

Medications and supplies needed for short term medical mission trips:

Medications

Antibiotics
Analgesics/ Anti-inflammatory
Multivitamins – Adult and Pediatric
Cold and Cough Preparations
Topical Creams:
Antibiotic, Antifungal, Anti-inflammatory
Antihistamines
Parasiticidals
H2 Blockers/Antacids
Anti-diarrheals
Iron Supplements
Inhalers
Ophthalmics – medicated and non-medicated

Supplies

Blood Pressure Cuffs/Machines
Glucose monitor and strips
Gloves
Antimicrobial Hand Gel
Alcohol Swabs
Pregnancy Tests
Medicine Cups/Spoons/Syringes
First Aid Supplies
Thermometer (Temporal or Equiv)
Tongue Depressors
Dispensing trays/Spatulas
Medication Baggies/Labels
Pill Cutter or Crusher
Soaps/Shampoos/Lotions
Toothbrushes/Toothpaste

MEDICAL SUPPLIES AND TOOLS

1. Alcohol: 1 bottle
2. Alcohol Prep Pads: 2 boxes (100)
3. Bandage Scissors & Small Sharp Scissors: 1-2 (there are several available)
4. Betadine Solution & Iodine Swab sticks: 1 bottle and 1 box of swab sticks
5. Bulb Syringe for ear irrigation (or large 60 cc syringe): 1 - 2
6. Eye Wash: 2 - 4 bottles
7. Face Shields: (1 is available, do not bring)
8. Face Masks (disposable) 1 small box (25) (several available, do not bring)
9. Gloves: 1 box (each size) non-sterile and 2-4 packages sterile each size
10. Hydrogen Peroxide: 1 bottle
11. Kidney-Shaped Emesis Basin: (many available, do not bring)
12. KY jelly: 1 tube per provider
13. Lancets: 1 box (100)
14. NS IV Fluid & I.V. Setups: 4 (500 ml) bags and 4 set-ups (NS IV fluid is available for purchase in Haiti)
15. Nebulizer tubing and masks: 4-6
16. Oxygen cannulas and tubing: 4-6
17. Q-tip swabs: 1 - 2 packages (100s) non-sterile and 25-50 sterile
18. Scalpels, disposable: 1 box
19. Sharps Container: (there are several available – do not bring)
20. Sterile Safety Needles: 22g 1½ inch and/or 23g 1 inch - 1 box
21. Sterile Syringes: 3cc and 5cc – 25-30 each
22. Sterile Water: 4 small or 2 large bottles for wound and ear irrigation.
23. Suture Kits: 4 – 6 kits
24. Tongue Depressors: 1 box
25. Urine Collection Cups: 200 (also useful to hold small amounts of creams, ointments or lotions)
26. Vaginal Disposable Speculums: 25 each small and medium

27. Forehead light with adjustable band * optional (useful for gyn exams)

PHARMACY SUPPLIES

1. Bottles for mixing suspensions (more are always needed)
 2. Large plastic bags (for patients to hold meds and patient records)
 3. Calculator (several available)
 4. Cups – 500 paper drinking (Dixie cups) and 200 small medicine cups
 5. Drug and medical resource books
 6. Empty gallon containers to mix scabies wash (some are available)
 7. Medicine droppers (tip: 3 cc or 5 cc syringes make good droppers in a pinch)
 8. Medicine bottles (tip: save empty OTC bottles (Advil etc.) to dispense medications, be sure to attach new label)
 9. Medicine labels (pre-print to save time, some are available in the pharmacy)
 10. Mortar and pestle (one is available in the pharmacy)
 11. Patient medication information and instruction sheets (see Forms and Resources)
 12. Pens and Markers (fine point sharpies)
 13. Pharmacy bags or snack size zip locks (3 x 4” pharmacy bags with picture dosing & space for writing are available at Blessings for \$2.50/100).
 14. Zip lock bags – several boxes each gallon and quart
1. Plastic shoe box-type storage containers and larger (used to store and transport medications and supplies)

MEDICATION (GENERIC) NAME & DOSE	ANTIBIOTIC/ANTIVIRALS	INVENTORY
Acyclovir 200 mg (<i>optional</i>)	Antiviral (Herpes)	100
Amoxil 500 mg (Amoxicillin)	PCN ABX (URI, O.M., Pharyngitis, UTI)	1000
Amoxicillin 250mg	PCN ABX (URI, O.M., Pharyngitis, UTI)	200
Amoxicillin 250/5ml susp (100ml)	PCN ABX (URI, O.M., Pharyngitis, UTI)	25
Azithromycin 250 mg/5 ml susp (120 ml)	Macrolide ABX (URI, Pneumonia, STDs)	15
Bactrim (Sulfamethoxazole/trimethoprim)	Sulfonamide ABX (Cholera, Typhoid, Cellulitis, UTI, Bites)	500
Bactrim 40mg/5ml susp (100ml)	Sulfonamide ABX (Cholera, Typhoid, Cellulitis, UTI)	15
Cephalexin 250mg/5ml susp (100ml)	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	15
Cephalexin 500 mg tabs	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	300
Cipro 500mg (<i>not for ages 1-17</i>)	Quinolone ABX (UTI, STDs, Typhoid, Diarrhea, Respiratory)	300
Doxycycline 100 mg	Tetracycline ABX (Malaria, STDs, Cellulitis, Respiratory)	500
Erythromycin 500 mg	Macrolide ABX (Diphtheria, O.M., STDs, GI, Respiratory)	500
Hydrochloroquine 200mg or 250 mg	Tetracycline ABX (Malaria, STDs, Cellulitis, Respiratory)	500
Nitrofurantoin 100 mg tabs	ABX(UTI) <i>safe in pregnancy</i>	200
Rocephin 1 gr injection (Ceftioxone)	Cephalosporin ABX (URI, Sinusitis, Cellulitis, Wounds)	10
	ANTIEPILEPTIC	
Tegretal 200 mg (carbamazepine)	Anticonvulsant	300
	ANESTHESIA	
Lidocaine 2%	Anesthesia	10
	ANTIPARASITICS/ANTIFUNGAL	
Diflucan 150 mg (Fluconazole)	Antifungal (Vaginal yeast, Thrush, Tinea)	150
Flagyl (Metronidazole) 500mg	Antiparasitic/ABX (C.diff, BV, Peritonitis)	500
<i>Lamisil (Terbinafine) 250 mg (optional)</i>	<i>Antifungal (Tinea, Onychomycosis)</i>	250
Griseofulvin 500mg	Antifungal (Tinea)	500
<i>Nystatin suspension 60 ml (optional)</i>	<i>Antifungal (Oral Candidiasis)</i>	10
Vermox (Albendazole)	Antiparasitic (Worms)	1000
	BLOOD PRESSURE/CARDIAC	
Amolodine 5mg	B/P (Calcium Channel Blocker)	1000
Aspirin 81 mg	Anticoagulant	500
Atenolol 25 or 50 mg or Metoprolol (optional)	B/P and Arrhythmia (Beta Blocker)	500
Enalapril 10 mg or Lisinopril 10 mg	B/P (Ace Inhibitor)	1000
HCTZ 25 mg	B/P (Diuretic)	1000
<i>Labetalol</i>	<i>B/P (Beta Blocker) safe in pregnancy</i>	500
Lasix 20 mg (Furosemide)	CHF(Diuretic)	100
<i>Nitrostat (Nitroglycerine) 0.4 mg</i>	<i>Angina (Vasodilator)</i>	25
	DIABETES	
Metformin (Glucophage) 500 mg or 1000 mg	Biguanide (DM)	1,500
Glucotrol (Glipizide) 5 mg	Sulfonylurea (DM) <i>Not 1st choice due to hypoglycemia</i>	500
	EYES, EARS AND NOSE	
<i>Artificial tears (no Visine type drops)</i>	<i>Eyes (Lubricant)</i>	50
<i>Debrox (or any ear wax softener)</i>	<i>Ear (Ear Wax Softener)</i>	25
Floxin Otic or Cortisporin Otic drops	Ear (Antibiotic)	20
Gentamic Oph or Sulamyd Oph drops	Eyes (Antibiotic) <i>* can also be used in ears</i>	25
<i>Saline nose sprays (No Afrin type) optional</i>	<i>Nose (lubricant)</i>	25

MEDICATION (GENERIC) NAME & DOSE	G/I (Gastrointestinal)	Inventory
<i>Dulcolax (Docusate sodium) 100 mg</i>	<i>Stool softener</i>	100
Imodium (Lopermaide)	Anti-diarrheal	200
Normal Saline (9%) IV sol 500 ml	Rehydration fluids	10
Oral rehydration salts	Rehydration solution	100
<i>Prep H or Anusol HC tubes</i>	<i>Anti-hemorrhoidal</i>	24
Prilosec 20mg (Omeprazole)	PPI (Aciphex, Dexilant, Nexium, Prevacid)	500
Phenergan 25 mg (Promethazine)	Anti-nausea	200
Phenergan 25 mg (Promethazine) injectable	Anti-nausea	10
<i>TUMS (Calcium Carbonate)</i>	<i>Antacid (Mylanta, Pepto Bismouth, Rolaids)</i>	5000
Zantac 150 mg (Ranitidine)	H2 Blocker Antacid (Pepcid, Tagamet)	500
<i>Zantac (Ranitidine) 15 mg/ml (16 oz)</i>	<i>H2 Blocker Antacid</i>	10
	G/U (Genitourinary)	
<i>Vagisil (OTC) tubes</i>	<i>Vaginal Anti-itch</i>	50
Miconazole 2% cream (vag) w/applicators	Vaginal Antifungal	25
	NSAIDS (Pain and Fever)	
Aspirin 81 mg (optional) NO 375 mg	NSAIDS/Anticoagulant	100
IBU 400mg	NSAIDS	5000
<i>Children's Tylenol/IBU 80mg chewable</i>	<i>NSAIDS</i>	500
Children's Tylenol/IBU 160mg/5ml (120ml)	NSAIDS	25
Infant Tylenol/IBU drops 80mg/0.8ml	NSAIDS	25
Tylenol (Acetaminophen) 500 mg	NSAIDS	1000
	RESPIRATORY (Allergy/Asthma)	
<i>Advair diskus or any LABA (optional)</i>	<i>Asthma (bronchodilator/corticosteroid)</i>	25
Albuterol HFA	Asthma (bronchodilator)	25
Benadryl syrup 12.5 mg/5 ml (120 ml)	Antihistamine	25
Benadryl (Diphenhydramine) 25 mg	Antihistamine (Claritin, Chlorpheniramine)	1000
<i>Cough drops</i>	<i>Respiratory (Cold & Cough)</i>	720
Cough syrup (120ml)	URI (Robitussin, Delsyn, Mucinex DM)	10
<i>Flonase (Nasonex, Nasocort, etc) NO Afrin type</i>	<i>Allergy (corticosteroid nasal spray)</i>	25
Prednisone 10 mg	Corticosteroid	500
Sudafed 30 mg	Allergy & URI (decongestant)	500
	TOPICAL (Skin)	
<i>A&D or any barrier cream</i>	<i>Moisturizing/Barrier cream (Desitin, Balmex)</i>	25
Bacitracin or any antibiotic ointment tubes	ABX cream (Mupirocin, Neosporin)	50
Hydrocortisone 1% or Diprolene cream	Glucocorticosteroid cream	50
<i>Lice shampoo or Lice B Gone</i>	<i>Pediculicide (Lice and Scabies)</i>	32 oz
<i>Lotrimin or any OTC antifungal cream</i>	<i>Antifungal cream (Tinactin)</i>	25
Nystatin 2 % cream	Antifungal cream (Ketoconazole)	25
Silvadene cream (Silver sulfadiazine)	Sulfonamide/silver antibacterial for burns	5
<i>Scabies solution</i>	<i>Pediculicide (Scabies)</i>	32 oz
	VITAMINS	
<i>Vitamins, adult multi w/Fe</i>	<i>Vitamins</i>	15000
<i>Vitamins, children's chew multi w/FE</i>	<i>Vitamins (No gummy type, they melt and stick together!)</i>	7500
Vitamins, infant's suspension	Vitamins	150
<i>Vitamins, Prenatal</i>	<i>Vitamins w/ extra B & Iron (pregnancy)</i>	500
Ferrous Sulfate (optional)	Iron supplement	500