



World Health Organization (WHO) - Second Edition						
Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
1	1. Acetylsalicylic acid, 300 mg tablets, 100's	To relieve aches and pains in diseases such as influenza, the common cold, and sinusitis.	For Headache, 1-3 300-mg tablets, repeated in 6 hours, if necessary. For pains and aches in joints associated with neuralgia, colds and other ailments, 2 tablets administered with a 30-mg tablet of codeine sulphate may be indicated	600		
2	2. Alcohol, rubbing (70% ethyl alcohol), 500ml	An antiseptic for	#	6		
3	3. Aluminium acetate, ear drops, 13% solution in 20-ml bottle with dropper	For treating a boil in the ear.	Instil 3-5 drops every 2-3 hours during the day, for several days.	6		
4	4. Aluminium acetate powder, 2-g packets, for making equivalent aluminium acetate solution (Burrows), 12's	For external use only. a solution / mixture, prepared from a powder pack as indicated on the carton, is used as a soothing, astringent wet dressing for inflamed or "weeping" areas of the skin. it is effective, simple remedy for inflammation of areas of the skin due to insect bites, poison ivy, or certain fungal infections such as athletes foot (acute dermatophytosis).	Mix 1 or 2 packets in 500ml of water, as directed on the package for specific conditions, or as directed by a physician. DO NOT strain or filter. the solution is applied in the form of wet compress to the affected areas; this should be repeated several times a day, each time for at least an hour. Also, it may be used as a soak for hands or feet in acute infections such as contact eczema or athletes foot.	24		
5	5. Aluminium Hydroxide with magnesium hydroxide or magnesium trisilicate, oral suspension, 360 ml	Used in treating gastric hyperacidity and peptic ulcer, acid indigestion, or sour stomach. Generally promotes healing and relieves pain. Neutralizes hydrochloric acid in the stomach without producing an alkaline reaction. The liquid form of the drug is more effective than the tablet form.	10ml (about 2 teaspoonfuls) 2 hours after meals and at bedtime. Dose and frequency depend on severity of symptoms and relief obtained. The dose range is 5-30ml per administration. In severe gastritis it can be given every 2 hours, with half a glass of milk.			
6	6. Aluminium hydroxide gel, with magnesium hydroxide or magnesium trisilicate, 1-g tablets, 100's	Same as for the oral suspension; however, somewhat less effective.	1 or 2 tablets, chewed thoroughly before swallowing, 2-4 hours after meals, as needed, and at bedtime.	1000		
7	7. Aminophylline suppository, rectal, 500mg, 12's	To facilitate breathing in patients who have bronchial asthma, asthmatic bronchitis, pulmonary emphysema, and certain types of heart failure. Wheezing is usually an indication for use. The drug also has diuretic activity (increases urination) give only on RADIO MEDICAL ADVICE	Insert one 500-mg suppository rectally. This dose may be repeated in 8-12 hours. The total dose should not exceed 1g (2 suppositories) in 24 hours.	24		
8	8. Amitriptyline tablets, 25mg, 100's	A psychotherapeutic drug used to treatment of depression and anxiety. It is a slow acting drug, and should be used only after obtaining RADIO MEDICAL ADVICE. Amitriptyline has sedative as well as antidepressive properties, so do not give any other sedative along with it,	50mg orally the first day before bedtime, and the same dose morning and evening on the second and consecutive days.	100		



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9	9. Ampicillin capsules, 250mg, 100's	For chest infections, urinary and gastrointestinal infections, and infections of the tonsils and throat. GIVE only on RADIO MEDICAL ADVICE from a physician	Recommended for susceptible infections. The usual dosage is 1-2 250mg capsules or tablets four times a day, up to the total dosage of 3.5g (14x250mg capsules) for one course of treatment. The daily dose of ampicillin should be administered simultaneously with 2-4 500mg tablets of probenecid to prolong the effective blood concentrations of ampicillin.	300		
10	10. Antihaemorrhoidal suppositories.	For temporary relief of itching, burning and soreness from haemorrhoids (piles). Soothes inflamed haemorrhoids. The patient should try to avoid straining on the stool, heavy lifting coughing, and excessive sneezing. Control constipation (so that straining should not be necessary) with mild laxatives. Warm baths may help.	Remove the wrapper and insert one suppository as deeply as possible into the rectum in the morning, at bedtime, and immediately after each bowel movement.	72		
11	11. Ascorbic acid tablets (vitamin c), 50 mg 100's	Febrile states, chronic illness, and infection may increase the need for this vitamin. Deficiency of this vitamin causes scurvy. Symptoms of mild deficiency include bleeding gums and loosened teeth.	#	300		
12	12. Atropine sulphate injection, 0.5 mg/ml, 1-ml ampoules 10's	Injectable atropine sulphate is included for use as an antidote in the treatment of poisoning by insecticides containing organophosphate or carbamate chemicals as part of their formulation. get RADIO MEDICAL ADVICE in the event of such poisoning.	If it is determined that one of the above-mentioned poisons is involved, atropine sulphate should be administered at once to prevent coma, cyanosis, or convulsions. In organophosphate or carbamate poisoning, 2-3 mg should be given subcutaneously at once, followed by 1mg every 15 minutes, until the skin is flushed and dry, or the pulse is mild and rapid. If cyanosis (bluish discoloration of skin) occurs, oxygen should also be administered.	60		
13	13. Benzathine benzylpenicillin, injection, 2.4 million units per 5-ml vial.	Use as an antibiotic, particularly for treatment of syphilis.	The customary therapeutic dose is 2.4 million units administered intramuscularly in a single dose. The preferred injection site is in the inner aspect of the upper outer quadrant of the buttock.	20		
14	14. Benzoic and salicylic acid ointment, 30-g tube.	This ointment is used in treating fungal infections of the skin. When applied to skin, it causes the upper layers of the skin to peel off (keratolysis). This action, along with a mild antifungal effect, helps in the treatment of the infection.	The ointment should be applied once or twice daily to the area involved.	2		
15	15. Calamine lotion, plain, 120ml.	For relieving itching or irritated skin, heat rash, and hives. Shake the bottle well. Wet a pad of cotton with the lotion and pat it on the affected area.	#	8		



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16	16. Calcium gluconate, effervescent tablets, 1g 30's.	This medicament is intended to be used primarily in cases of poisoning by oxalic acid or sodium fluoride. This sort of poisoning may cause a depletion of the calcium content of the blood, resulting in convulsions. Calcium gluconate acts by restoring needed calcium to the blood.	Dissolve 5 tablets in 250ml of water, to be drunk immediately.	30		
17	17. Cetrимide 40% solution, 500ml (disinfectant).	Disinfectant, for external use only. For cleansing the skin before an operation, in abscess incision, and for disinfecting wounds and burns. Also used for cleansing some contaminated glass and metal utensils. Polyethylene tubing, catheters, and other plastic articles may also be disinfected in 1% cetrимide solution, but the time of immersion should not exceed half an hour. Dilution: To obtain the 1% solution, take 5ml of the stock (40%) solution and add it to 195ml of freshly boiled and cooled water. The diluted solution should be used within 7 days; afterwards it should be discarded.	#	3		
18	18. Charcoal, activated, powder, 120g.	In the initial treatment of most poisonings (because of its property to absorb many poisons).	10g (2 tablespoonsfuls). Mix the powder with water prior to administration. Re-peat if the patient vomits.	1		
19	19. Chloroquine phosphate tablets, 250mg 100's	To prevent and treat malaria. When a ship is in a known malarial area, obtain medical advice from a physician on the prophylactic measures effective in that region.	#	100		
20	20. Chlorphenamine maleate tablets, 4mg 20's.	For treating allergic reactions, such as hayfever, urticaria and anaphylactic shock (in addition to other measures).	1 Tablet, one to three times daily.	60		
21	21. Chlorphenamine maleate injection, 10mg, 1-ml ampoules, 10's.	See previous item. May be given subcutaneously or intramuscularly.	1 to 2 injections a day.	20		
22	22. Chlorpromazine hydrochloride tablets, 25mg, 20's.	For treating anxiety, tension, and agitation; also to control nausea and vomiting.	25mg for the control of vomiting; for cases of obvious madness, give 1 tablet three times a day and consult the doctor, who may advise increasing this dosage.	80		
23	23. Chlorpromazine hydrochloride injection, 25mg in 1-ml ampoules, 10's.	Same as for Chlorpromazine tablets. For intramuscular injection.	50mg (2 ampoules) should be given to patients with delirium tremens, this dose may be repeated after 6 hours. In other cases, 1 or 2 25-mg injections daily.	20		
24	24. Clove oil, 20ml.	For the relief of toothache when there is a cavity in the tooth. If possible, dry the cavity with cotton wrapped on a toothpick and then pack it with a piece of cotton that has been dipped in oil of cloves. This procedure may be repeated as often as necessary. Because clove oil has an irritating effect of tissues, use extra care to avoid contact with surrounding gum or other mouth areas.	#	2		



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25	25. Codeine sulphate tablets, 30mg, 100's.	(1) To relieve coughing; (2) in diarrhoea.	For persistent and severe coughing accompanying severe respiratory infections, give half a 30-mg tablet as often as every 2 hours, if necessary. This time-interval should be lengthened as soon as the cough is controlled. Codeine sulphate should be discontinued as soon as the cough is relieved.	100		
26	26. Cyclizine hydrochloride tablets, 50mg, 100's.	For relief of nausea, vomiting, and dizziness associated with motion sickness (sea-sickness). to prevent sea-sickness.	Give one 50-mg tablet 30 minutes before sailing or before rough weather, if sea-sickness is expected. Continue giving 1 tablet three times a day before meals during periods of actual or potential sea-sickness.	400		
27	27. Dextran injection, 6%, and sodium chloride, 0.9%, 500ml, with administration set.	To expand plasma volume and maintain blood pressure in emergency treatment of shock caused by a loss of blood. Also used in the treatment of burns. Dextran should be purchased in a package that includes an administration set.	Give only on RADIO MEDICAL ADVICE from a physician. Only trained people can administer this drug intravenously. 500ml infused intravenously at the rate of 20ml per minute, so that the entire amount is given over a period of about 30 minutes. Repeated infusions may be given when necessary, should blood or its derivatives not be available. The total amount administered should not exceed 20ml per kilogram of body weight during the first 24 hours.	6		
28	28. Diazepam injection, 5mg/ml, 2-ml ampoule.	(1) For treatment of severe agitation, including acute alcohol withdrawal states and convulsions (epilepsy) ; (2) may be useful for shivering due to generalized hypothermia.	The usual dosage is 2-10mg (intramuscularly, deep into the muscle), which may be repeated once in 1-4 hours, depending upon the response and the severity of the condition.	20		
29	29. Diazepam tablets, 5mg, 100's.	(1) For treatment of common anxiety and tension, and (2) for the management of agitation during alcohol withdrawal.	Varies from 2 to 10 mg, 2-4 times a day, depending upon the condition being treated.	200		
30	30. Dimercaprol injection, 100mg in 2-ml ampoules, 10's.	The drug is used as an antidote in poisoning. Indicated in the treatment of arsenic (pesticides), gold, and mercury poisonings; also in acute lead poisoning, in combination with calcium disodium edetate. Always obtain RADIO MEDICAL ADVICE in the event of such poisoning.	If general symptoms of poisoning occur, give dimercaprol, 200mg intramuscularly every 6 hours for the first day, every 8 hours on the second day, and then twice a day for 3 days. Injections should be deep into the muscle; the site of injection should be changed at each administration.	60		



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31	31. Doxycycline hydrochloride tablets, 100mg, 100's	Antibacterial agent used in the treatment of both urinary infections. It is given in cases of both gonococcal and nongonococcal urethritis after spectinomycin hydrochloride or sulfamethoxazole / trimethoprim has been used. See text for dosage when this regime is used.	The usual dose for adults is 200mg on the first day of treatment, given as 100mg every 12 hours, followed by a maintenance dose of 100mg daily. In severe infections e.g, chronic infection of the urinary tract, 100mg every 12 hours is recommended.	200		
32	32. Ephedrine sulphate tablets, 25mg, 100's.	(1) To relieve difficult breathing in asthma; (2) to prevent asthmatic attacks in chronic cases (effect appear 30-60 minutes after administration); and (3) to relieve nasal congestion in hayfever and severe head colds. obtain RADIO MEDICAL ADVICE before using this drug.	One 25-mg capsule four times a day. If ephedrine is used for several days, phenobarbital may be indicated to overcome its stimulant effects (one 30-mg phenobarbital tablet up to three times a day).	20		
33	33. Ephinephrine hydrochloride injection, 1:1000, 1-ml ampoules, 10's.	(1) For acute asthma attacks and for severe allergic reactions to penicillin and other drugs, and to insect bites; (2) for cardiac or circulatory failure.	By subcutaneous or intramuscular injection, 0.3 ml of 1:1000 solution, every 2 hours as necessary. The usual dosage range is 0.1-0.5 ml in asthma, and up to 1ml in other conditions.	20		
34	34. Ergometrine maleate injection, 0.2 mg in 1-ml ampoules, 10's.	This medicament (intramuscular injection) administered to the mother after delivery of an infant, will make womb contract and lessen the danger of haemorrhage.	One ampoule only may be given, after obtaining RADIO MEDICAL ADVICE, just after the expulsion of the placenta.	10		
35	35. Erythromycin (stearate or ethylsuccinate) tablets, 250mg, 100's.	For a variety of infections of the upper and lower respiratory tract; infections of the mouth, gums, and teeth; infections of the nose, ears, and sinuses. Give this antibiotic only when RADIO MEDICAL ADVICE has been received from a physician, and for some infections resistant to penicillin.	One 250-mg tablet, four times a day (for serious infections, dosage may be increased to two 250mg tablets, four times a day)- to be continued for 48 hours or more after symptoms have subsided.	300		
36	36. Eye anaesthetic drops, 0.5% solution of tetracaine hydrochloride, in dropper bottles, 10ml.	For local anaesthesia of the eye, before removing foreign bodies.	Put 3 drops inside the eyelids, repeat this three times at 2-minute intervals.	2		
37	37. Eye anti-infective drops, 1% solution of chloramphenicol in dropper bottles, 10ml.	For treating infections eye diseases (blepharitis, conjunctivitis).	Apply 3-4 drops to each eye, three to four times a day.	3		
38	38. Eye ointment, 1% tetracycline hydrochloride, 4-g tube.	(1) For superficial eye infections, trachoma, inflammation of the eyelids and tear sacs, and (2) for the prevention of eye infection when an injury renders the eye or an adjacent area vulnerable to infection. If the eye infection does not improve in 24 hours RADIO MEDICAL ADVICE should be obtained.	Apply the ointment on the inside of the lower eyelid every 3-4 hours.	6		
39	39. Eye wash or eye-irrigation solution, isotonic, sterile, in plastic squeeze bottle, 120ml.	For irrigating or flushing the eye to wash away foreign particles, mucous secretions, and fluorescein dye used in diagnosis. Before use, warm the bottle with the solution to body temperature.	Point the tip of the applicator downwards towards the eye and gently squeeze the plastic bottle to irrigate the eye. Use generously.	6		



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40	40. Fluorescein sodium ophthalmic strip, sterile (1%, on paper applicators), 200's.	This is an ophthalmic diagnostic agent, used for the detection of lesions or small foreign bodies embedded in the cornea of the eyeball. Damaged-abraded or ulcerated-cornea tissue absorbs the dye, and the lesion appears greenish or yellowish. Foreign bodies are surrounded by a green ring.	Anaesthetize the eye with one drop of 0.5% tetracaine hydrochloride eye-drops. Remove the fluorescein strip from the sterile wrapped without touching the dyed end. Moisten the dyed end with sterile eye irrigating solution. Lift the upper eye lid and touch the dyed tip of the strip to the outside corner of the eye; allow the dye to flow across the eye. The patient should close the eyelid tightly after application, to distribute the stain.	200		
41	41. Furosemide tablets, 40mg, 100's.	Furosemide is a potent short-acting diuretic, which causes the production of urine by affecting the kidneys. It is indicated in the treatment of excess body fluid (oedema) associated with congestive heart failure, cirrhosis of the liver, or certain kidney diseases.	The usual oral dosage for adults is 20-80 mg in a single dose in the morning, for 2-4 consecutive days each week, followed by a drug-free period. However, the dosage will vary, depending on the disease and the patients response.	100		
42	42. Glyceryl trinitrate tablets, 0.5mg, 20's.	For acute attack of angina pectoris.	One tablet dissolved under the tongue (sublingually) at the onset of chest pain usually provides complete relief in 1-3 minutes. Flushing of the face or a throbbing headache may occur. The drug may be given hourly up to several times a day without harm. The patient should sit when taking the drug.	40		
43	Hydrocortisone sodium succinate, 100mg vial, for injection, intravenous, or intramuscular.	USE ON MEDICAL ADVICE ONLY: (1) for severe shock-large doses, combined with standard methods of combating shock, help restore blood pressure and circulation; (2) for acute allergic reactions- after epinephrine (or other substances that elevate blood pressure)- to combat severe asthma, drug reactions, and anaphylactic reactions (for example, to penicillin); and (3) for the control of life-threatening inflammation of the lungs after a patient has inhaled vomit (aspiration pneumonitis). Exceptionally, in case of anaphylactic shock, when there is no time to obtain RADIO MEDICAL ADVICE, 100mf of this drug may be given intramuscularly.	Dosage depends on the type and severity of the condition. The dose may be as low as 20mg per day to suppress inflammation, or as high as 2.5 g or more in severe shock. Administer intramuscularly or intravenously, strictly following the doctors instructions.	5		
44	44. Hydrocortisone ointment 1%, 30-g tube with rectal tip.	For temporary relief of certain skin disorders, common rashes, inflamed skin, and disorders causing itching and discomfort. It may be used for temporary relief of itching, burning, and soreness from haemorrhoids (piles).	Apply a thin film to the affected skin 2-4 times a day. Apply sparingly and with gentle rubbing. Clean the skin before each use.	6		
45	45. Ichthyol and glycerine ointment (itchthammol 10% glycerine, soft paraffin, wool fat 90%), in 100-g container.	For treatment of boils, fishermens hand infections, salt-water boils, etc.	Apply once a day to the affected area.	3		



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46	46. Insect repellent (diethyltoluamide solution), 50-ml.	External use only. To repel mosquitos, chiggers, flies, and other biting insects. It can be used on clothing or the skin, protecting for up to 8 hours.	Shake several drops into the palm of one hand and, after rubbing the hands together, apply to the exposed skin and to cloths at points where insects are likely to bite through, e.g. over shoulder blades, ankles, knee's and hips.	12		
47	47. Iodine, 2.5% solution, in 100-ml bottles with glass stoppers.	For external use only. For disinfecting the skin round wounds, and for the treatment of small cuts and skin bruises to prevent infection.	#	4		
48	48. Lidocaine hydrochloride injection 1%, 2-ml ampoule.	Used as a local anaesthetic in minor surgical procedures.	Up to several ampoules may be used for local anaesthesia. It is important not to exceed the smallest dose necessary to produce the desired result. Inject slowly and with frequent aspirations, to guard against accidental intravenous injection.	12		
49	49. Lindane cream, 1%, 60-g tube.	For infestations of scabies and lice. A single application usually eliminates the parasites, but a second application is sometimes necessary. Only for external use.	After bath or shower, apply a thin layer directly to the involved skin and hair (but not to the face). Keep it on the skin for 12-24 hours, depending on the infestation. Then the patient should bathe or shower thoroughly and put on clean cloths. The bed-linen should be changed. If the first application is not successful, a second application may be made after 4 days. Clothing and bed-linen should be boiled to prevent reinfection.	12		
50	50. Magnesium hydroxide suspension, 550mg/10ml, 500ml.	Used as a laxative.	For constipation, give 1-2 15ml tablespoonfuls daily as needed.	8		
51	51. Metronidazole tablets, 200mg, 100's.	(1) For the treatment of salpingitis and other diseases of women, and (2) for the treatment of amoebic dysentery.	(1) For diseases of women usually 1 tablet every 8 hours for 2 weeks. (2) For the dosage in amoebic dysentery, get RADIO MEDICAL ADVICE,	500		
52	52. Miconazole nitrate, 2%, vaginal cream, with applicator, in 80-g container.	Used in the treatment of external vaginal itching.	The cream should be smeared on the affected external area twice a day.	5		
53	53. Miconazole nitrate, 100-mg pessary and inserter.	Like miconazole vaginal cream, in genital itching. Instruct the patient to insert the pessary high into her vagina each night for 14 consecutive nights (treatment should continue throughout menstruation if it occurs.	1 Pessary Inserted high into the vagina for 14 consecutive nights.	20		
54	54. Mineral oil (liquid petrolatum), 500ml.	Mineral oil (liquid petrolatum) is used as a skin emollient or protective agent. It may also be used to help remove ointments or creams from treated skin areas. Its administration by mouth may be indicated after the ingestion of certain poisons, including alkalis.	Apply liberally over areas of the skin.	1		



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55	55. Morphine sulphate injection, 10mg/ml, 1-ml ampoules, 10's.	For severe pain not relieved by other analgesics. OBTAIN RADIO MEDICAL ADVICE prior to use. Discontinue as soon as the pain can be relieved by other drugs that can be given orally and are less addictive.	For relief of severe pain following injuries or burns, and severe pain of sudden origin in the abdomen or chest, give 10-15mg intramuscularly. If the pain is un-relieved or if it recurs soon after the first dose, a second dose of 10mg intramuscularly may be given 1 hour or more later. Give further doses, if necessary, at intervals of at least 4 hours-not sooner. If the patient is to be transferred within 4 hours of receiving morphine, note the time and dosage on a tag securely tied to the front part of the patients clothing.	20		
56	56. Naloxone hydrochloride injection, 0.4 mg/ml, 1-ml ampoule.	For the emergency treatment of respiratory depression resulting from the administration of narcotics, such as morphine. Also indicated for the detection of suspected acute narcotic over-dose.	May be given by subcutaneous, intramuscular, or intravenous injection. The intravenous route of administration is recommended only for emergency situations. the usual dose is 0.4mg, repeated every 2 or 3 minutes until a favourable response is achieved. If no improvement is noted after 2 or 3 doses, another cause of the depression should be suspected.	6		
57	57. Neomycin + Bacitracin ointment (5 mg neomycin +500 IU bacitracin zinc per g), 30-g tube.	In treatment and prevention of infection, in second- and third-degree burns.	The cream or ointment should be applied to cleansed burnt areas once or twice daily to a thickness of 1-2 mm. Continue as long as there is a possibility of infection, unless a significant adverse reaction occurs.	20		
58	58. Oral Rehydration salts (sodium chloride 3.5g, sodium bicarbonate 2.5g (or trisodium citrate 2.9g), potassium chloride 1.5g, glucose 20g) in waterproof bags/sachets.	For treatment of diarrhoea and other diseases causing dehydration.	Give the solution to the patient to drink rapidly, for instance, 1 glass every 5-10 minutes, until the signs of dehydration disappear, then give 1 glass after each bowel movement, to replace the continuing loss of water and salts.	50		
59	59. Oxygen, size E tank.	To make up for lack of oxygen in blood and tissues, the signs and symptoms of which are cyanosis (bluish colour to skin and nail-beds), dyspnoea (rapid, shallow breathing), rapid, thready pulse, and restlessness. Oxygen may be indicated for respiratory diseases, cardiac diseases, poisoning from gases, massive haemorrhage, and shock.	The usual adult dose is 6-8 litres per minute by mask; or 5-6 litres per minute by nasal catheter.	2		



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60	60. Paracetamol, 500-mg tablet.	(1) To relieve pain, and (2) to relieve fever. This pain-killer is of similar strength to acetylsalicylic acid and is effective in reducing fever. It provides a suitable alternative treatment for patients suffering from mild or moderate pain who are unable to tolerate acetylsalicylic acid.	2 tablets, repeated if necessary every 6 hours.	300		
61	61. Petrolatum, white, 60-g tube.	As a bland and neutral protective dressing.	Apply to minor burns, abrasions, or dry skin.	6		
62	62. Phenobarbital tablets, 30mg, 100's.	(1) For insomnia; (2) for relatively prolonged sedation, as in some anxiety and tension states and in hypertension; and (3) for treatment of epilepsy.	To induce sleep, 90mg at bedtime. As a sedative, one 30-mg tablet, 1-4 times daily. In epilepsy, the dose should be adjusted to the individual; consult the doctor in each case. The average range for an adult is 50-120mg daily, although much higher doses may be required for short periods of time.	300		
63	63. Phenoxyethylpenicillin potassium tablets 250mg, 100's.	For susceptible infections. give on RADIO MEDICAL ADVICE.	Usually, and initial dose of two 250-mg tablets should be given by mouth, followed by one 250-mg tablet every 6 hours. Sometimes larger doses are necessary, if recommended by a doctor.	300		
64	64. Pilocarpine hydrochloride eye-drops, 2%, 15-ml dropper bottle.	For management of glaucoma. Pilocarpine hydrochloride eye-drops constrict the pupil. It is anticipated that this medicament will be needed aboard ship only for patients who have run out of their own supply.	For Glaucoma, 2 drops in the eye every 6 hours daily, or as prescribed.	2		
65	65. Potassium permanganate, 100g.	Diluted in water (1g of crystals to 0.5-1 litre of water). This substance is used for the disinfection of the skin and mucous membranes and for the treatment of some skin diseases.	#	2		
66	66. Probenecid tablets, 500mg, 100's	As an adjunct to intensive therapy with benzylpenicillin, with ampicillin, and a number of other penicillins, for prolonging the effective blood concentration of these drugs.	Generally, one 500-mg tablet four times a day, as long as penicillin is taken.	200		
67	67. Procaine benzylpenicillin sterile suspension, injection, 600 000 units/ml, 1-ml vials, 10's	To be given ONLY on RADIO MEDICAL ADVICE from a physician. For susceptible infections. For general information on the indications for the use of this antibiotic preparation, see the package insert. The dosage varies with the disease being treated.	By deep intramuscular injection, which yield adequate blood levels for 12-24 hours to deal with most susceptible microorganisms. The preferred injection site is in the inner aspect of the upper outer quadrant of the buttock. Repeated injections should be in alternate buttocks. Before injecting, pull back on the syringe plunger to make sure that the point of the needle does not lie within a blood vessel. If blood appears remove the needle and discard the syringe and needle. Prepare a new dose and repeat the procedure at another site.	20		



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68	68. Proguanil tablets, 100mg, 100's.	For prevention of malaria, given either alone or in association with chloroquine. When a ship is in known malarial areas, obtain medical advice on the prophylactic measures effective in that areas.	#	100		
69	69. Pyrantel tablets, 250mg, 50's.	For the treatment of (1) pinworm infections and (2) roundworm infections, in adults and children.	Orally, in a single dose of 10mg per kg of body weight (2 tablets for a patient weighing 50kg). The highest single dose should not exceed 4 tablets (1g). May be administered with out regard to ingestion of food or time of day. May be taken with either milk or fruit juice.	50		
70	70. Quinine sulphate tablets, 300mg, 100's.	Used in the treatment of acute attacks of malaria contracted in certain areas. Quinine sulphate is not administered to prevent or surpress infection.	For acute malaria attacks, give 2 tablets every 8 hours, until the patient sees a doctor. If the treatment has to be continued for more than 10 days, get RADIO MEDICAL ADVICE. This medicine should be taken after meals to lessen the possibility of stomache upsets.	200		
71	71. Quinine dihydrochloride, injection =, 300mg/ml, 2-mlampoule, 10's.	Used in the treatment of acute attacks of malaria when the patient is unable to tolerate oral medication because of repeated vomiting or impairment of consciousness.	For acute malaria attacks in adult patients unable to take oral drugs, give 600mg intramuscularly in the upper outer quadrant of the buttock every 8 hours until the patient can take oral medication. At that time stop the injections and give quinine sulphate tablets.	20		
72	72. Salbutamol aerosol inhaler unit.	Used in bronchial asthma, as inhaled spray. The medicament dilatethe bronchi and brings quick relief (within several minutes) in an asthmatic attack.	Usually 0.1-0.5 ml (2 puffs) of solution of salbutamol, given as a spray. Closely follow manufacturers instructions on how to use the spray.	2		
73	73. Sodium chloride injecion, 0.9%, 1000ml.	Intravenously (1) to replace water, chloride, and sodium lost in extensive vomiting or diarrhoea, (2) in dehydration due to excessive sweating, and (3) in mild haemorrhage. Obtain RADIO MEDICAL ADVICE before administration.	Depends on patients condition. Generally, 1500-3000 ml may be given over 24 hours. Do not give intravenous solutions at a faster rate than 500ml per hour, except on RADIO MEDICAL ADVICE.	6		
74	74. Sodium chloride tablets, 1g, 1000's.	To help avoid heat exhaustion, heat stroke, or heat cramps by replenishing body salts lost through excessive perspiration.	Depends on the amount of perspiration. For profuse sweating, give 1 tablet with a full glass of water, every 4 hours during working hours. If weather is hot but perspiration is not excessive give 1 tablet with a full glass of water every 8 waking hours.	2000		
75	75. Spectinomycin hydrochloride, injection, 2g per 5-ml vial.	This broad-spectrum antibiotic is used for the treatment of acute, uncomplicated gonorrhoeal urethritis and proctitis in men and acute uncomplicated gonorrhoeal cervicitis and proctitis in women.	For primary treatment of acute, uncomplicated gonorrhoeal urethritis, cervicitis and proctitis, the dose is a sinlge intramuscular injection of 2g (5ml).	20		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
76	76. Sulfamethoxazole + trimethoprim (400 mg + 80 mg tablets 20's.	For the treatment of urinary infections , after obtaining RADIO MEDICAL ADVICE.	1-2 tablets every 12 hours, for 7 days. Give each dose with a full glass of water.	200		
77	77. Talc (talcum powder), 120 g.	Used as a skin lubricant and protector, and as a dusting powder for such skin irritations as chafing and prickly heat.	#	6		
78	78. Tetanus immune human globulin, 250 units, vial or ampoule.	To provide passive immunity to tetanus in a patient who is not protected through vaccination with absorbed tetanus toxoid and has sustained a potentially contaminated wound.	For passive immunization, 250 units by intramuscular injection only.	5		
79	79. Tetanus toxoid absorbed, single dose, ampoule.	For active immunization against tetanus.	For primary immunization of adults and children over 6 years of age, 3 doses are required (see package insert for amount of each dose-usually 0.5 or 1.0ml). The toxoid is injected intramuscularly into the lateral aspect of the upper arm. The second dose is given 4-6 weeks after the first, and the third dose 6 months to 1 year after the second. Thereafter, the recommended dose is administered every 5 years.	10		
80	80. Tetracycline ear-drop, 1% tetracycline solution in dropper bottle, 10ml.	Used in treatment of ear infections.	Instil 3-5 drops, three to four times a day for 3-4 days. If the treatment is not effective, consult a physician about the case.	10		
81	81. Tetracycline hydrochloride capsules, 250mg, 100's.	Used for susceptible infections ,To be given after receiving RADIO MEDICAL ADVICE. Do not give to children under 12 years of age.	Usually, one 250mg capsule every 6 hours. In severe illness, increase to two 250-mg capsules every 6 hours.	3		
82	82. Water, sterile, 5-ml ampoules, 10's.	To dissolve penicillin in powder form.	#	30		
83	83. Zinc oxide paste, 30-g tube.	A nontoxic protective water-insoluble mildly astringent and antiseptic paste employed in a large variety of diseases and irritations of the skin. Zinc oxide paste differs from Zinc oxide ointment in that it is somewhat more protective.	Apply as needed in a thin layer to skin areas to be treated or protected from sunlight or weather.	12		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
1	1. Acetylsalicylic acid, 300 mg tablets, 100's	To relieve aches and pains in diseases such as influenza, the common cold, and sinusitis.	For Headache, 1-3 300-mg tablets, repeated in 6 hours, if necessary. For pains and aches in joints associated with neuralgia, colds and other ailments, 2 tablets administered with a 30-mg tablet of codeine sulphate may be indicated	600		
2	2. Alcohol, rubbing (70% ethyl alcohol), 500ml	An antiseptic for	#	6		
3	3. Aluminium acetate, ear drops, 13% solution in 20-ml bottle with dropper	For treating a boil in the ear.	Instil 3-5 drops every 2-3 hours during the day, for several days.	6		
4	4. Aluminium acetate powder, 2-g packets, for making equivalent aluminium acetate solution (Burrows), 12's	For external use only. a solution / mixture, prepared from a powder pack as indicated on the carton, is used as a soothing, astringent wet dressing for inflamed or "weeping" areas of the skin. it is effective, simple remedy for inflammation of areas of the skin due to insect bites, poison ivy, or certain fungal infections such as athletes foot (acute dermatophytosis).	Mix 1 or 2 packets in 500ml of water, as directed on the package for specific conditions, or as directed by a physician. DO NOT strain or filter. the solution is applied in the form of wet compress to the affected areas; this should be repeated several times a day, each time for at least an hour. Also, it may be used as a soak for hands or feet in acute infections such as contact eczema or athletes foot.	24		
5	5. Aluminium Hydroxide with magnesium hydroxide or magnesium trisilicate, oral suspension, 360 ml	Used in treating gastric hyperacidity and peptic ulcer, acid indigestion, or sour stomach. Generally promotes healing and relieves pain. Neutralizes hydrochloric acid in the stomach without producing an alkaline reaction. The liquid form of the drug is more effective than the tablet form.	10ml (about 2 teaspoonfuls) 2 hours after meals and at bedtime. Dose and frequency depend on severity of symptoms and relief obtained. The dose range is 5-30ml per administration. In severe gastritis it can be given every 2 hours, with half a glass of milk.			
6	6. Aluminium hydroxide gel, with magnesium hydroxide or magnesium trisilicate, 1-g tablets, 100's	Same as for the oral suspension; however, somewhat less effective.	1 or 2 tablets, chewed thoroughly before swallowing, 2-4 hours after meals, as needed, and at bedtime.	1000		
7	7. Aminophylline suppository, rectal, 500mg, 12's	To facilitate breathing in patients who have bronchial asthma, asthmatic bronchitis, pulmonary emphysema, and certain types of heart failure. Wheezing is usually an indication for use. The drug also has diuretic activity (increases urination) give only on RADIO MEDICAL ADVICE	Insert one 500-mg suppository rectally. This dose may be repeated in 8-12 hours. The total dose should not exceed 1g (2 suppositories) in 24 hours.	24		
8	8. Amitriptyline tablets, 25mg, 100's	A psychotherapeutic drug used to treatment of depression and anxiety. It is a slow acting drug, and should be used only after obtaining RADIO MEDICAL ADVICE. Amitriptyline has sedative as well as antidepressive properties, so do not give any other sedative along with it,	50mg orally the first day before bedtime, and the same dose morning and evening on the second and consecutive days.	100		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
9	9. Ampicillin capsules, 250mg, 100's	For chest infections, urinary and gastrointestinal infections, and infections of the tonsils and throat. GIVE only on RADIO MEDICAL ADVICE from a physician	Recommended for susceptible infections. The usual dosage is 1-2 250mg capsules or tablets four times a day, up to the total dosage of 3.5g (14x250mg capsules) for one course of treatment. The daily dose of ampicillin should be administered simultaneously with 2-4 500mg tablets of probenecid to prolong the effective blood concentrations of ampicillin.	300		
10	10. Antihaemorrhoidal suppositories.	For temporary relief of itching, burning and soreness from haemorrhoids (piles). Soothes inflamed haemorrhoids. The patient should try to avoid straining on the stool, heavy lifting coughing, and excessive sneezing. Control constipation (so that straining should not be necessary) with mild laxatives. Warm baths may help.	Remove the wrapper and insert one suppository as deeply as possible into the rectum in the morning, at bedtime, and immediately after each bowel movement.	72		
11	11. Ascorbic acid tablets (vitamin c), 50 mg 100's	Febrile states, chronic illness, and infection may increase the need for this vitamin. Deficiency of this vitamin causes scurvy. Symptoms of mild deficiency include bleeding gums and loosened teeth.	#	300		
12	12. Atropine sulphate injection, 0.5 mg/ml, 1-ml ampoules 10's	Injectable atropine sulphate is included for use as an antidote in the treatment of poisoning by insecticides containing organophosphate or carbamate chemicals as part of their formulation. get RADIO MEDICAL ADVICE in the event of such poisoning.	If it is determined that one of the above-mentioned poisons is involved, atropine sulphate should be administered at once to prevent coma, cyanosis, or convulsions. In organophosphate or carbamate poisoning, 2-3 mg should be given subcutaneously at once, followed by 1mg every 15 minutes, until the skin is flushed and dry, or the pulse is mild and rapid. If cyanosis (bluish discoloration of skin) occurs, oxygen should also be administered.	60		
13	13. Benzathine benzylpenicillin, injection, 2.4 million units per 5-ml vial.	Use as an antibiotic, particularly for treatment of syphilis.	The customary therapeutic dose is 2.4 million units administered intramuscularly in a single dose. The preferred injection site is in the inner aspect of the upper outer quadrant of the buttock.	20		
14	14. Benzoic and salicylic acid ointment, 30-g tube.	This ointment is used in treating fungal infections of the skin. When applied to skin, it causes the upper layers of the skin to peel off (keratolysis). This action, along with a mild antifungal effect, helps in the treatment of the infection.	The ointment should be applied once or twice daily to the area involved.	2		
15	15. Calamine lotion, plain, 120ml.	For relieving itching or irritated skin, heat rash, and hives. Shake the bottle well. Wet a pad of cotton with the lotion and pat it on the affected area.	#	8		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
16	16. Calcium gluconate, effervescent tablets, 1g 30's.	This medicament is intended to be used primarily in cases of poisoning by oxalic acid or sodium fluoride. This sort of poisoning may cause a depletion of the calcium content of the blood, resulting in convulsions. Calcium gluconate acts by restoring needed calcium to the blood.	Dissolve 5 tablets in 250ml of water, to be drunk immediately.	30		
17	17. Cetrимide 40% solution, 500ml (disinfectant).	Disinfectant, for external use only. For cleansing the skin before an operation, in abscess incision, and for disinfecting wounds and burns. Also used for cleansing some contaminated glass and metal utensils. Polyethylene tubing, catheters, and other plastic articles may also be disinfected in 1% cetrимide solution, but the time of immersion should not exceed half an hour. Dilution: To obtain the 1% solution, take 5ml of the stock (40%) solution and add it to 195ml of freshly boiled and cooled water. The diluted solution should be used within 7 days; afterwards it should be discarded.	#	3		
18	18. Charcoal, activated, powder, 120g.	In the initial treatment of most poisonings (because of its property to absorb many poisons).	10g (2 tablespoonsfuls). Mix the powder with water prior to administration. Re-peat if the patient vomits.	1		
19	19. Chloroquine phosphate tablets, 250mg 100's	To prevent and treat malaria. When a ship is in a known malarial area, obtain medical advice from a physician on the prophylactic measures effective in that region.	#	100		
20	20. Chlorphenamine maleate tablets, 4mg 20's.	For treating allergic reactions, such as hayfever, urticaria and anaphylactic shock (in addition to other measures).	1 Tablet, one to three times daily.	60		
21	21. Chlorphenamine maleate injection, 10mg, 1-ml ampoules, 10's.	See previous item. May be given subcutaneously or intramuscularly.	1 to 2 injections a day.	20		
22	22. Chlorpromazine hydrochloride tablets, 25mg, 20's.	For treating anxiety, tension, and agitation; also to control nausea and vomiting.	25mg for the control of vomiting; for cases of obvious madness, give 1 tablet three times a day and consult the doctor, who may advise increasing this dosage.	80		
23	23. Chlorpromazine hydrochloride injection, 25mg in 1-ml ampoules, 10's.	Same as for Chlorpromazine tablets. For intramuscular injection.	50mg (2 ampoules) should be given to patients with delirium tremens, this dose may be repeated after 6 hours. In other cases, 1 or 2 25-mg injections daily.	20		
24	24. Clove oil, 20ml.	For the relief of toothache when there is a cavity in the tooth. If possible, dry the cavity with cotton wrapped on a toothpick and then pack it with a piece of cotton that has been dipped in oil of cloves. This procedure may be repeated as often as necessary. Because clove oil has an irritating effect of tissues, use extra care to avoid contact with surrounding gum or other mouth areas.	#	2		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
25	25. Codeine sulphate tablets, 30mg, 100's.	(1) To relieve coughing; (2) in diarrhoea.	For persistent and severe coughing accompanying severe respiratory infections, give half a 30-mg tablet as often as every 2 hours, if necessary. This time-interval should be lengthened as soon as the cough is controlled. Codeine sulphate should be discontinued as soon as the cough is relieved.	100		
26	26. Cyclizine hydrochloride tablets, 50mg, 100's.	For relief of nausea, vomiting, and dizziness associated with motion sickness (sea-sickness). to prevent sea-sickness.	Give one 50-mg tablet 30 minutes before sailing or before rough weather, if sea-sickness is expected. Continue giving 1 tablet three times a day before meals during periods of actual or potential sea-sickness.	400		
27	27. Dextran injection, 6%, and sodium chloride, 0.9%, 500ml, with administration set.	To expand plasma volume and maintain blood pressure in emergency treatment of shock caused by a loss of blood. Also used in the treatment of burns. Dextran should be purchased in a package that includes an administration set.	Give only on RADIO MEDICAL ADVICE from a physician. Only trained people can administer this drug intravenously. 500ml infused intravenously at the rate of 20ml per minute, so that the entire amount is given over a period of about 30 minutes. Repeated infusions may be given when necessary, should blood or its derivatives not be available. The total amount administered should not exceed 20ml per kilogram of body weight during the first 24 hours.	6		
28	28. Diazepam injection, 5mg/ml, 2-ml ampoule.	(1) For treatment of severe agitation, including acute alcohol withdrawal states and convulsions (epilepsy) ; (2) may be useful for shivering due to generalized hypothermia.	The usual dosage is 2-10mg (intramuscularly, deep into the muscle), which may be repeated once in 1-4 hours, depending upon the response and the severity of the condition.	20		
29	29. Diazepam tablets, 5mg, 100's.	(1) For treatment of common anxiety and tension, and (2) for the management of agitation during alcohol withdrawal.	Varies from 2 to 10 mg, 2-4 times a day, depending upon the condition being treated.	200		
30	30. Dimercaprol injection, 100mg in 2-ml ampoules, 10's.	The drug is used as an antidote in poisoning. Indicated in the treatment of arsenic (pesticides), gold, and mercury poisonings; also in acute lead poisoning, in combination with calcium disodium edetate. Always obtain RADIO MEDICAL ADVICE in the event of such poisoning.	If general symptoms of poisoning occur, give dimercaprol, 200mg intramuscularly every 6 hours for the first day, every 8 hours on the second day, and then twice a day for 3 days. Injections should be deep into the muscle; the site of injection should be changed at each administration.	60		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
31	31. Doxycycline hydrochloride tablets, 100mg, 100's	Antibacterial agent used in the treatment of both urinary infections. It is given in cases of both gonococcal and nongonococcal urethritis after spectinomycin hydrochloride or sulfamethoxazole / trimethoprim has been used. See text for dosage when this regime is used.	The usual dose for adults is 200mg on the first day of treatment, given as 100mg every 12 hours, followed by a maintenance dose of 100mg daily. In severe infections e.g, chronic infection of the urinary tract, 100mg every 12 hours is recommended.	200		
32	32. Ephedrine sulphate tablets, 25mg, 100's.	(1) To relieve difficult breathing in asthma; (2) to prevent asthmatic attacks in chronic cases (effect appear 30-60 minutes after administration); and (3) to relieve nasal congestion in hayfever and severe head colds. obtain RADIO MEDICAL ADVICE before using this drug.	One 25-mg capsule four times a day. If ephedrine is used for several days, phenobarbital may be indicated to overcome its stimulant effects (one 30-mg phenobarbital tablet up to three times a day).	20		
33	33. Ephinephrine hydrochloride injection, 1:1000, 1-ml ampoules, 10's.	(1) For acute asthma attacks and for severe allergic reactions to penicillin and other drugs, and to insect bites; (2) for cardiac or circulatory failure.	By subcutaneous or intramuscular injection, 0.3 ml of 1:1000 solution, every 2 hours as necessary. The usual dosage range is 0.1-0.5 ml in asthma, and up to 1ml in other conditions.	20		
34	34. Ergometrine maleate injection, 0.2 mg in 1-ml ampoules, 10's.	This medicament (intramuscular injection) administered to the mother after delivery of an infant, will make womb contract and lessen the danger of haemorrhage.	One ampoule only may be given, after obtaining RADIO MEDICAL ADVICE, just after the expulsion of the placenta.	10		
35	35. Erythromycin (stearate or ethylsuccinate) tablets, 250mg, 100's.	For a variety of infections of the upper and lower respiratory tract; infections of the mouth, gums, and teeth; infections of the nose, ears, and sinuses. Give this antibiotic only when RADIO MEDICAL ADVICE has been received from a physician, and for some infections resistant to penicillin.	One 250-mg tablet, four times a day (for serious infections, dosage may be increased to two 250mg tablets, four times a day)- to be continued for 48 hours or more after symptoms have subsided.	300		
36	36. Eye anaesthetic drops, 0.5% solution of tetracaine hydrochloride, in dropper bottles, 10ml.	For local anaesthesia of the eye, before removing foreign bodies.	Put 3 drops inside the eyelids, repeat this three times at 2-minute intervals.	2		
37	37. Eye anti-infective drops, 1% solution of chloramphenicol in dropper bottles, 10ml.	For treating infections eye diseases (blepharitis, conjunctivitis).	Apply 3-4 drops to each eye, three to four times a day.	3		
38	38. Eye ointment, 1% tetracycline hydrochloride, 4-g tube.	(1) For superficial eye infections, trachoma, inflammation of the eyelids and tear sacs, and (2) for the prevention of eye infection when an injury renders the eye or an adjacent area vulnerable to infection. If the eye infection does not improve in 24 hours RADIO MEDICAL ADVICE should be obtained.	Apply the ointment on the inside of the lower eyelid every 3-4 hours.	6		
39	39. Eye wash or eye-irrigation solution, isotonic, sterile, in plastic squeeze bottle, 120ml.	For irrigating or flushing the eye to wash away foreign particles, mucous secretions, and fluorescein dye used in diagnosis. Before use, warm the bottle with the solution to body temperature.	Point the tip of the applicator downwards towards the eye and gently squeeze the plastic bottle to irrigate the eye. Use generously.	6		



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40	40. Fluorescein sodium ophthalmic strip, sterile (1%, on paper applicators), 200's.	This is an ophthalmic diagnostic agent, used for the detection of lesions or small foreign bodies embedded in the cornea of the eyeball. Damaged-abraded or ulcerated-cornea tissue absorbs the dye, and the lesion appears greenish or yellowish. Foreign bodies are surrounded by a green ring.	Anaesthetize the eye with one drop of 0.5% tetracaine hydrochloride eye-drops. Remove the fluorescein strip from the sterile wrapped without touching the dyed end. Moisten the dyed end with sterile eye irrigating solution. Lift the upper eye lid and touch the dyed tip of the strip to the outside corner of the eye; allow the dye to flow across the eye. The patient should close the eyelid tightly after application, to distribute the stain.	200		
41	41. Furosemide tablets, 40mg, 100's.	Furosemide is a potent short-acting diuretic, which causes the production of urine by affecting the kidneys. It is indicated in the treatment of excess body fluid (oedema) associated with congestive heart failure, cirrhosis of the liver, or certain kidney diseases.	The usual oral dosage for adults is 20-80 mg in a single dose in the morning, for 2-4 consecutive days each week, followed by a drug-free period. However, the dosage will vary, depending on the disease and the patients response.	100		
42	42. Glyceryl trinitrate tablets, 0.5mg, 20's.	For acute attack of angina pectoris.	One tablet dissolved under the tongue (sublingually) at the onset of chest pain usually provides complete relief in 1-3 minutes. Flushing of the face or a throbbing headache may occur. The drug may be given hourly up to several times a day without harm. The patient should sit when taking the drug.	40		
43	Hydrocortisone sodium succinate, 100mg vial, for injection, intravenous, or intramuscular.	USE ON MEDICAL ADVICE ONLY: (1) for severe shock-large doses, combined with standard methods of combating shock, help restore blood pressure and circulation; (2) for acute allergic reactions- after epinephrine (or other substances that elevate blood pressure)- to combat severe asthma, drug reactions, and anaphylactic reactions (for example, to penicillin); and (3) for the control of life-threatening inflammation of the lungs after a patient has inhaled vomit (aspiration pneumonitis). Exceptionally, in case of anaphylactic shock, when there is no time to obtain RADIO MEDICAL ADVICE, 100mf of this drug may be given intramuscularly.	Dosage depends on the type and severity of the condition. The dose may be as low as 20mg per day to suppress inflammation, or as high as 2.5 g or more in severe shock. Administer intramuscularly or intravenously, strictly following the doctors instructions.	5		
44	44. Hydrocortisone ointment 1%, 30-g tube with rectal tip.	For temporary relief of certain skin disorders, common rashes, inflamed skin, and disorders causing itching and discomfort. It may be used for temporary relief of itching, burning, and soreness from haemorrhoids (piles).	Apply a thin film to the affected skin 2-4 times a day. Apply sparingly and with gentle rubbing. Clean the skin before each use.	6		
45	45. Ichthyol and glycerine ointment (itchthammol 10% glycerine, soft paraffin, wool fat 90%), in 100-g container.	For treatment of boils, fishermens hand infections, salt-water boils, etc.	Apply once a day to the affected area.	3		



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46	46. Insect repellent (diethyltoluamide solution), 50-ml.	External use only. To repel mosquitos, chiggers, flies, and other biting insects. It can be used on clothing or the skin, protecting for up to 8 hours.	Shake several drops into the palm of one hand and, after rubbing the hands together, apply to the exposed skin and to cloths at points where insects are likely to bite through, e.g. over shoulder blades, ankles, knee's and hips.	12		
47	47. Iodine, 2.5% solution, in 100-ml bottles with glass stoppers.	For external use only. For disinfecting the skin round wounds, and for the treatment of small cuts and skin bruises to prevent infection.	#	4		
48	48. Lidocaine hydrochloride injection 1%, 2-ml ampoule.	Used as a local anaesthetic in minor surgical procedures.	Up to several ampoules may be used for local anaesthesia. It is important not to exceed the smallest dose necessary to produce the desired result. Inject slowly and with frequent aspirations, to guard against accidental intravenous injection.	12		
49	49. Lindane cream, 1%, 60-g tube.	For infestations of scabies and lice. A single application usually eliminates the parasites, but a second application is sometimes necessary. Only for external use.	After bath or shower, apply a thin layer directly to the involved skin and hair (but not to the face). Keep it on the skin for 12-24 hours, depending on the infestation. Then the patient should bathe or shower thoroughly and put on clean cloths. The bed-linen should be changed. If the first application is not successful, a second application may be made after 4 days. Clothing and bed-linen should be boiled to prevent reinfection.	12		
50	50. Magnesium hydroxide suspension, 550mg/10ml, 500ml.	Used as a laxative.	For constipation, give 1-2 15ml tablespoonfuls daily as needed.	8		
51	51. Metronidazole tablets, 200mg, 100's.	(1) For the treatment of salpingitis and other diseases of women, and (2) for the treatment of amoebic dysentery.	(1) For diseases of women usually 1 tablet every 8 hours for 2 weeks. (2) For the dosage in amoebic dysentery, get RADIO MEDICAL ADVICE,	500		
52	52. Miconazole nitrate, 2%, vaginal cream, with applicator, in 80-g container.	Used in the treatment of external vaginal itching.	The cream should be smeared on the affected external area twice a day.	5		
53	53. Miconazole nitrate, 100-mg pessary and inserter.	Like miconazole vaginal cream, in genital itching. Instruct the patient to insert the pessary high into her vagina each night for 14 consecutive nights (treatment should continue throughout menstruation if it occurs.	1 Pessary Inserted high into the vagina for 14 consecutive nights.	20		
54	54. Mineral oil (liquid petrolatum), 500ml.	Mineral oil (liquid petrolatum) is used as a skin emollient or protective agent. It may also be used to help remove ointments or creams from treated skin areas. Its administration by mouth may be indicated after the ingestion of certain poisons, including alkalis.	Apply liberally over areas of the skin.	1		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
55	55. Morphine sulphate injection, 10mg/ml, 1-ml ampoules, 10's.	For severe pain not relieved by other analgesics. OBTAIN RADIO MEDICAL ADVICE prior to use. Discontinue as soon as the pain can be relieved by other drugs that can be given orally and are less addictive.	For relief of severe pain following injuries or burns, and severe pain of sudden origin in the abdomen or chest, give 10-15mg intramuscularly. If the pain is un-relieved or if it recurs soon after the first dose, a second dose of 10mg intramuscularly may be given 1 hour or more later. Give further doses, if necessary, at intervals of at least 4 hours-not sooner. If the patient is to be transferred within 4 hours of receiving morphine, note the time and dosage on a tag securely tied to the front part of the patients clothing.	20		
56	56. Naloxone hydrochloride injection, 0.4 mg/ml, 1-ml ampoule.	For the emergency treatment of respiratory depression resulting from the administration of narcotics, such as morphine. Also indicated for the detection of suspected acute narcotic over-dose.	May be given by subcutaneous, intramuscular, or intravenous injection. The intravenous route of administration is recommended only for emergency situations. the usual dose is 0.4mg, repeated every 2 or 3 minutes until a favourable response is achieved. If no improvement is noted after 2 or 3 doses, another cause of the depression should be suspected.	6		
57	57. Neomycin + Bacitracin ointment (5 mg neomycin +500 IU bacitracin zinc per g), 30-g tube.	In treatment and prevention of infection, in second- and third-degree burns.	The cream or ointment should be applied to cleansed burnt areas once or twice daily to a thickness of 1-2 mm. Continue as long as there is a possibility of infection, unless a significant adverse reaction occurs.	20		
58	58. Oral Rehydration salts (sodium chloride 3.5g, sodium bicarbonate 2.5g (or trisodium citrate 2.9g), potassium chloride 1.5g, glucose 20g) in waterproof bags/sachets.	For treatment of diarrhoea and other diseases causing dehydration.	Give the solution to the patient to drink rapidly, for instance, 1 glass every 5-10 minutes, until the signs of dehydration disappear, then give 1 glass after each bowel movement, to replace the continuing loss of water and salts.	50		
59	59. Oxygen, size E tank.	To make up for lack of oxygen in blood and tissues, the signs and symptoms of which are cyanosis (bluish colour to skin and nail-beds), dyspnoea (rapid, shallow breathing), rapid, thready pulse, and restlessness. Oxygen may be indicated for respiratory diseases, cardiac diseases, poisoning from gases, massive haemorrhage, and shock.	The usual adult dose is 6-8 litres per minute by mask; or 5-6 litres per minute by nasal catheter.	2		



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60	60. Paracetamol, 500-mg tablet.	(1) To relieve pain, and (2) to relieve fever. This pain-killer is of similar strength to acetylsalicylic acid and is effective in reducing fever. It provides a suitable alternative treatment for patients suffering from mild or moderate pain who are unable to tolerate acetylsalicylic acid.	2 tablets, repeated if necessary every 6 hours.	300		
61	61. Petrolatum, white, 60-g tube.	As a bland and neutral protective dressing.	Apply to minor burns, abrasions, or dry skin.	6		
62	62. Phenobarbital tablets, 30mg, 100's.	(1) For insomnia; (2) for relatively prolonged sedation, as in some anxiety and tension states and in hypertension; and (3) for treatment of epilepsy.	To induce sleep, 90mg at bedtime. As a sedative, one 30-mg tablet, 1-4 times daily. In epilepsy, the dose should be adjusted to the individual; consult the doctor in each case. The average range for an adult is 50-120mg daily, although much higher doses may be required for short periods of time.	300		
63	63. Phenoxyethylpenicillin potassium tablets 250mg, 100's.	For susceptible infections. give on RADIO MEDICAL ADVICE.	Usually, and initial dose of two 250-mg tablets should be given by mouth, followed by one 250-mg tablet every 6 hours. Sometimes larger doses are necessary, if recommended by a doctor.	300		
64	64. Pilocarpine hydrochloride eye-drops, 2%, 15-ml dropper bottle.	For management of glaucoma. Pilocarpine hydrochloride eye-drops constrict the pupil. It is anticipated that this medicament will be needed aboard ship only for patients who have run out of their own supply.	For Glaucoma, 2 drops in the eye every 6 hours daily, or as prescribed.	2		
65	65. Potassium permanganate, 100g.	Diluted in water (1g of crystals to 0.5-1 litre of water). This substance is used for the disinfection of the skin and mucous membranes and for the treatment of some skin diseases.	#	2		
66	66. Probenecid tablets, 500mg, 100's	As an adjunct to intensive therapy with benzylpenicillin, with ampicillin, and a number of other penicillins, for prolonging the effective blood concentration of these drugs.	Generally, one 500-mg tablet four times a day, as long as penicillin is taken.	200		
67	67. Procaine benzylpenicillin sterile suspension, injection, 600 000 units/ml, 1-ml vials, 10's	To be given ONLY on RADIO MEDICAL ADVICE from a physician. For susceptible infections. For general information on the indications for the use of this antibiotic preparation, see the package insert. The dosage varies with the disease being treated.	By deep intramuscular injection, which yield adequate blood levels for 12-24 hours to deal with most susceptible microorganisms. The preferred injection site is in the inner aspect of the upper outer quadrant of the buttock. Repeated injections should be in alternate buttocks. Before injecting, pull back on the syringe plunger to make sure that the point of the needle does not lie within a blood vessel. If blood appears remove the needle and discard the syringe and needle. Prepare a new dose and repeat the procedure at another site.	20		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
68	68. Proguanil tablets, 100mg, 100's.	For prevention of malaria, given either alone or in association with chloroquine. When a ship is in known malarial areas, obtain medical advice on the prophylactic measures effective in that areas.	#	100		
69	69. Pyrantel tablets, 250mg, 50's.	For the treatment of (1) pinworm infections and (2) roundworm infections, in adults and children.	Orally, in a single dose of 10mg per kg of body weight (2 tablets for a patient weighing 50kg). The highest single dose should not exceed 4 tablets (1g). May be administered with out regard to ingestion of food or time of day. May be taken with either milk or fruit juice.	50		
70	70. Quinine sulphate tablets, 300mg, 100's.	Used in the treatment of acute attacks of malaria contracted in certain areas. Quinine sulphate is not administered to prevent or surpress infection.	For acute malaria attacks, give 2 tablets every 8 hours, until the patient sees a doctor. If the treatment has to be continued for more than 10 days, get RADIO MEDICAL ADVICE. This medicine should be taken after meals to lessen the possibility of stomache upsets.	200		
71	71. Quinine dihydrochloride, injection =, 300mg/ml, 2-mlampoule, 10's.	Used in the treatment of acute attacks of malaria when the patient is unable to tolerate oral medication because of repeated vomiting or impairment of consciousness.	For acute malaria attacks in adult patients unable to take oral drugs, give 600mg intramuscularly in the upper outer quadrant of the buttock every 8 hours until the patient can take oral medication. At that time stop the injections and give quinine sulphate tablets.	20		
72	72. Salbutamol aerosol inhaler unit.	Used in bronchial asthma, as inhaled spray. The medicament dilatethe bronchi and brings quick relief (within several minutes) in an asthmatic attack.	Usually 0.1-0.5 ml (2 puffs) of solution of salbutamol, given as a spray. Closely follow manufacturers instructions on how to use the spray.	2		
73	73. Sodium chloride injecion, 0.9%, 1000ml.	Intravenously (1) to replace water, chloride, and sodium lost in extensive vomiting or diarrhoea, (2) in dehydration due to excessive sweating, and (3) in mild haemorrhage. Obtain RADIO MEDICAL ADVICE before administration.	Depends on patients condition. Generally, 1500-3000 ml may be given over 24 hours. Do not give intravenous solutions at a faster rate than 500ml per hour, except on RADIO MEDICAL ADVICE.	6		
74	74. Sodium chloride tablets, 1g, 1000's.	To help avoid heat exhaustion, heat stroke, or heat cramps by replenishing body salts lost through excessive perspiration.	Depends on the amount of perspiration. For profuse sweating, give 1 tablet with a full glass of water, every 4 hours during working hours. If weather is hot but perspiration is not excessive give 1 tablet with a full glass of water every 8 waking hours.	2000		
75	75. Spectinomycin hydrochloride, injection, 2g per 5-ml vial.	This broad-spectrum antibiotic is used for the treatment of acute, uncomplicated gonorrhoeal urethritis and proctitis in men and acute uncomplicated gonorrhoeal cervicitis and proctitis in women.	For primary treatment of acute, uncomplicated gonorrhoeal urethritis, cervicitis and proctitis, the dose is a sinlge intramuscular injection of 2g (5ml).	20		



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Item Number	Item Name	Treatment Requirements	Recommended Dosage	Minimum Qty Required	On Board Quantity	Order Quantity
76	76. Sulfamethoxazole + trimethoprim (400 mg + 80 mg tablets 20's.	For the treatment of urinary infections , after obtaining RADIO MEDICAL ADVICE.	1-2 tablets every 12 hours, for 7 days. Give each dose with a full glass of water.	200		
77	77. Talc (talcum powder), 120 g.	Used as a skin lubricant and protector, and as a dusting powder for such skin irritations as chafing and prickly heat.	#	6		
78	78. Tetanus immune human globulin, 250 units, vial or ampoule.	To provide passive immunity to tetanus in a patient who is not protected through vaccination with absorbed tetanus toxoid and has sustained a potentially contaminated wound.	For passive immunization, 250 units by intramuscular injection only.	5		
79	79. Tetanus toxoid absorbed, single dose, ampoule.	For active immunization against tetanus.	For primary immunization of adults and children over 6 years of age, 3 doses are required (see package insert for amount of each dose-usually 0.5 or 1.0ml). The toxoid is injected intramuscularly into the lateral aspect of the upper arm. The second dose is given 4-6 weeks after the first, and the third dose 6 months to 1 year after the second. Thereafter, the recommended dose is administered every 5 years.	10		
80	80. Tetracycline ear-drop, 1% tetracycline solution in dropper bottle, 10ml.	Used in treatment of ear infections.	Instil 3-5 drops, three to four times a day for 3-4 days. If the treatment is not effective, consult a physician about the case.	10		
81	81. Tetracycline hydrochloride capsules, 250mg, 100's.	Used for susceptible infections ,To be given after receiving RADIO MEDICAL ADVICE. Do not give to children under 12 years of age.	Usually, one 250mg capsule every 6 hours. In severe illness, increase to two 250-mg capsules every 6 hours.	3		
82	82. Water, sterile, 5-ml ampoules, 10's.	To dissolve penicillin in powder form.	#	30		
83	83. Zinc oxide paste, 30-g tube.	A nontoxic protective water-insoluble mildly astringent and antiseptic paste employed in a large variety of diseases and irritations of the skin. Zinc oxide paste differs from Zinc oxide ointment in that it is somewhat more protective.	Apply as needed in a thin layer to skin areas to be treated or protected from sunlight or weather.	12		



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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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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 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		



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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		



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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 Quantity
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		



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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	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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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 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		



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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		



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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 Quantity
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		



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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	1 6		



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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	1 6		