



Medical List - Panama - 10 Person Crew MFAG

Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
1	1. Amoxicillin 500mg capsules	Table 9	500mg x3	30		
2	2. Anaesthetic eye drops, bottle	Table 7	1 drop x several times daily (IMGS3 No. 4)*	5 (1)*		
3	3. Antibiotic eye ointment, tube	Appendix 7	2-4 times daily or more (IMGS3 No. 54)*	5 (2)*		
4	4. Atropine injection 1mg/ml or 0.5mg/ml, 1ml ampoule	Table 17	1mg x several (IMGS3 No. 9)*	15 (10)*		
5	5. Beclamethasone 50 mcg/dose 200 doses, aerosol inhalation, bottle or Budesonide 200mdg/dose, aerosol inhalation, bottle	Table 9	250mcg x several (5 puffs of 50mcg) or 400mcg x several (2 puffs of 200mcg)	5 or (5)		
6	6. Calcium gluconate 2% gel, 25g tube	Tables 9, 10	Apply several times	5		
7	7. Calcium gluconate 1g effervescent tablets	Table 16	5g x 2	20		
8	8. Cerfuroxime 750mg injection substance, bottle 8a) water for injection, 5ml ampoule	Table 10	750mg x 3	10		
9	9. Charcoal, activated powder 50g bottle or effervescent granules 5g sachets	Table 10	50g x 1 (IMGS3 No. 13)*	2 (2)*		
10	10. Diazepam rectal solution 10mg/ml, ampoule	Tables 4,5,6	10mg x 1-5	5		
11	11. Erythromycin 500mg tablets	Table 9	500mg x 4	30		
12	12. Ethyl alcohol 99, 5% 500ml bottle (must be for internal use!)	Table 19	25ml 99, 5% in 250-300 ml of water or soft drink	3		
13	13. Fluorescein eye test strip	Appendix 7	1 test strip x 2 (IMGS3 No. 22)	10 (20)*		
14	14. Furosemide 10mg/ml, 5ml ampoules or 2ml ampoules	Tables 2, 9	50mg x 3 (IMGS3 No, 23)	5 (5)* or 15		
15	15. Metoclopramide 5mg/ml injection, 2ml ampoule	Tables 7,8,10,13,15,20	10mg x 3	30		
16	16. Metronidazole 1g suppositories	Table 10	3g x 3	10		
17	17. Morphine sulphate 10mg/ml injection, 1ml ampoule	Tables 7,8,10,13	10mg to 20mg x 6 or 7 (IMGS3 No. 38)*	40 (10)*		
18	18. Naloxone 0.4mg/ml injection, 1ml ampoule	Tables 4, 13	0.4mg x 1 to 5 (IMGS3 No. 40)*	5 (10)*		
19	19. Oral rehydration salts, sachets ORS to give 18 litres solution	Tables 8,10,11	1 litre x 3 or more (IMGS3 No. 43)*	18l		
20	20. Paracetamol 500mg tablets	Tables 7,8,13	1g x 4 (IMGS3 No. 45)*	200 (100)*		
21	21. Phytomenadione 10mg/ml injection, 1ml ampoule	Table 14	10mg x 2 or more (IMGS3 No. 58)*	10 (10)*		
22	22. Plasma expander, Gelatine based, 500ml infusion, bottle	Appendix 13	500ml x 1 to 3	3		
23/23a	23. Salbutamol inhalation aerosol, dose, 200 doses including inhalation device or 23a. Terbutaline inhalation aerosol, 500mcg/dose, 50 doses, a) including inhalation device	Table 9	2 puffs of 100mcg x several (IMGS3 No. 52)* (IMGS3 No. 52a)* or 1 puff or 500mcg x several	5 (1)* 1(1)* or (5) (1)		
24	24. Sodium chloride 0.9% isotonic (saline) 1000ml, bottle	Table 7	1l x 1 to 3 (IMGS3 No. 53)*	5 (5)*		
25	25. Guedel airway a) size 2 b) size 3 c) size 4	Appendix 3	(IMGS3 Equipment, No.1.2a)* (IMGS3 Equipment, No.1.2b)*	a)2 b)2(1)* c)2(1)*		
26	26. I.v cannula (size 1,2) ("safety" preferable, to avoid needle stitch injuries)	Appendix 13	(IMGS3 Equipment No 5.7)*	10 (10)*		
27	27. I.v set	Appendix 13	(IMGS3 Equipment no 5.8)*	10 (10)*		
28	28. Needles, size 0.8 (safety preferable to avoid needle stitch injuries)	As directed	(IMGS3 Equipment No. 5.5)*	100 (20)*		
29	29.Simple face mask (allowing up to 60% oxygen) disposable	Appendix 3	(IMGS3 Equipment No 1.1d)*	10 (3)*		
30	30. Valve and bag manual resuscitator	Appendix 3	(IMGS3 Equipment No 1.4)*	2 (1)*		
31a	31a. Oxygen (1 bottle by 40 litres or 4 bottles by 10 litres) 200bar*	Appendix 3	As directed	40 l		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
31b	31b. Portable oxygen giving set ready for use, containing: 1 bottle by 2 litres 200 bar and 1 spare bottle by 2 litres 200 bar*	Appendix 3	(IMGS3 Equipment No.1.1a)* (IMGS3 Equipment No 1.1b)*	2 l (2 l)* and 2 l(2 l)*		
32	32. Rectal infusion set catheter 26 french gauge	Appendix 13	As directed	16		



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1	1. Amoxicillin 500mg capsules	Table 9	500mg x3	30		
2	2. Anaesthetic eye drops, bottle	Table 7	1 drop x several times daily (IMGS3 No. 4)*	5 (1)*		
3	3. Antibiotic eye ointment, tube	Appendix 7	2-4 times daily or more (IMGS3 No. 54)*	5 (2)*		
4	4. Atropine injection 1mg/ml or 0.5mg/ml, 1ml ampoule	Table 17	1mg x several (IMGS3 No. 9)*	15 (10)*		
5	5. Beclamethasone 50 mcg/dose 200 doses, aerosol inhalation, bottle or Budesonide 200mdg/dose, aerosol inhalation, bottle	Table 9	250mcg x several (5 puffs of 50mcg) or 400mcg x several (2 puffs of 200mcg)	5 or (5)		
6	6. Calcium gluconate 2% gel, 25g tube	Tables 9, 10	Apply several times	5		
7	7. Calcium gluconate 1g effervescent tablets	Table 16	5g x 2	20		
8	8. Cerfuroxime 750mg injection substance, bottle 8a) water for injection, 5ml ampoule	Table 10	750mg x 3	10		
9	9. Charcoal, activated powder 50g bottle or effervescent granules 5g sachets	Table 10	50g x 1 (IMGS3 No. 13)*	2 (2)*		
10	10. Diazepam rectal solution 10mg/ml, ampoule	Tables 4,5,6	10mg x 1-5	5		
11	11. Erythromycin 500mg tablets	Table 9	500mg x 4	30		
12	12. Ethyl alcohol 99, 5% 500ml bottle (must be for internal use!)	Table 19	25ml 99, 5% in 250-300 ml of water or soft drink	3		
13	13. Fluorescein eye test strip	Appendix 7	1 test strip x 2 (IMGS3 No. 22)	10 (20)*		
14	14. Furosemide 10mg/ml, 5ml ampoules or 2ml ampoules	Tables 2, 9	50mg x 3 (IMGS3 No, 23)	5 (5)* or 15		
15	15. Metoclopramide 5mg/ml injection, 2ml ampoule	Tables 7,8,10,13,15,20	10mg x 3	30		
16	16. Metronidazole 1g suppositories	Table 10	3g x 3	10		
17	17. Morphine sulphate 10mg/ml injection, 1ml ampoule	Tables 7,8,10,13	10mg to 20mg x 6 or 7 (IMGS3 No. 38)*	40 (10)*		
18	18. Naloxone 0.4mg/ml injection, 1ml ampoule	Tables 4, 13	0.4mg x 1 to 5 (IMGS3 No. 40)*	5 (10)*		
19	19. Oral rehydration salts, sachets ORS to give 18 litres solution	Tables 8,10,11	1 litre x 3 or more (IMGS3 No. 43)*	18l		
20	20. Paracetamol 500mg tablets	Tables 7,8,13	1g x 4 (IMGS3 No. 45)*	200 (100)*		
21	21. Phytomenadione 10mg/ml injection, 1ml ampoule	Table 14	10mg x 2 or more (IMGS3 No. 58)*	10 (10)*		
22	22. Plasma expander, Gelatine based, 500ml infusion, bottle	Appendix 13	500ml x 1 to 3	3		
23/23a	23. Salbutamol inhalation aerosol, dose, 200 doses including inhalation device or 23a. Terbutaline inhalation aerosol, 500mcg/dose, 50 doses, a) including inhalation device	Table 9	2 puffs of 100mcg x several (IMGS3 No. 52)* (IMGS3 No. 52a)* or 1 puff or 500mcg x several	5 (1)* 1(1)* or (5) (1)		
24	24. Sodium chloride 0.9% isotonic (saline) 1000ml, bottle	Table 7	1l x 1 to 3 (IMGS3 No. 53)*	5 (5)*		
25	25. Guedel airway a) size 2 b) size 3 c) size 4	Appendix 3	(IMGS3 Equipment, No.1.2a)* (IMGS3 Equipment, No.1.2b)*	a)2 b)2(1)* c)2(1)*		
26	26. I.v cannula (size 1,2) ("safety" preferable, to avoid needle stitch injuries)	Appendix 13	(IMGS3 Equipment No 5.7)*	10 (10)*		
27	27. I.v set	Appendix 13	(IMGS3 Equipment no 5.8)*	10 (10)*		
28	28. Needles, size 0.8 (safety preferable to avoid needle stitch injuries)	As directed	(IMGS3 Equipment No. 5.5)*	100 (20)*		
29	29.Simple face mask (allowing up to 60% oxygen) disposable	Appendix 3	(IMGS3 Equipment No 1.1d)*	10 (3)*		
30	30. Valve and bag manual resuscitator	Appendix 3	(IMGS3 Equipment No 1.4)*	2 (1)*		
31a	31a. Oxygen (1 bottle by 40 litres or 4 bottles by 10 litres) 200bar*	Appendix 3	As directed	40 l		



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31b	31b. Portable oxygen giving set ready for use, containing: 1 bottle by 2 litres 200 bar and 1 spare bottle by 2 litres 200 bar*	Appendix 3	(IMGS3 Equipment No.1.1a)* (IMGS3 Equipment No 1.1b)*	2 l (2 l)* and 2 l(2 l)*		
32	32. Rectal infusion set catheter 26 french gauge	Appendix 13	As directed	16		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
1	1. Acetylsalicylic acid 300mg (also known as Aspirin)	-high dose (600-900mg): to reduce pain, fever, inflammation -low dose (100-150mg): to inhibit formation of blood clots in angina pectoris, myocardial infarction, stroke. See pages 17-25 and 113-116, 133-135, 137, 138	For pain and inflammation 2-3 tablets every 4-6 hours; for thrombosis; half a tablet daily	100		
2	2. Aciclovir 400mg tablet (also known as Zovirax, acyclovir)	-treatment of primary or recurrent herpes simplex virus infection; -may be useful for severe varicella and herpes zoster infection (doctor should be consulted) See pages 125-126, 198-199, 256	400mg 3 times daily for 5-10 days for primary infection or for 3-5 days for recurrence	35		
3	3. Adrenaline 1:1000 ampoule 1ml = 1mg (also known as epinephrine, adrenaline 1:1000)	-to raise blood pressure in anaphylaxis - to dilate airways in severe asthma or anaphylaxis See pages 145-147	for anaphylaxis: 0.5ml, IM, repeated every 5 minutes if needed; For severe asthma: 0.5ml IM, repeated every 5 minutes if needed	10		
4	4. Amethocaine (tetracaine hydrochloride) 0.5% eye drops, single use vial 1ml	-for eye examination and procedures See pages 33-34	2 drops inside lower eyelid	20		
5	5. Amoxicillin + clavulanate tablets 875mg/125mg	-to treat infections responsive to this antibiotic See pages 7-776, 140-144, 181-183, 204, 216-217, 221-223, 262 and 288	one tablet twice daily taken with food	15		
6	6. Antimalarial prophylaxis (prevention) tablets	Prophylaxis and treatment of malaria as recommended by www.who.int / malaria / publications.html or www.cdc.gov / travel / regionalmalaria / index.html See pages 265-269	As directed	Quantity dependant of crew number, risk of acquiring malaria in a given port and duration of dwell in risk area		
7	7. Artemether ampoule 1ml = (80mg)	-treatment of severe malaria. required only for voyages to areas where malaria transmission is a risk See pages 265-269	See under malaria in IMGS, chapter 2, infectious diseases	5		
8	8. Artemether + Lumefrantrine tablets 20mg +120mg	-treatment of malaria. required only for voyages to areas where malaria transmission is a risk See pages 265-269	See under malaria in chapter 2 infectious diseases	24		
9	9. Atropine ampoule 1.2mg/ml	-to treat slow heart rate in myocardial infarction - to treat organophosphate insecticide poisoning See pages 96, 136	for slow heart rate in myocardial infarction: 0.6mg IM or IV	10		
10	10. Azithromycin tablet 500mg	-to treat infections responsive to this antibiotic See pages 141-144, 195-207, 260, 174, 277, 281	as recommended in IMGS3 for the specific infection	3		
11	11. Ceftriaxone ampoule 1g powder for injection (dissolve in water for injection)	-to treat infections responsive to this antibiotic See pages 16, 141-144, 153, 160-161, 172, 175, 187, 194, 195-207, 269-270	as recommended in IMGS3 for the specific infection	15		
12	12. Cetirizine tablet 10mg	-to treat allergy symptoms in hayfever, hives, allergic dermatitis etc. See pages 145	10mg daily up to a maximum of 20mg daily	30		
13	13. Charcoal, activated 50g in 00ml purified water	-to absorb ingested poisons See pages 93-96	1g/kg orally up to a maximum of 100g for first dose; for repeat doses, 50g every 4 hours, if advised by a doctor	2		
14	14. Ciprofloxacin tablet 250mg	-to treat infections responsive to this antibiotic See pages 77, 156-157, 181-183, 195-207, 221-223, 262 and 277	as recommended in IMGS3 for the specific infection; to be taken 1 hour before or 2 hours after meals milk and other dairy products to be avoided	40		
15	15. Cloves, oil of 10ml	-toothache, see pages 287-289.	to be applied to affected tooth with cotton wool soaked in oil of cloves	1		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
16	16. Dexamethasone ampoule 4mg/ml	#NAME?	for anaphylaxis and life-threatening asthma: 4mg IM or IV otherwise as advised by a doctor	5		
17	17. Diazepam tablets 5mg	-to treat alcohol withdrawal See pages 235-239	see IMGS3, Chapter 22, Tobacco, alcohol, and drug use	50		
18	18. Docusate with senna tablet 50mg + 8mg	-to avoid straining in patients with anal fissure and haemorrhoids -to prevent constipation caused by opioid use See pages 168-169	1-2 tablets at bedtime, may be increased to up to 2 tablets twice daily if required	20		
19	19. Doxycycline tablet 100mg	as recommended in IMGS3 for the specific infection. See pages 195-207, 209-210, 221-223, 271-272.	as recommended in IMGS3 for the specific infection, 1 tablet with 300ml water, to be taken with meals, patient to remain sitting or standing for 30 minutes after a dose	20		
20	20. Ethanol 70% hand cleanser gel 250ml	an alternative to hand-washing when hands are not obviously soiled	enough should be used to cover hands thoroughly and allowed to dry	2		
21	21. Ethanol 70%, liquid, Liquid 500ml	to disinfect instruments and surfaces	topical use only	1		
22	22. Fluorescein 1%, strips or single use vials 1ml	to detect damage to cornea: damaged area stains yellow / green. See pages 33-34	As directed	20		
23	23. Frusemide ampoule 4ml = 40mg	to treat severe fluid retention in lungs (pulmonary oedema) due to cardiac failure, See pages 15, 136	40mg IV over 10 minutes or (less desirable) IM repeat in 1 hour if necessary	5		
24	24. Glucagon, ready to use ampoule 1mg amp	to treat low blood sugar (hypoglycaemia) due to insulin when oral intake is impossible and intravenous glucose cannot be given. See pages 123, 125	1mg IM or Sc: response should occur within 15 minutes	1		
25	25. Haloperidol ampoule 1ml = 5mg	-to treat psychotic hallucinations and delusions -to treat severe agitation and aggressiveness See pages 126-132	2-10 mg IM, repeated every 2-6 hours if needed maximum: 15mg in 24 hours	5		
26	26. Hydrocortisone 1% cream, Cream (20-30) gm	to treat allergy and some other inflammatory skin conditions. See pages 169, 212-213, 219-221	to be applied sparingly twice daily after a few days, application to be reduced to once a day	2		
27	27. Ibuprofen coated tablet 400mg	#NAME?	400-800 mg every 6 hours maximum 3200 mg (=8 tablets) per 24 hours take with food	50		
28	28. Insect repellent lotions for skin. Vials for personal use Deet 20-35% formulation or Picaridin or p-menthane-3,8-diol	Consider diseases transmitted by mosquitoes as Dengue Fever p 258-259, Malaria p. 265-269, Yellow fever p 284 See also pages 363-364 for mosquito control in general.	One vial per person in areas of risk of acquiring a disease transmitted by mosquitoes in a given port.	#		
29	29. Isosorbide dinitrate tablet 5mg sublingual	#NAME?	1 tablet, sublingual, repeated once after 10 minutes if pain persists to be used preventively if possible before activity likely to cause angina patient to sit or lie down when using tablet to be placed under tongue, patient must not swallow tablet if pain resolves, patient spits out remaining tablet so as to reduce risk of headache	20		
30	30. Lignocaine 1% (without adrenaline) ampoule 5ml	for local anaesthesia when suturing wounds for performing minor surgery. See pages 71-74, 216-219	maximum 200mg (20ml or 1% solution) after maximum dose, give no more for 2 hours	5		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
31	31. Loperamide tablet 2mg	to treat symptoms of diarrhoea. See pages 156-157	starting dose 4mg then 2mg with each diarrhoeal motion up to 16mg (=8 capsules) per 24 hours	30		
32	32. Mebendazole tablet 100mg	-to treat intestinal worm infections not effective for tapeworm infection or hydatid disease , See pages 281-284	as recommended in IMGS3 for the specific infection to be taken with food	10		
33	33. Metoprolol tablet 100mg	-to treat hypertension (high blood pressure) -to treat atrial fibrillation (irregular or rapid heart) -to treat angina pectoris (chest pain) -to prevent migraine. See pages 133-137	oral with food for hypertension 100mg once daily, for angina pectoris: 50mg twice daily: on medical advice, may be increased to 100mg twice daily for atrial fibrillation : 50mg twice daily: on medical advice, may be gradually increased to 100mg twice daily, for migraine: 50mg twice daily	30		
34	34. Metronidazole tablet 500mg	to treat infections responsive to antibiotics. See pages 160-163, 172, 203-204	as recommended in IMGS3 for the specific infection to be taken with food if possible to minimize unwanted effects	30		
35	35. Miconazole 2% cream	to treat fungal skin infections see pages 203-204, 214. if women on board supply also miconazole vaginal cream	a thin film applied twice daily then for 2 weeks after symptoms have gone hands should be washed promptly after use	2		
36	36. Midazolam ampoule 1ml (=5mg)	to terminate epileptic fits. See pages 121, 128-130	0.1-0.2mg/kg body weight IM or 10mg intranasally two ampoules should be opened and one drop allowed to drip into alternate nostrils until ampoules are empty	1		
37	37. Misoprostol tablet 200ug	to prevent post-partum haemorrhage. page 192	600 ug orally immediately after delivery	1		
38	38. Morphine (injectable) ampoule 1ml = 10mg	-to reduce severe pain -to reduce pain not relieved by other analgesics See pages 17-25	See IMGS3,Chapter 3,Pain management	10		
39	39. Morphine (oral) liquid 1mg/ml bottle or 10 tablets with 10 mg	to reduce severe pain likely to last several days in patients able to eat and drink. See pages 17-25	See IMGS3,Chapter 3,Pain management	1		
40	40. Naloxone ampoule 1ml (=0.4mg)	to reverse effects of opioids, especially in case of overdose . See pages 123, 240	0.4mg IM, repeated as needed response should be rapid: if no response to 5 doses, diagnosis is not opioid overdose	10		
41	41. Omeprazole tablets 20mg	-to treat gastro-oesophageal reflux -to treat peptic ulcer disease. See pages 152, 163-167 and 173	starting dose 20mg once daily before a meal, preferably in the evening dose increased to 40mg daily if symptoms persist in gastrointestinal haemorrhage: 40mg twice daily	30		
42	42. Ondansetron tablet 4mg or Scopolamin transdermal patched see page 347	-to prevent vomiting -to prevent seasickness see page 347	one tablet, preferably taken before the stimulus to vomiting	10 or 5		
43	43. Oral rehydration salts sachets of powder for reconstitution	to prevent or treat dehydration, especially due to diarrhoea, see pages 257-258 and 347	as recommended in IMGS3 correct amount of boiled, cooled tap water (not less water then specified) to be added to the entire contents of one sachet, shaken or stirred until all the powder is dissolved solution keeps for 24 hours	10		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
44	44. Oxymetazoline 0.5% (or equivalent) drops or spray	#NAME?	2-3 drops in each nostril twice daily or only at night if disturbed sleep is the main complaint	4		
45	45. Paracetamol tablets 500mg	to reduce pain and fever (but not inflammation) see pages 17-25	1000mg every 6 hours maximum 4000mg (=8 tablets) per 24 hours	100		
46	46. Permethrin 1% lotion 250ml	to eliminate hair, pubic, and body lice. See pages 219-221	to be applied to washed, damp hair or skin, rubbed in, left for 10 minutes, then rinsed off a fine-tooth comb should be used to remove eggs to be repeated after one week hands to be washed to remove lotion	1		
47	47. Permethrin 5% lotion, vial of 250g	to treat scabies. See pages 219-221	to be applied to clean, dry skin from chin down, left on for 12 hours, then washed with soapy water and rinsed to be repeated after 7 days	1		
48	48. Povidone iodine ointment 10% 25 to 50g	to disinfect skin and wounds, See pages 67-77, 215-219	ointment to be applied thinly with gauze 1-2 times a day	2		
49	49. Povidone iodine solution 10% 30-120ml	to disinfect skin and wounds, See pages 67-77, 215-219	ointment to be applied thinly with gauze 1-2 times a day	2		
50	50. Prednisone tablet 25mg	-to treat severe asthma -to treat other inflammatory conditions (on medical advice) See pages 125-126, 145-147	see under Asthma in IMGS3, Chapter 15, Respiratory diseases to be taken with food	30		
51	51. Petroleum jelly 50g to 100g (vaseline)*	-to treat chapped skin See page 212, 261 lubricated rectal thermometer	As directed	2		
52	52. Salbutamol aerosol inhaler 0.1mg/dose	-to treat asthma -to treat chronic bronchitis -to treat emphysema -to treat other lung diseases see pages 145-147	for symptoms: 2 puffs every 4 hours up to 12 puffs maximum per day in severe asthma, up to 10 puffs repeated every 15 minutes	1		
52a	52a. Volume spacer for salbutamol inhaler	to make inhaling salbutamol more effective	As directed	1		
53	53. Sodium chloride 0.9% infusion plastic-bottle 1 litre	for fluid replacement	see appropriate IMGS3 text or as advised by a doctor	5		
54	54. Tetracycline 1% ointment Eye-ointment 5g	to treat minor eye infections; to prevent infections following damage to the cornea. See pages 33-34, 40-42, 261.	1cm ointment to be applied twice daily to inner surface of lower eyelid	2		
55	55. Tetanus Immunoglobulin ampoule (keep at 2-8 degrees C)	Part of wound care if state of vaccination is unknown see page 68	As directed	1		
56	56. Tetanus toxoid vaccination ampoule (keep at 2-8 degrees C)	Part of wound care if state of vaccination is unknown see page 68	As directed	1		
57	57. Tramadol tablets 50mg	against strong pain, see pages 17-25	As directed	50		
58	58. Vitamin K (Phytomenadione) ampoule 1ml=10mg	to reverse excessive or unwanted effects of warfarin or related drugs. See pages 96, 173	for life-threatening situations (trauma, major bleeding): 10mg orally or IM for minor bleeding: 1-2 mg orally	2		
59	59. Water for injection ampoules 5ml	reconstitution of injectable drugs provided as powders	As directed	20		
60	60. Zidovudine plus lamivudine tablets, 300mg+150mg	prophylaxis against HIV infections after needle-stick injury. See page 252	One tablet twice daily for four weeks.	may be omitted if risk assessment for HIV infection on board suggests low risk. If carried on board: min 60 tablets.		



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61	61. Zinc oxide 20% paste or ointment 50-100g	protection of irritated skin	apply liberally to affected skin twice daily and after washing	5		
1,1	1.1 Portable oxygen set, complete containing:	appliance for the administration of oxygen, see pages 4-5.	As directed	1		
1.1a	1.1a. 1 oxygen cylinder, 2l/200bar	see pages 4-5.	As directed	1		
1.1b	1.1b. 1 spare oxygen cylinder, 2l/200bar	see pages 4-5.	As directed	1		
1.1c	1.1c. Pressure regulating unit and flow meter with tubes such that ship's industrial oxygen can also be used	see pages 4-5.	As directed	1		
1.1d	1.1d. 3 disposable face masks of choice: including simple face mask and non-rebreathing mask	see pages 4-5.	As directed	1		
1.2a	1.2a. Guedel airway (mayo-tube): size medium	oropharyngeal airway, see pages 4-5, 315.	As directed	1		
1.2b	1.2b. Guedel airway (mayo-tube): size large	oropharyngeal airway, see pages 4-5, 315.	As directed	1		
1.3a	1.3a. Manual aspirator to clear upper airways	Mechanical aspirator , see pages 4-5	As directed	1		
1.3b	1.3b. Catheters for aspirator	Mechanical aspirator , see pages 4-5	As directed	2		
1,4	1.4. Ambubag or equivalent; supplied with small, medium and large masks	Bag and mask resuscitator, see pages 4-5	As directed	1		
1,5	1.5 Brook Airway, Lifeway, pocket face mask or equivalent	Cannula for mouth-to-mouth resuscitation, see pages 4-5	As directed	1		
2,1	2.1 Assorted wound-plaster or plaster strips, water resistant - slim and broad	Adhesive dressings	As directed	200		
2.2a	2.2a. Sterile gauze compresses, 5cm x 5cm, sterile	Sterile gauze compresses	As directed	50		
2.2b	2.2b. Sterile gauze compresses, 10cm x 10cm	Sterile gauze compresses	As directed	50		
2,3	2.3. Gauze roll, 5cm and 60 or 90cm x 100m, non-sterile	Gauze roll 60cm / 90cm may be substituted by gauze roll of smaller size	As directed	1		
2,4	2.4 Non-adherent gauze dressing, square 10cm	Gauze dressing with non-adherent surface	As directed	10		
2,5	2.5. Paraffin gauze dressing, 10 x 10cm, sterile	Vaseline gauze	As directed	40		
2,6	2.6. Elastic fixation bandage, 4m x 6cm	Bandage	As directed	3		
2.7a	2.7a. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) small	Sterile compression bandages	As directed	5		
2.7b	2.7b. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) medium	Sterile compression bandages	As directed	5		
2.7c	2.7c. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) large	Sterile compression bandages	As directed	5		
2.8a	2.8a. Tubular gauze bandage for finger bandage, 5m	Tubular gauze for finger bandage. See pages 43-58	As directed	1		
2.8b	2.8b. Applicator for finger bandage	See pages 43-58	As directed	1		
2,9	2.9 Adhesive elastic bandage 4m x 6cm	Adhesive elastic bandage.	As directed	10		
2,1	2.10. Triangular sling	Triangular sling. see pages 43-58 and 77	As directed	5		
2,11	2.11. Sterile sheets for burn patients	Sterile sheet for burn victims. See pages 79-83	As directed	1		
2,12	2.12. Honey for dressing burns 1kg, (only purified 1000g)	Only if honey for medical purposes available. Otherwise use a hydrogel-burnkit. See pages 79-83	As directed	1		
2,13	2.13. Adhesive tape, waterproof, skin-friendly, 5x1.25cm	Adhesive sutures or zinc oxide bandages	As directed	3		
2,14	2.14. Q-tips (wooden)	Q-tips	As directed	100		



Medical List - Panama - 10 Person Crew						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
2,15	2.15. Safety pins (stainless steel), 12 pieces	Safety pins	As directed	1		
2,16	2.16. Butterfly sutures, Steristrip or leukostrip, sterile	Butterfly sutures. See pages 69-74	As directed	50		
2,17	2.17. 2-octyl cyanoacrylate liquid, 0.5ml	Skin adhesive for closing small wounds. See pages 69-74	As directed	1		
2.18a	2.18a. Sutures, absorbable with curved non-traumatic needles, 1 - 0,	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use p71	As directed	3		
2.18b	2.18b. Sutures, absorbable with curved non-traumatic needles, 3 - 0,	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use, see p71	As directed	3		
2.18c	2.18c. Sutures, absorbable with curved non-traumatic needles, 4 - 0 or 5 - 0	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use, see p71	As directed	3		
2.19a	2.19a. Disposable examination gloves, size M	Gloves	As directed	100		
2.19b	2.19b. Disposable examination gloves, size L	Gloves	As directed	100		
2.19c	2.19c. Surgical gloves size 6.5, sterile in pairs	Gloves (sterile)	As directed	3		
2.19d	2.19d. Surgical gloves size 7.5, sterile in pairs	Gloves (sterile)	As directed	3		
2.19e	2.19e. Surgical gloves size 8.5, sterile in pairs	Gloves (sterile)	As directed	3		
2,2	2.20. Eye pads	See pages 36, 38	As directed	1		
3,1	3.1. Scalpel, sterile, disposable	Disposable scalpels see pages 71-74, 216-219	As directed	10		
3,2	3.2. Instrument box (stainless steel)	Stainless-steel instrument box.	As directed	1		
3,3	3.3. Operating scissors, straight (stainless steel)	Scissors	As directed	1		
3,4	3.4. Bandage scissors (stainless steel)	Scissors	As directed	1		
3,5	3.5. Splinter forceps, pointed (stainless steel)	Forceps	As directed	1		
3,6	3.6. Teeth tissue forceps (stainless steel)	Forceps see pages 71-74, 216-219	As directed	1		
3,7	3.7. Needle holder, mayo-hegar 180mm, straight	Needle holder. See pages 71-74	As directed	1		
3,8	3.8. Haemostatic clamp, Halstead mosquito, 125mm, stainless steel	Haemostatic clamps	As directed	1		
3,9	3.9. Razor, Disposable	Disposable razors	As directed	5		
4,1	4.1. Tongue depressors, disposable	Disposable tongue depressors	As directed	100		
4,2	4.2 Reactive strips for urine analysis: blood/ glucose/ protein / nitrite / leukocytes	Reactive strips for urine analysis, see pages 311-312	As directed	50		
4,3	4.3. Microscope slides	Microscope slides , see pages 265-269	As directed	12		
4,4	4.4. Stethoscope	Stethoscope	As directed	1		
4,5	4.5. Sphygmomanometer (blood pressure set), preferably automatic	Aneroid sphygmomanometer, see pages 305-307	As directed	1		
4.6a	4.6a. Standard thermometer digital if possible	Standard thermometer see pages 302-304	As directed	2		
4.6b	4.6b. Rectal thermometer digital if possible	Rectal thermometer see pages 302-304	As directed	1		
4,7	4.7. Thermometer 32 Degree - 34 Degree C, digital if possible	Hypothermic thermometer, see pages 343-344	As directed	1		
4,8	4.8. Penlight + blue cover	Penlight (blue light) to detect damage to cornea see pages 33-34	As directed	1		
4,9	4.9. Waterproof indelible marker	See page 29	As directed	1		
4,1	4.10. Magnifying glass (a x 9 loupe)	See pages 33-34	As directed	1		
4,11	4.11. Temperature cards / charts	As master copy from page 302	As directed	10		
4,12	4.12. Cards for telemedical advise	As master copy. should be filled in before calling radiomedical advise	As directed	10		
4,13	4.13. Medical logbook	See page 455	As directed	1		
4,14	4.14. Controlled drug register	Controlled drug register	As directed	1		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
4,15	4.15. International medical guide for ships 3rd	Hard-copy	As directed	1		
4.16a	4.16a. Forms from Annex A ship master's report form	as master copy (see pages 455-461) file in medical log p. 455	As directed	10		
4.16b	4.16b. Forms from Annex A ships identity and navigational status form	as master copy (see pages 455-461)	As directed	10		
4.16c	4.16c. Forms from Annex A Patient health status form	as master copy (see pages 455-461)	As directed	10		
4.16d	4.16d. Forms from Annex A Primary physicians report form	as master copy (see pages 455-461)	As directed	10		
4,17	4.17. Vaccination requirements	International travel and health, current edition (WHO)	As directed	1		
4,18	4.18. Malaria prophylaxis and treatment	www.who.int / malaria / publications.html or www.cdc.gov / travel / regionalmalaria / index.html See page 266	As directed	1		
5,1	5.1. Syringes, Luer connection, 2ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,2	5.2. Syringes, Luer connection, 5ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,3	5.3. Syringes, Luer connection, 10ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,4	5.4. Hypodermic subcutaneous needle, Luer connection 16x0.5mm (23 G or 25G), sterile, disposable	Equipment for subcutaneous injection, See pages 324-329	As directed	20		
5,5	5.5. Hypodermic intrmuscular needle (19G or 21G), sterile, disposable	Equipment for intramuscular injection, see pages 324-329	As directed	20		
5,6	5.6. Needles, 19G or 21G, blunt, "drawing up" type	Equipment for drawing the medicine into the syringe, see pages 324-329	As directed	20		
5.7a	5.7a. Intravenous infusion cannula 16G (1.7mm) or 19G, Luer-lock connection, sterile, non-recap type + mandarin	Equipment for intravenous fluid infusion, see page 326	As directed	5		
5.7b	5.7b. Intravenous infusion cannula 22G (0.8mm) or 21G, Luer-lock connection, sterile, non-recap type + mandarin	Equipment for intravenous fluid infusion, see page 326	As directed	5		
5,8	5.8. Intravenous giving set, Luer-lock connection, sterile +3-way valve/ connection	Equipment for intravenous infusion, see pages 324-329	As directed	5		
5,9	5.9. Tourniquet, blood-taking type, to be used with intravenous infusion cannula	Equipment for infusion, see pages 324-329	As directed	1		
5.10a	5.10a. Penile sheath set with condom catheter, tube, and bag	Bladder drainage equipment, see page 308-309	As directed	1		
5.10b	5.10b. Indwelling urine catheter 12 CH	Bladder drainage equipment, see pages 319-321	As directed	1		
5.11a	5.11a. Short-term urine catheter with soft-eye straight tip Thieman No. 12, or equivalent	Bladder drainage equipment, see pages 319-321	As directed	2		
5.11b	5.11b. Short-term urine catheter with soft-eye straight tip Thieman No. 16, or equivalent	Bladder drainage equipment, see pages 319-321	As directed	2		
5.11c	5.11c. Complete sterile urine catheterization set with lubricant, drapes, cotton swabs, skin disinfectant, forceps, sterile container	Bladder drainage equipment, see pages 319-321	As directed	1		
5,12	5.12. Urine collecting bag and tube	Bladder drainage equipment, see pages 319-321	As directed	2		
6,1	6.1. Plastic goggles or full-face mask	Eye protection	As directed	1		
6,2	6.2. Disposable plastic apron	Plastic apron	As directed	10		
6,3	6.3. Kidney dish, stainless steel, 825ml	Kidney dish	As directed	1		
6,4	6.4. Towels, plastic backed, absorbent, 600x500mm	Plastic backed towels	As directed	10		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
6,5	6.5. Safety box for sharps disposable, 5l	Safety box Size of 1-5 litre may be chosen	As directed	1		
6,6	6.6. Mask, duckbill type, disposable	Mask	As directed	50		
6,7	6.7. Tape measure, vinyl coated, 1.5m	Tape measure	As directed	1		
6,8	6.8. Draw sheet, plastic 90x180cm	Draw sheet	As directed	1		
6,9	6.9. Bedpan, stainless steel	Bedpan	As directed	1		
6,1	6.10. Hot-water bag	Hot-water Bottle	As directed	1		
6,11	6.11. Urinal, male (plastic)	Urine bottle	As directed	1		
6,12	6.12. ColdHotpack maxi	Ice bag	As directed	1		
6,13	6.13. Aluminium foil blanket	Aluminium foil blanket	As directed	1		
6,14	Male condoms	Condoms	As directed	100		
6,15	6.15. Plastic wash bottle, 250ml	Wash bottle	As directed	1		
6,16	6.16. Bottle, 1l plastic with screw top	Plastic bottle	As directed	1		
6,17	6.17. Stainless stell dressing tray 300x200x30mm	Dressing tray	As directed	1		
6,18	6.18. Bowl, stainless steel, 180ml	Bowl	As directed	1		
6,19	6.19. Jars, plastic, with lids and lables 100ml	Specimen jars	As directed	10		
6.20a	6.20a. Bandages, POP, 5cmx2.7m	Plaster-of-paris bandages, ma be omitted if splints are carried	As directed	6		
6.20b	6.20b. Bandages, POP, 10cmx2.7m	Plaster-of-paris bandages, ma be omitted if splints are carried	As directed	6		
6.21a	6.21a. Stockinet sizes for arm splints 10m roll	Stockinet. See pages 43-58	As directed	1		
6.21b	6.21b. Stockinet sizes fro leg splints 10m roll	Stockinet. See pages 43-58	As directed	1		
6,22	6.22. Cotton wool roll 500g	Cotton wool. See pages 43-58	As directed	1		
6,23	6.23. Alcohol swabs	70% alcohol swabs for skin cleansing prior to injection	As directed	100		
6,24	6.24. Nail brush	Nail brush	As directed	1		
6,25	6.25. Thermometer for refrigerator	if tetanus vaccine and immunoglobulin are on board	As directed	1		
6,26	6.26. Mortuary transfer bag	See pages 334-336	As directed	1		
6,27	6.27. Water disinfection set including measure kit/ test strips	To disinfect portable water tanks with chlorine effectively. See pages 359-360	As directed	1		
6,28	6.28. Disinfectant solution for medical instruments, 1000ml: 3% aqueous phenolic solution	For disinfection of used instruments* and thermometers, See page 331. *Caution: all items entering the skin or are in direct contact with mucous membranes should be single use (i.e. injection needles, urinary catheters	As directed	1		
6,29	6.29. Disinfectant for surfaces and floor, 1000ml concentrate: 2% cetrimide solution or 3% aqueous phenolic solution	For disinfection of contaminated surfaces, hard-surface objects and floors (non-food-ndling area), see page 331	As directed	1		
6,3	6.30. Disinfectant for surfaces and floor 1000ml concentrate: sodium hypochlorite 100mg/litre	For disinfection of food-hadnling-area: cutlery dishes, plates,glasses, see page 331	As directed	2		
6,31	6.31. Chlorpyrifos 5g/L in Bait stations or gels	To use against cockroaches in food storage and preparation area, see pages 362-365	As directed	20		
6,32	6.32. Chlorpyifos-methyl 7-10 g/l spray - 1 peice	To use against cockroaches in food storage and preparation area, see pages 362-365	As directed	10		
6,33	6.33 Insecticide spray Permethrine, natural pyrethrins or chlorpyriphos-methyl	For space praying not for skin see pages 362-365	As directed	1		
7,1	7.1. Melleable finger splint	Malleable splints see pages 43-58	As directed	1		
7,2	7.2. Malleable forearm / hand splint	Malleable splints see pages 43-58	As directed	1		
7,3	7.3. Splints- simple, vacuum or fibre-glass, set of four (half leg, full-leg, half-arm, full-arm)	See pages 43-58	As directed	1		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantitiy
7,4	Stretcher	Stretcher equipment (a system for trauma management, i.e. immobilization and stretcher equipment most suited for treatment in teh vessel concerned. see page 7.	As directed	1		
7,5	7.5. Cervical rigid collar variable size	for neck immobilization see pages 7-45	As directed	1		



Medical List - Panama - 10 Person Crew						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
1	1. Acetylsalicylic acid 300mg (also known as Aspirin)	-high dose (600-900mg): to reduce pain, fever, inflammation -low dose (100-150mg): to inhibit formation of blood clots in angina pectoris, myocardial infarction, stroke. See pages 17-25 and 113-116, 133-135, 137, 138	For pain and inflammation 2-3 tablets every 4-6 hours; for thrombosis; half a tablet daily	100		
2	2. Aciclovir 400mg tablet (also known as Zovirax, acyclovir)	-treatment of primary or recurrent herpes simplex virus infection; -may be useful for severe varicella and herpes zoster infection (doctor should be consulted) See pages 125-126, 198-199, 256	400mg 3 times daily for 5-10 days for primary infection or for 3-5 days for recurrence	35		
3	3. Adrenaline 1:1000 ampoule 1ml = 1mg (also known as epinephrine, adrenaline 1:1000)	-to raise blood pressure in anaphylaxis - to dilate airways in severe asthma or anaphylaxis See pages 145-147	for anaphylaxis: 0.5ml, IM, repeated every 5 minutes if needed; For severe asthma: 0.5ml IM, repeated every 5 minutes if needed	10		
4	4. Amethocaine (tetracaine hydrochloride) 0.5% eye drops, single use vial 1ml	-for eye examination and procedures See pages 33-34	2 drops inside lower eyelid	20		
5	5. Amoxicillin + clavulanate tablets 875mg/125mg	-to treat infections responsive to this antibiotic See pages 7-776, 140-144, 181-183, 204, 216-217, 221-223, 262 and 288	one tablet twice daily taken with food	15		
6	6. Antimalarial prophylaxis (prevention) tablets	Prophylaxis and treatment of malaria as recommended by www.who.int / malaria / publications.html or www.cdc.gov / travel / regionalmalaria / index.html See pages 265-269	As directed	Quantity dependant of crew number, risk of acquiring malaria in a given port and duration of dwell in risk area		
7	7. Artemether ampoule 1ml = (80mg)	-treatment of severe malaria. required only for voyages to areas where malaria transmission is a risk See pages 265-269	See under malaria in IMGS, chapter 2, infectious diseases	5		
8	8. Artemether + Lumefrantrine tablets 20mg +120mg	-treatment of malaria. required only for voyages to areas where malaria transmission is a risk See pages 265-269	See under malaria in chapter 2 infectious diseases	24		
9	9. Atropine ampoule 1.2mg/ml	-to treat slow heart rate in myocardial infarction - to treat organophosphate insecticide poisoning See pages 96, 136	for slow heart rate in myocardial infarction: 0.6mg IM or IV	10		
10	10. Azithromycin tablet 500mg	-to treat infections responsive to this antibiotic See pages 141-144, 195-207, 260, 174, 277, 281	as recommended in IMGS3 for the specific infection	3		
11	11. Ceftriaxone ampoule 1g powder for injection (dissolve in water for injection)	-to treat infections responsive to this antibiotic See pages 16, 141-144, 153, 160-161, 172, 175, 187, 194, 195-207, 269-270	as recommended in IMGS3 for the specific infection	15		
12	12. Cetirizine tablet 10mg	-to treat allergy symptoms in hayfever, hives, allergic dermatitis etc. See pages 145	10mg daily up to a maximum of 20mg daily	30		
13	13. Charcoal, activated 50g in 00ml purified water	-to absorb ingested poisons See pages 93-96	1g/kg orally up to a maximum of 100g for first dose; for repeat doses, 50g every 4 hours, if advised by a doctor	2		
14	14. Ciprofloxacin tablet 250mg	-to treat infections responsive to this antibiotic See pages 77, 156-157, 181-183, 195-207, 221-223, 262 and 277	as recommended in IMGS3 for the specific infection; to be taken 1 hour before or 2 hours after meals milk and other dairy products to be avoided	40		
15	15. Cloves, oil of 10ml	-toothache, see pages 287-289.	to be applied to affected tooth with cotton wool soaked in oil of cloves	1		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
16	16. Dexamethasone ampoule 4mg/ml	#NAME?	for anaphylaxis and life-threatening asthma: 4mg IM or IV otherwise as advised by a doctor	5		
17	17. Diazepam tablets 5mg	-to treat alcohol withdrawal See pages 235-239	see IMGS3, Chapter 22, Tobacco, alcohol, and drug use	50		
18	18. Docusate with senna tablet 50mg + 8mg	-to avoid straining in patients with anal fissure and haemorrhoids -to prevent constipation caused by opioid use See pages 168-169	1-2 tablets at bedtime, may be increased to up to 2 tablets twice daily if required	20		
19	19. Doxycycline tablet 100mg	as recommended in IMGS3 for the specific infection. See pages 195-207, 209-210, 221-223, 271-272.	as recommended in IMGS3 for the specific infection, 1 tablet with 300ml water, to be taken with meals, patient to remain sitting or standing for 30 minutes after a dose	20		
20	20. Ethanol 70% hand cleanser gel 250ml	an alternative to hand-washing when hands are not obviously soiled	enough should be used to cover hands thoroughly and allowed to dry	2		
21	21. Ethanol 70%, liquid, Liquid 500ml	to disinfect instruments and surfaces	topical use only	1		
22	22. Fluorescein 1%, strips or single use vials 1ml	to detect damage to cornea: damaged area stains yellow / green. See pages 33-34	As directed	20		
23	23. Frusemide ampoule 4ml = 40mg	to treat severe fluid retention in lungs (pulmonary oedema) due to cardiac failure, See pages 15, 136	40mg IV over 10 minutes or (less desirable) IM repeat in 1 hour if necessary	5		
24	24. Glucagon, ready to use ampoule 1mg amp	to treat low blood sugar (hypoglycaemia) due to insulin when oral intake is impossible and intravenous glucose cannot be given. See pages 123, 125	1mg IM or Sc: response should occur within 15 minutes	1		
25	25. Haloperidol ampoule 1ml = 5mg	-to treat psychotic hallucinations and delusions -to treat severe agitation and aggressiveness See pages 126-132	2-10 mg IM, repeated every 2-6 hours if needed maximum: 15mg in 24 hours	5		
26	26. Hydrocortisone 1% cream, Cream (20-30) gm	to treat allergy and some other inflammatory skin conditions. See pages 169, 212-213, 219-221	to be applied sparingly twice daily after a few days, application to be reduced to once a day	2		
27	27. Ibuprofen coated tablet 400mg	#NAME?	400-800 mg every 6 hours maximum 3200 mg (=8 tablets) per 24 hours take with food	50		
28	28. Insect repellent lotions for skin. Vials for personal use Deet 20-35% formulation or Picaridin or p-menthane-3,8-diol	Consider diseases transmitted by mosquitoes as Dengue Fever p 258-259, Malaria p. 265-269, Yellow fever p 284 See also pages 363-364 for mosquito control in general.	One vial per person in areas of risk of acquiring a disease transmitted by mosquitoes in a given port.	#		
29	29. Isosorbide dinitrate tablet 5mg sublingual	#NAME?	1 tablet, sublingual, repeated once after 10 minutes if pain persists to be used preventively if possible before activity likely to cause angina patient to sit or lie down when using tablet to be placed under tongue, patient must not swallow tablet if pain resolves, patient spits out remaining tablet so as to reduce risk of headache	20		
30	30. Lignocaine 1% (without adrenaline) ampoule 5ml	for local anaesthesia when suturing wounds for performing minor surgery. See pages 71-74, 216-219	maximum 200mg (20ml or 1% solution) after maximum dose, give no more for 2 hours	5		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
31	31. Loperamide tablet 2mg	to treat symptoms of diarrhoea. See pages 156-157	starting dose 4mg then 2mg with each diarrhoeal motion up to 16mg (=8 capsules) per 24 hours	30		
32	32. Mebendazole tablet 100mg	-to treat intestinal worm infections not effective for tapeworm infection or hydatid disease , See pages 281-284	as recommended in IMGS3 for the specific infection to be taken with food	10		
33	33. Metoprolol tablet 100mg	-to treat hypertension (high blood pressure) -to treat atrial fibrillation (irregular or rapid heart) -to treat angina pectoris (chest pain) -to prevent migraine. See pages 133-137	oral with food for hypertension 100mg once daily, for angina pectoris: 50mg twice daily: on medical advice, may be increased to 100mg twice daily for atrial fibrillation : 50mg twice daily: on medical advice, may be gradually increased to 100mg twice daily, for migraine: 50mg twice daily	30		
34	34. Metronidazole tablet 500mg	to treat infections responsive to antibiotics. See pages 160-163, 172, 203-204	as recommended in IMGS3 for the specific infection to be taken with food if possible to minimize unwanted effects	30		
35	35. Miconazole 2% cream	to treat fungal skin infections see pages 203-204, 214. if women on board supply also miconazole vaginal cream	a thin film applied twice daily then for 2 weeks after symptoms have gone hands should be washed promptly after use	2		
36	36. Midazolam ampoule 1ml (=5mg)	to terminate epileptic fits. See pages 121, 128-130	0.1-0.2mg/kg body weight IM or 10mg intranasally two ampoules should be opened and one drop allowed to drip into alternate nostrils until ampoules are empty	1		
37	37. Misoprostol tablet 200ug	to prevent post-partum haemorrhage. page 192	600 ug orally immediately after delivery	1		
38	38. Morphine (injectable) ampoule 1ml = 10mg	-to reduce severe pain -to reduce pain not relieved by other analgesics See pages 17-25	See IMGS3,Chapter 3,Pain management	10		
39	39. Morphine (oral) liquid 1mg/ml bottle or 10 tablets with 10 mg	to reduce severe pain likely to last several days in patients able to eat and drink. See pages 17-25	See IMGS3,Chapter 3,Pain management	1		
40	40. Naloxone ampoule 1ml (=0.4mg)	to reverse effects of opioids, especially in case of overdose . See pages 123, 240	0.4mg IM, repeated as needed response should be rapid: if no response to 5 doses, diagnosis is not opioid overdose	10		
41	41. Omeprazole tablets 20mg	-to treat gastro-oesophageal reflux -to treat peptic ulcer disease. See pages 152, 163-167 and 173	starting dose 20mg once daily before a meal, preferably in the evening dose increased to 40mg daily if symptoms persist in gastrointestinal haemorrhage: 40mg twice daily	30		
42	42. Ondansetron tablet 4mg or Scopolamin transdermal patched see page 347	-to prevent vomiting -to prevent seasickness see page 347	one tablet, preferably taken before the stimulus to vomiting	10 or 5		
43	43. Oral rehydration salts sachets of powder for reconstitution	to prevent or treat dehydration, especially due to diarrhoea, see pages 257-258 and 347	as recommended in IMGS3 correct amount of boiled, cooled tap water (not less water then specified) to be added to the entire contents of one sachet, shaken or stirred until all the powder is dissolved solution keeps for 24 hours	10		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
44	44. Oxymetazoline 0.5% (or equivalent) drops or spray	#NAME?	2-3 drops in each nostril twice daily or only at night if disturbed sleep is the main complaint	4		
45	45. Paracetamol tablets 500mg	to reduce pain and fever (but not inflammation) see pages 17-25	1000mg every 6 hours maximum 4000mg (=8 tablets) per 24 hours	100		
46	46. Permethrin 1% lotion 250ml	to eliminate hair, pubic, and body lice. See pages 219-221	to be applied to washed, damp hair or skin, rubbed in, left for 10 minutes, then rinsed off a fine-tooth comb should be used to remove eggs to be repeated after one week hands to be washed to remove lotion	1		
47	47. Permethrin 5% lotion, vial of 250g	to treat scabies. See pages 219-221	to be applied to clean, dry skin from chin down, left on for 12 hours, then washed with soapy water and rinsed to be repeated after 7 days	1		
48	48. Povidone iodine ointment 10% 25 to 50g	to disinfect skin and wounds, See pages 67-77, 215-219	ointment to be applied thinly with gauze 1-2 times a day	2		
49	49. Povidone iodine solution 10% 30-120ml	to disinfect skin and wounds, See pages 67-77, 215-219	ointment to be applied thinly with gauze 1-2 times a day	2		
50	50. Prednisone tablet 25mg	-to treat severe asthma -to treat other inflammatory conditions (on medical advice) See pages 125-126, 145-147	see under Asthma in IMGS3, Chapter 15, Respiratory diseases to be taken with food	30		
51	51. Petroleum jelly 50g to 100g (vaseline)*	-to treat chapped skin See page 212, 261 lubricated rectal thermometer	As directed	2		
52	52. Salbutamol aerosol inhaler 0.1mg/dose	-to treat asthma -to treat chronic bronchitis -to treat emphysema -to treat other lung diseases see pages 145-147	for symptoms: 2 puffs every 4 hours up to 12 puffs maximum per day in severe asthma, up to 10 puffs repeated every 15 minutes	1		
52a	52a. Volume spacer for salbutamol inhaler	to make inhaling salbutamol more effective	As directed	1		
53	53. Sodium chloride 0.9% infusion plastic-bottle 1 litre	for fluid replacement	see appropriate IMGS3 text or as advised by a doctor	5		
54	54. Tetracycline 1% ointment Eye-ointment 5g	to treat minor eye infections; to prevent infections following damage to the cornea. See pages 33-34, 40-42, 261.	1cm ointment to be applied twice daily to inner surface of lower eyelid	2		
55	55. Tetanus Immunoglobulin ampoule (keep at 2-8 degrees C)	Part of wound care if state of vaccination is unknown see page 68	As directed	1		
56	56. Tetanus toxoid vaccination ampoule (keep at 2-8 degrees C)	Part of wound care if state of vaccination is unknown see page 68	As directed	1		
57	57. Tramadol tablets 50mg	against strong pain, see pages 17-25	As directed	50		
58	58. Vitamin K (Phytomenadione) ampoule 1ml=10mg	to reverse excessive or unwanted effects of warfarin or related drugs. See pages 96, 173	for life-threatening situations (trauma, major bleeding): 10mg orally or IM for minor bleeding: 1-2 mg orally	2		
59	59. Water for injection ampoules 5ml	reconstitution of injectable drugs provided as powders	As directed	20		
60	60. Zidovudine plus lamivudine tablets, 300mg+150mg	prophylaxis against HIV infections after needle-stick injury. See page 252	One tablet twice daily for four weeks.	may be omitted if risk assessment for HIV infection on board suggests low risk. If carried on board: min 60 tablets.		



Medical List - Panama - 10 Person Crew						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
61	61. Zinc oxide 20% paste or ointment 50-100g	protection of irritated skin	apply liberally to affected skin twice daily and after washing	5		
1,1	1.1 Portable oxygen set, complete containing:	appliance for the administration of oxygen, see pages 4-5.	As directed	1		
1.1a	1.1a. 1 oxygen cylinder, 2l/200bar	see pages 4-5.	As directed	1		
1.1b	1.1b. 1 spare oxygen cylinder, 2l/200bar	see pages 4-5.	As directed	1		
1.1c	1.1c. Pressure regulating unit and flow meter with tubes such that ship's industrial oxygen can also be used	see pages 4-5.	As directed	1		
1.1d	1.1d. 3 disposable face masks of choice: including simple face mask and non-rebreathing mask	see pages 4-5.	As directed	1		
1.2a	1.2a. Guedel airway (mayo-tube): size medium	oropharyngeal airway, see pages 4-5, 315.	As directed	1		
1.2b	1.2b. Guedel airway (mayo-tube): size large	oropharyngeal airway, see pages 4-5, 315.	As directed	1		
1.3a	1.3a. Manual aspirator to clear upper airways	Mechanical aspirator , see pages 4-5	As directed	1		
1.3b	1.3b. Catheters for aspirator	Mechanical aspirator , see pages 4-5	As directed	2		
1,4	1.4. Ambubag or equivalent; supplied with small, medium and large masks	Bag and mask resuscitator, see pages 4-5	As directed	1		
1,5	1.5 Brook Airway, Lifeway, pocket face mask or equivalent	Cannula for mouth-to-mouth resuscitation, see pages 4-5	As directed	1		
2,1	2.1 Assorted wound-plaster or plaster strips, water resistant - slim and broad	Adhesive dressings	As directed	200		
2.2a	2.2a. Sterile gauze compresses, 5cm x 5cm, sterile	Sterile gauze compresses	As directed	50		
2.2b	2.2b. Sterile gauze compresses, 10cm x 10cm	Sterile gauze compresses	As directed	50		
2,3	2.3. Gauze roll, 5cm and 60 or 90cm x 100m, non-sterile	Gauze roll 60cm / 90cm may be substituted bu gauze roll of smaller size	As directed	1		
2,4	2.4 Non-adherent gauze dressing, square 10cm	Gauze dressing with non-adherent surface	As directed	10		
2,5	2.5. Paraffin gauze dressing, 10 x 10cm, sterile	Vaseline gauze	As directed	40		
2,6	2.6. Elastic fixation bandage, 4m x 6cm	Bandage	As directed	3		
2.7a	2.7a. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) small	Sterile compression bandages	As directed	5		
2.7b	2.7b. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) medium	Sterile compression bandages	As directed	5		
2.7c	2.7c. First-aid absorbent gauze-covered cotton pad sewn onto a cotton bandage (ambulance dressing) large	Sterile compression bandages	As directed	5		
2.8a	2.8a. Tubular gauze bandage for finger bandage, 5m	Tubular gazue for finger bandage. See pages 43-58	As directed	1		
2.8b	2.8b. Applicator for finger bandage	See pages 43-58	As directed	1		
2,9	2.9 Adhesive elastic bandage 4m x 6cm	Adhesive elastic bandage.	As directed	10		
2,1	2.10. Triangular sling	Triangular sling. see pages 43-58 and 77	As directed	5		
2,11	2.11. Sterile sheets for burn patients	Sterile sheet for burn victims. See pages 79-83	As directed	1		
2,12	2.12. Honey for dressing burns 1kg, (only purified 1000g)	Only if honry for medical purposes available. Otherwise use a hydrogel-burnkit. See pages 79-83	As directed	1		
2,13	2.13. Adhesive tape, waterproof, skin-friendly, 5x1.25cm	Adhesive sutures or zinc oxide bandages	As directed	3		
2,14	2.14. Q-tips (wooden)	Q-tips	As directed	100		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
2,15	2.15. Safety pins (stainless steel), 12 pieces	Safety pins	As directed	1		
2,16	2.16. Butterfly sutures, Steristrip or leukostrip, sterile	Butterfly sutures. See pages 69-74	As directed	50		
2,17	2.17. 2-octyl cyanoacrylate liquid, 0.5ml	Skin adhesive for closing small wounds. See pages 69-74	As directed	1		
2.18a	2.18a. Sutures, absorbable with curved non-traumatic needles, 1 - 0,	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use p71	As directed	3		
2.18b	2.18b. Sutures, absorbable with curved non-traumatic needles, 3 - 0,	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use, see p71	As directed	3		
2.18c	2.18c. Sutures, absorbable with curved non-traumatic needles, 4 - 0 or 5 - 0	Suturing equipment. See pages 71-74. Replace with non-absorbable for easier use, see p71	As directed	3		
2.19a	2.19a. Disposable examination gloves, size M	Gloves	As directed	100		
2.19b	2.19b. Disposable examination gloves, size L	Gloves	As directed	100		
2.19c	2.19c. Surgical gloves size 6.5, sterile in pairs	Gloves (sterile)	As directed	3		
2.19d	2.19d. Surgical gloves size 7.5, sterile in pairs	Gloves (sterile)	As directed	3		
2.19e	2.19e. Surgical gloves size 8.5, sterile in pairs	Gloves (sterile)	As directed	3		
2,2	2.20. Eye pads	See pages 36, 38	As directed	1		
3,1	3.1. Scalpel, sterile, disposable	Disposable scalpels see pages 71-74, 216-219	As directed	10		
3,2	3.2. Instrument box (stainless steel)	Stainless-steel instrument box.	As directed	1		
3,3	3.3. Operating scissors, straight (stainless steel)	Scissors	As directed	1		
3,4	3.4. Bandage scissors (stainless steel)	Scissors	As directed	1		
3,5	3.5. Splinter forceps, pointed (stainless steel)	Forceps	As directed	1		
3,6	3.6. Teeth tissue forceps (stainless steel)	Forceps see pages 71-74, 216-219	As directed	1		
3,7	3.7. Needle holder, mayo-hegar 180mm, straight	Needle holder. See pages 71-74	As directed	1		
3,8	3.8. Haemostatic clamp, Halstead mosquito, 125mm, stainless steel	Haemostatic clamps	As directed	1		
3,9	3.9. Razor, Disposable	Disposable razors	As directed	5		
4,1	4.1. Tongue depressors, disposable	Disposable tongue depressors	As directed	100		
4,2	4.2 Reactive strips for urine analysis: blood/ glucose/ protein / nitrite / leukocytes	Reactive strips for urine analysis, see pages 311-312	As directed	50		
4,3	4.3. Microscope slides	Microscope slides , see pages 265-269	As directed	12		
4,4	4.4. Stethoscope	Stethoscope	As directed	1		
4,5	4.5. Sphygmomanometer (blood pressure set), preferably automatic	Aneroid sphygmomanometer, see pages 305-307	As directed	1		
4.6a	4.6a. Standard thermometer digital if possible	Standard thermometer see pages 302-304	As directed	2		
4.6b	4.6b. Rectal thermometer digital if possible	Rectal thermometer see pages 302-304	As directed	1		
4,7	4.7. Thermometer 32 Degree - 34 Degree C, digital if possible	Hypothermic thermometer, see pages 343-344	As directed	1		
4,8	4.8. Penlight + blue cover	Penlight (blue light) to detect damage to cornea see pages 33-34	As directed	1		
4,9	4.9. Waterproof indelible marker	See page 29	As directed	1		
4,1	4.10. Magnifying glass (a x 9 loupe)	See pages 33-34	As directed	1		
4,11	4.11. Temperature cards / charts	As master copy from page 302	As directed	10		
4,12	4.12. Cards for telemedical advise	As master copy. should be filled in before calling radiomedical advise	As directed	10		
4,13	4.13. Medical logbook	See page 455	As directed	1		
4,14	4.14. Controlled drug register	Controlled drug register	As directed	1		



Medical List - Panama - 10 Person Crew						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
4,15	4.15. International medical guide for ships 3rd	Hard-copy	As directed	1		
4.16a	4.16a. Forms from Annex A ship master's report form	as master copy (see pages 455-461) file in medical log p. 455	As directed	10		
4.16b	4.16b. Forms from Annex A ships identity and navigational status form	as master copy (see pages 455-461)	As directed	10		
4.16c	4.16c. Forms from Annex A Patient health status form	as master copy (see pages 455-461)	As directed	10		
4.16d	4.16d. Forms from Annex A Primary physicians report form	as master copy (see pages 455-461)	As directed	10		
4,17	4.17. Vaccination requirements	International travel and health, current edition (WHO)	As directed	1		
4,18	4.18. Malaria prophylaxis and treatment	www.who.int / malaria / publications.html or www.cdc.gov / travel / regionalmalaria / index.html See page 266	As directed	1		
5,1	5.1. Syringes, Luer connection, 2ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,2	5.2. Syringes, Luer connection, 5ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,3	5.3. Syringes, Luer connection, 10ml, sterile, disposable	Equipment for injection, see pages 324-329	As directed	10		
5,4	5.4. Hypodermic subcutaneous needle, Luer connection 16x0.5mm (23 G or 25G), sterile, disposable	Equipment for subcutaneous injection, See pages 324-329	As directed	20		
5,5	5.5. Hypodermic intrmuscular needle (19G or 21G), sterile, disposable	Equipment for intramuscular injection, see pages 324-329	As directed	20		
5,6	5.6. Needles, 19G or 21G, blunt, "drawing up" type	Equipment for drawing the medicine into the syringe, see pages 324-329	As directed	20		
5.7a	5.7a. Intravenous infusion cannula 16G (1.7mm) or 19G, Luer-lock connection, sterile, non-recap type + mandarin	Equipment for intravenous fluid infusion, see page 326	As directed	5		
5.7b	5.7b. Intravenous infusion cannula 22G (0.8mm) or 21G, Luer-lock connection, sterile, non-recap type + mandarin	Equipment for intravenous fluid infusion, see page 326	As directed	5		
5,8	5.8. Intravenous giving set, Luer-lock connection, sterile +3-way valve/ connection	Equipment for intravenous infusion, see pages 324-329	As directed	5		
5,9	5.9. Tourniquet, blood-taking type, to be used with intravenous infusion cannula	Equipment for infusion, see pages 324-329	As directed	1		
5.10a	5.10a. Penile sheath set with condom catheter, tube, and bag	Bladder drainage equipment, see page 308-309	As directed	1		
5.10b	5.10b. Indwelling urine catheter 12 CH	Bladder drainage equipment, see pages 319-321	As directed	1		
5.11a	5.11a. Short-term urine catheter with soft-eye straight tip Thieman No. 12, or equivalent	Bladder drainage equipment, see pages 319-321	As directed	2		
5.11b	5.11b. Short-term urine catheter with soft-eye straight tip Thieman No. 16, or equivalent	Bladder drainage equipment, see pages 319-321	As directed	2		
5.11c	5.11c. Complete sterile urine catheterization set with lubricant, drapes, cotton swabs, skin disinfectant, forceps, sterile container	Bladder drainage equipment, see pages 319-321	As directed	1		
5,12	5.12. Urine collecting bag and tube	Bladder drainage equipment, see pages 319-321	As directed	2		
6,1	6.1. Plastic goggles or full-face mask	Eye protection	As directed	1		
6,2	6.2. Disposable plastic apron	Plastic apron	As directed	10		
6,3	6.3. Kidney dish, stainless steel, 825ml	Kidney dish	As directed	1		
6,4	6.4. Towels, plastic backed, absorbent, 600x500mm	Plastic backed towels	As directed	10		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
6,5	6.5. Safety box for sharps disposable, 5l	Safety box Size of 1-5 litre may be chosen	As directed	1		
6,6	6.6. Mask, duckbill type, disposable	Mask	As directed	50		
6,7	6.7. Tape measure, vinyl coated, 1.5m	Tape measure	As directed	1		
6,8	6.8. Draw sheet, plastic 90x180cm	Draw sheet	As directed	1		
6,9	6.9. Bedpan, stainless steel	Bedpan	As directed	1		
6,1	6.10. Hot-water bag	Hot-water Bottle	As directed	1		
6,11	6.11. Urinal, male (plastic)	Urine bottle	As directed	1		
6,12	6.12. ColdHotpack maxi	Ice bag	As directed	1		
6,13	6.13. Aluminium foil blanket	Aluminium foil blanket	As directed	1		
6,14	Male condoms	Condoms	As directed	100		
6,15	6.15. Plastic wash bottle, 250ml	Wash bottle	As directed	1		
6,16	6.16. Bottle, 1l plastic with screw top	Plastic bottle	As directed	1		
6,17	6.17. Stainless stell dressing tray 300x200x30mm	Dressing tray	As directed	1		
6,18	6.18. Bowl, stainless steel, 180ml	Bowl	As directed	1		
6,19	6.19. Jars, plastic, with lids and lables 100ml	Specimen jars	As directed	10		
6.20a	6.20a. Bandages, POP, 5cmx2.7m	Plaster-of-paris bandages, ma be omitted if splints are carried	As directed	6		
6.20b	6.20b. Bandages, POP, 10cmx2.7m	Plaster-of-paris bandages, ma be omitted if splints are carried	As directed	6		
6.21a	6.21a. Stockinet sizes for arm splints 10m roll	Stockinet. See pages 43-58	As directed	1		
6.21b	6.21b. Stockinet sizes fro leg splints 10m roll	Stockinet. See pages 43-58	As directed	1		
6,22	6.22. Cotton wool roll 500g	Cotton wool. See pages 43-58	As directed	1		
6,23	6.23. Alcohol swabs	70% alcohol swabs for skin cleansing prior to injection	As directed	100		
6,24	6.24. Nail brush	Nail brush	As directed	1		
6,25	6.25. Thermometer for refrigerator	if tetanus vaccine and immunoglobulin are on board	As directed	1		
6,26	6.26. Mortuary transfer bag	See pages 334-336	As directed	1		
6,27	6.27. Water disinfection set including measure kit/ test strips	To disinfect portable water tanks with chlorine effectively. See pages 359-360	As directed	1		
6,28	6.28. Disinfectant solution for medical instruments, 1000ml: 3% aqueous phenolic solution	For disinfection of used instruments* and thermometers, See page 331. *Caution: all items entering the skin or are in direct contact with mucous membranes should be single use (i.e. injection needles, urinary catheters)	As directed	1		
6,29	6.29. Disinfectant for surfaces and floor, 1000ml concentrate: 2% cetrimide solution or 3% aqueous phenolic solution	For disinfection of contaminated surfaces, hard-surface objects and floors (non-food-ndling area), see page 331	As directed	1		
6,3	6.30. Disinfectant for surfaces and floor 1000ml concentrate: sodium hypochlorite 100mg/litre	For disinfection of food-hadnling-area: cutlery dishes, plates,glasses, see page 331	As directed	2		
6,31	6.31. Chlorpyrifos 5g/L in Bait stations or gels	To use against cockroaches in food storage and preparation area, see pages 362-365	As directed	20		
6,32	6.32. Chlorpyifos-methyl 7-10 g/l spray - 1 peice	To use against cockroaches in food storage and preparation area, see pages 362-365	As directed	10		
6,33	6.33 Insecticide spray Permethrine, natural pyrethrins or chlorpyriphos-methyl	For space praying not for skin see pages 362-365	As directed	1		
7,1	7.1. Melleable finger splint	Malleable splints see pages 43-58	As directed	1		
7,2	7.2. Malleable forearm / hand splint	Malleable splints see pages 43-58	As directed	1		
7,3	7.3. Splints- simple, vacuum or fibre-glass, set of four (half leg, full-leg, half-arm, full-arm)	See pages 43-58	As directed	1		



Medical List - Panama - 10 Person Crew						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantitiy
7,4	Stretcher	Stretcher equipment (a system for trauma management, i.e. immobilization and stretcher equipment most suited for treatment in teh vessel concerned. see page 7.	As directed	1		
7,5	7.5. Cervical rigid collar variable size	for neck immobilization see pages 7-45	As directed	1		