergencies

NG Tablets: (sublingual tablets) dissolved under tongue; used to treat cardiac chest pain, heart attacks

WARNING

Nitroglycerin may rapidly lower blood pressure. Do not use if measured blood pressure is less than 95/60.

Nortriptyline - used for altered mood or anxiety

Possible side effects

Headache, dry mouth, EKG rhythm abnormalities, irregular heartbeat

Omeprazole (Prilosec) - Oral medication, decreases stomach acid production, use for severe stomach pains or ulcer

Pepto-Bismol - Bismuth compound used to treat nausea, indigestion, diarrhea

Possible side effects

May turn stool dark in color, may darken tongue

Phazyme-125 (Simethicone) - Chewable tablets, relieves symptoms of gas

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Phenazopyridine (Pyridium) - Oral medication, relieves pain from bladder infection

Possible side effects

Colors urine orange, occasional stomach or intestinal upset

Phenergan (Promethazine) (Oral, Injectable) - Antinausea, SMS, antihistamine

WARNING

1. Spasms of head, neck muscles may occur with intramuscular injection. Benadryl is antidote.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Sedation, inability to concentrate, drowsiness, dizziness, blurred or double vision, nausea, rash

Phenylpropanolamine/Guaifenesin (Entex LA) - Oral decongestant

Possible side effects

Insomnia, restlessness, headache, nausea

Phenytoin (Dilantin) - IV medication for treatment of seizures

WARNING

Dilantin IV must be delivered at less than 1 ml/minute to prevent dysrhythmias, hypotension. Additive effects may occur with other central nervous system depressants.

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NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Slurred speech, confusion, low blood pressure

Polymyxin/Bacitracin (Polysporin) - Antibiotic ointment

Polysporin (Polymyxin/Bacitracin) - Antibiotic ointment

Polytrim Ophthalmic Solution (Trimethoprim Sulfate/Polymixin B) - Eye drops

Possible side effects

Local burning or discomfort, hypersensitivity reactions consisting of lid swelling, itching, redness, rash

Potassium Citrate (Urocit-K) - Oral medication; alkalinizes urine and increases urinary citrate to prevent or treat kidney stones

Possible side effects

Abdominal discomfort, nausea, vomiting, diarrhea. Symptoms reduced by taking with or after meals. Excessive use or impaired kidney function may lead to potassium overdose with symptoms including weakness, confusion, tingling of the extremities, and ECG changes.

Prednisone (Deltasone) - Oral steroids, for inflammatory conditions, persistent allergic symptoms

Possible side effects (with several days treatment)

High blood pressure, salt and water retention (generalized swelling), mood changes, increased sweating, headache, vertigo

Prednisolone (Pred Forte) - Steroid eye drops used for allergic conditions or severe conjunctival reactions

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Pred Forte (Prednisolone) - Steroid eye drops used for allergic conditions or severe conjunctival reactions

Prilosec (Omeprazole) - Oral medication, decreases stomach acid production, use for severe stomach pains or ulcer

Prochlorperazine (Compazine) Suppositories - For nausea, vomiting

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, dizziness, blurred vision, rash, hypotension, agitation, muscle spasms

Promethazine (Phenergan) (Oral, Injectable) - Antinausea, SMS, antihistamine

WARNING

1. Spasms of head, neck muscles may occur with intramuscular injection. Benadryl is antidote.
2. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Sedation, inability to concentrate, drowsiness, dizziness, blurred or double vision, nausea, rash

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Proparacaine Ophthalmic Solution (Eye drops) - Use for eye exams

WARNING

Do not use more than two drops per treatment as corneal damage may occur. Do not rub or touch eyes for 30 minutes following anesthetic administration. Do not repeat dose without contacting Surgeon.

Propranolol Hydrochloride (Inderal) - Oral medication that decreases heart rate and blood pressure, decreases heart work load; used for high blood pressure, chest pain

WARNING

Toprol-XL and Inderal must not be used if heart rate is less than 60 beats per minute.

Possible side effects

Bradycardia (slow heart rate) heart rhythm abnormalities, dizziness, weakness, nausea, vomiting, diarrhea, hypotension

Proventil Inhaler (Albuterol) - Used for shortness of breath associated with wheezing

Possible side effects

May notice tremor, palpitations, fast heart rate

Prozac (Fluoxetine) - Oral antidepressant

Possible side effects

Chills, increased blood pressure, increased appetite, nausea, sleep disorder, agitation, ear discomfort or ringing

Pseudoephedrine (Sudafed) - Oral decongestant for motion sickness

NOTE

Central Nervous System (CNS) stimulant; may impair ability to concentrate.

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Possible side effects

Dizziness, rapid heart rate, high blood pressure, restlessness, tremor, headache, loss of appetite

Pyridium (Phenazopyridine) - Oral medication, relieves pain from bladder infection

Possible side effects

Colors urine orange, occasional stomach or intestinal upset

Restoril (Temazepam) - Mild oral sedative/sleeping aid

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Residual drowsiness, dizziness, lethargy
Romazicon is antidote for overdose.

Romazicon (Flumazenil) - IV antidote for overdose of Ambien, Restoril, Valium, or Phenergan

WARNING

Recurrence of sedation can occur if large amounts of sedatives were ingested. Close monitoring is needed for several hours after use. If sedation recurs, repeat above dose no more often than every 20 minutes.

Possible side effects

Dizziness, sweating, headache, blurred vision, nausea, vomiting, agitation

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Silvadene Cream (Silver Sulfadiazine Cream) - Cream used to treat skin burns. Avoid if allergic to sulfa drugs

Possible side effects

Irritation on application, potential allergic reaction. Avoid if allergic to sulfa drugs

Silver Sulfadiazine Cream (Silvadene Cream) - Cream used to treat skin burns. Avoid if allergic to sulfa drugs

Possible side effects

Irritation on application, potential allergic reaction

Simethicone (Phazyme-125) - Chewable tablets, relieves symptoms of gas

Soma (Carisoprodol) - Oral medication used for muscle spasms or aches

Possible side effects

Drowsiness, dizziness, may impair mental abilities, may cause allergic reactions

Sudafed (Pseudoephedrine) - Oral decongestant for motion sickness

NOTE

Central Nervous System (CNS) stimulant;
may impair ability to concentrate.

Possible side effects

Dizziness, rapid heart rate, high blood pressure, restlessness, tremor,
headache, loss of appetite

Sulfacetamide Prednisone Ointment (Vasocidin Ophthalmic Ointment) - Used for eye infections

WARNING

Do not use if sensitive or allergic to sulfa.
May cause local irritation, burning, eye
discharge, sticky sensation.

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Temazepam (Restoril) - Mild oral sedative/sleeping aid

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Residual drowsiness, dizziness, lethargy
Romazicon is antidote for overdose.

Tobramycin (Tobrex) - Antibiotic eye drops used for treatment of eye infections

Possible side effects

Occasional itching, redness, or swelling

Tobrex (Tobramycin) - Antibiotic eye drops used for treatment of eye infections

Possible side effects

Occasional itching, redness, or swelling

Toprol-XL (Metoprolol Succinate) - Oral medication decreases heart rate and blood pressure, decreases heart work load in angina

Possible side effects

Bradycardia (slow heart rate), heart rhythm abnormalities, dizziness, weakness, insomnia, nausea, vomiting, difficulty breathing, hypotension

WARNING

Toprol-XL and Inderal must not be used if heart rate is less than 60 beats per minute.

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Toradol (Ketorolac Tromethamine) - Injectable anti-inflammatory used for pain relief; moderate strength

Possible side effects

Nausea, upset stomach, drowsiness

Triamcinolone (Kenalog) - Steroid cream for skin rashes

Triamcinolone Acetonide Dental Paste (Kenalog in Orabase) - Topical steroid for treatment of mouth ulcers

Trimethoprim/Sulfamethoxazole (Bactrim DS) - Oral antibiotic

NOTE

Do not use if allergy to Sulfa or Trimethoprim exists.
Give with caution to patients with severe allergy or asthma.

Possible side effects

Skin rash, headache, stomach upset

Trimethoprim Sulfate/Polymixin B (Polytrim Ophthalmic Solution) - Eye drops

Possible side effects

Local burning or discomfort, hypersensitivity reactions consisting of lid swelling, itching, redness, rash

Tylenol (Acetaminophen) - Aspirin-free pain reliever

Urocit-K (Potassium Citrate) - Oral medication, alkalinizes urine and increases urinary citrate to prevent or treat kidney stones

Possible side effects

Abdominal discomfort, nausea, vomiting, diarrhea. Symptoms reduced by taking with or after meals. Excessive use or impaired kidney function may lead to potassium overdose with symptoms including weakness, confusion, tingling of the extremities, and ECG changes.

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Valium (Diazepam) - Sedative, anticonvulsant drug (antiseizure drug)

WARNING

1. May cause low blood pressure, reduced breathing rate, sedation when given IV.
2. Additive sedative effects may occur with other central nervous system depressants.
3. The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Drowsiness, fatigue, nausea, slow heart rate, blurred vision
Romazicon is antidote for overdose.

Vancocin (Vancomycin) - Oral antibiotic for antibiotic induced diarrhea

Possible side effects

Occasional nausea, fever, chills

Vancomycin (Vancocin) - Oral antibiotic for antibiotic induced diarrhea

Possible side effects

Occasional nausea, fever, chills

Vasocidin Ophthalmic Ointment (AK-CIDE Ophthalmic Ointment) - Used for eye infections

WARNING

Do not use if sensitive or allergic to sulfa.
May cause local irritation, burning, eye discharge, sticky sensation.

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Verapamil (Isoptin) - Oral medication, lowers blood pressure, treats cardiac chest pain and some rapid arrhythmias

WARNING

Do not use if systolic blood pressure less than 90 mmHg.

Possible side effects

Nausea, dizziness, headache, reddening of the face, constipation. Large doses may result in slow heart rate, low blood pressure.

Vicodin (Hydrocodone Bitartrate Acetaminophen) - Oral narcotic pain reliever

NOTE

The following drugs should not be used together as they may cause excessive drowsiness: Ambien, Benadryl, Claritin, Compazine, Dilantin, Demerol, Haldol, Morphine, Phenergan, Restoril, Valium, Vicodin, Soma, Grandaxin, Persen, Phenazepam, Phenibut, Radedorm, Relanium, Rudotel, Suprastin, Tavegil, Xanax.

Possible side effects

Dizziness, drowsiness, nausea, vomiting, constipation, urinary retention

Vidarabine Ophthalmic Ointment (Vira-A) - Antiviral ointment for eye infections

Possible side effects

Burning, irritation, foreign body sensation, pain

Vira-A (Vidarabine Ophthalmic Ointment) - Antiviral ointment for eye infections

Possible side effects

Burning, irritation, foreign body sensation, pain

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Voltaren (Diclofenac Sodium) - Oral anti-inflammatory drug; alternative to Motrin for pain relief of headache, backache, sinus pressure

NOTE

Do not take if allergic to aspirin.

Possible side effects

Abdominal pain, cramps, fluid retention

Xylocaine with Epinephrine (Lidocaine with Epinephrine) - Injectable local anesthetic used prior to selected laceration repair

WARNING

Do not use for anesthesia on fingers, toes, or nose where constriction of blood vessels may lead to tissue death.

Xylocaine/Cardiac (Lidocaine) - IV cardiac drug; use only in cardiopulmonary arrest or with serious heart rhythm abnormalities

Possible side effects

Low blood pressure, drowsiness, disorientation, muscle twitching, seizures

Xylocaine Jelly - Lubricant with anesthetic used for lubricating endotracheal and nasal airway tube prior to insertion

Zithromax (Azithromycin) - Oral antibiotic

Possible side effects

Diarrhea, nausea, abdominal pain, vomiting

Zolpidem Tartrate (Ambien) - Oral, mild sedative/sleeping aid

Possible side effects

Daytime drowsiness, dizziness, headache, nausea and vomiting, diarrhea, muscle aches

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Zovirax (Acyclovir) - Antiviral ointment effective against herpes viruses

Possible side effects

Mild burning or stinging, itching

VAGINAL YEAST INFECTION

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DIAGNOSIS

SYMPTOMS

Vaginal itching/burning
White vaginal discharge

SIGNS

White vaginal discharge
Vaginal redness

TREATMENT

AMP
(blue)

1. Diflucan (Fluconazole) (P2-A9)

Dose: 1 oral tablet by mouth

Possible side effects

Headache, nausea, abdominal pain, diarrhea.
Symptoms are usually transient.

2. Contact Surgeon if not resolved in 2-3 days.