

**How to Prepare
a Medical Kit
for Yacht Racing**

&

**Medical Tips
for the Practicing Sailor**

**Developed and Edited
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Forward:

This booklet has been written to supplement more complete medical and first aid guides such as “Sailing and Yachting First Aid”, which is offered by US SAILING. It is designed as a quick reference and to offer simple, common sense solutions and recommendations in first aid situations until proper medical attention can be obtained.

It is always appropriate to consult a physician if available prior to using any medications or employing any of the recommendations in this booklet.

About Dr. Rob Amsler:

Dr. Amsler is a medical graduate of Michigan State University and has been in practice since 1978. As a certified member of the American Osteopathic Board of Family practice, Dr. Amsler is extensively skilled in a wide variety of clinical procedures and has special interests in Structural Medicine, Sports Medicine, Asthma, and Nutrition. He also frequently appears on area radio and television programs as a medical consultant and expert.

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Booklet designed by Natalie Roelant, gNat’s Media. 586-764-4848.

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Symptoms and Proper Medication Use

PAIN MEDICATIONS

Tylenol 500mg (acetaminophen) **OTC**

Take 2 pills every 4 hours for pain or fever. Excellent for headache and general achiness. No alcohol with this drug please. Maximum dose is 4000 mg. per 24 hours.

Aleve (naproxen sodium 220 mg.) **OTC**

Take two tablets 2 times a day with food. Do not take on an empty stomach. This may be combined with acetaminophen or hydrocodone for increased pain relief and inflammation control. **DO NOT TAKE ASPIRIN WITHIN 8 HOURS.**

Vicodin ES (hydrocodone 7.5mg/acetaminophen 650mg) **Rx**

Take 1 pill every 6 hours for severe pain. Do not give for head injuries. Use cautiously if sensitive to codeine. **CAUTION- CAN CAUSE DROWSINESS.**

INSOMNIA / NERVOUSNESS

Valium 2mg (diazepam) **Rx**

Use for anxiety. **DO NOT USE WITH ALCOHOL.** May be used for seizure control. Can be used for insomnia and severe muscle spasms. Maximum dose is 2 tablets 3 times per day.

Benedryl 25mg (diphenhydramine) OTC

A very good and safe medication to take for insomnia. Adding 1 Tylenol is a terrific way to increase the strength of Benedryl to aid in sleep.

EYE**Saline Eye Wash or Contact Lens Wetting Solution OTC**

Use as an eye wash to remove dirt or foreign material. Use as frequently as desired to moisten dry irritated eyes.

Tetracaine Hydrochloride 0.5% Rx

Place 2 drops in eye to anesthetize it. Use when eye is scratched, torn, or when foreign material stuck on eye. Use prior to removing a foreign body to block pain.

Oval Eye Pads OTC

To cover an injured eye. Covering any injury to the eye generally allows the most rapid healing. Do not apply with any pressure. Your goal is to keep sun, wind, and dust from the eye.

Ciloxin 0.3% (ciprofloxin ophthalmic drops) Rx

Use these drops for every severe eye injury where the globe has been opened, penetrated, or for eye infection.

EAR**Americaine (benzocaine otic drops) OTC**

Place 4 drops in painful ear every 3 to 4 hours as need to control ear pain.

Name		Date
Address		
Original Rx No. _____		Phone by _____ Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
Rx HYDROCODONE 7.5MG / ACETAMINOPHEN 650MG		
#		
TAKE ONE PILL EVERY SIX TO EIGHT HOURS FOR SEVERE PAIN. IBUPROPHEN MAY BE TAKEN WITH THIS.		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____		Phone by _____ Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
Rx EPI - PEN		
#		
USE AS DIRECTED ON PACKAGE.		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx NITROGLYCERINE SUBLINGUAL SPRAY</p> <p>ONE SPRAY UNDER TONGUE FOR HEART PAIN. IF NO RELIEF, MAY REPEAT IN FIVE MINUTES. THIS WILL CAUSE A HEADACHE.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx ATENOLOL 50 MG</p> <p>TAKE ONE PILL EVERY DAY TO LOWER AND CONTRIOL HEART RATE OR TO STABILIZE IRREGULAR HERTBEAT.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Cortisporin OTIC (polymyxin, neomycin, hydrocortisone) **Rx**
 Place 4 drops in infected ear 4 times a day to control ear infection (swollen canal or pus type discharge).

RECTAL

Tucks Pads (witch hazel 50%, glycerine 10%) **OTC**
 Use as rectal or vaginal wipe or compress for rectal irritation a maximum 6 times per day.

Anusol HC Suppositories (hydrocortisone) **Rx**
 Use 1 suppository 3 times a day for hemorrhoids and anal / rectal irritation.

HEART

Aspirin 325mg. **OTC**
 Use 1 aspirin whenever anyone develops chest/heart pain. Call for medical advise.

Nitrolingual Spray (nitroglycerine) **Rx**
 Use for angina (chest / heart pain). Very effective when sprayed under tongue. A moderate headache can develop which is normal. Don't forget to see a doctor when ashore to check your heart. Strongly recommend calling on radio for medical advice.

Atenolol 50 mg **Rx**
 Use to slow a rapid heartbeat or to control an irregular heart beat. Your goal is a regular heart rate between 60-100. Get medical advice first if possible.

SEASICKNESS**Sea Sick Bands****OTC**

In many people this is the miracle of miracles. Wearing a band on each wrist is very effective for all types of motion sickness and nausea of pregnancy.

Dramamine (dimenhydrinate)**OTC**

Very good for motion sickness but most people need so much they fall asleep.

Promethazine 25mg & Adderall 5mg**Rx**

According to U. S. Navy pilots, this combination is a good way to eliminate symptoms of seasickness. Promethazine will stop seasickness if taken every 6 hours, however, extreme fatigue is a side effect. If you must stay awake you may take 5mg of Adderall every 12 hours to counter the fatigue caused by Promethazine.

Useful Anti-Motion Sickness Drugs¹

Generic Name / Brand Name	Mfr.	Form	OTC / Rx	Duration of Action
Dimenhydrinate				
Dramamine	Seale	50mg tablet	OTC	4 – 6 hours
		Liquid	OTC	4 – 6 hours
		50mg injection	Rx	4 – 6 hours
Dramamine	Richardson-Vicks	50mg chew -able tablet	OTC	4 – 6 hours
Gravol	Homer	75mg timed release cap	OTC (B&C)	6 hours
		Suppository	OTC (B&C)	6 hours
Meclizine HCl				
Bonine	Leeming	25mg chew able tablet	OTC	6 – 12 hours
Antivert	Roerig	12.5; 25; 50mg tablets	Rx	6 – 12 hours

¹ Charles Oman, Courtesy of [Cruising World](#)

Name		Date
Address		
Original Rx No. _____		Phone by _____ Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
Rx HYDROCORTISONE RECTAL SUPPOSITORY 25MG		
USE ONE SUPPOSITORY TWO TO THREE TIMES A DAY TO REDUCE HEMORRHOID SWELLING AND RECTAL IRRITATION. KEEP COOL.		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____		Phone by _____ Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
Rx HYDROCORTISONE VALERATE 0.2% 30 GRAMS		
APPLY TO SKIN TWICE DAILY FOR INFLAMMATION.		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____ Phone by _____ Refill ___ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>		
<p>Rx TETRACAINE HYDROCHLORIDE 0.5%</p> <p>USE TWO DROPS IN EYE TO ANESTHETIZE IT WHEN REMOVING EMBEDDED FOREIGN OBJECTS OR FOR SEVERE EYE PAIN. MAY REPEAT FOUR TO SIX TIMES AS NEEDED TO CONTROL PAIN. (MAXIMUM 24 - 36 HOURS)</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____ Phone by _____ Refill ___ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>		
<p>Rx CORTISPORIN OTIC</p> <p>PLACE FOUR DROPS IN INFECTED EAR FOUR TIMES A DAY FOR FOUR DAYS TO STOP INFECTION.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Meclizine	Geneva	12.5mg tablet	OTC	6 - 12 hours
Cinnarizine				
Stugeron	Janssen	15mg tablet	Rx(UK & B)	6 - 12 hours
Cyclizin				
Marezine	Burroughs	50mg cap;	OTC	4 - 6 hours
		Injection	Rx	4 - 6 hours
Scopolamine HBR				
Kwells	Nicholas	0.3mg tablet	OTC(UK & B)	4 - 6 hours
Scopolamine HBR & Destroamphetamine				
Scopolamine+ Dexedrine	SKF	0.3mg scop+ 5.0mg dex tablets	Rx	4 - 6 hours
Promethazine				
Phenergan	Wyeth	12.5; 25; 50mg tablets;	Rx	6 - 12 hours
		Suppository	Rx	6 - 12 hours
		Injection	Rx	6 - 12 hours
Promethazine & Ephedrine				
Phenergan+ Ephedrine	Wyeth	25mg Phenergan + 25mg ephedrine tablets	Rx	6 - 12 hours

Key: OTC = over the counter; Rx = by prescription only; OTC (B&C) = OTC in Bermuda & Canada; OTC (UK&B) = OTC in UK & Bermuda

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx CIPROFLOXIN 0.3% OPTHALMIC SOLUTION</p> <p>USE TWO DROPS EVERY FIFTEEN MINUTES FOR FIRST SIX HOURS THEN TWO DROPS EVERY THIRTY MINUTES FOR REMAINDER OF FIRST DAY, THEN TWO DROPS EVERY FOUR HOURS.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx ADDERALL 5MG</p> <p>#</p> <p>TAKE ONE EVERY TWELVE HOURS WITH PROMETHAZINE TO SUPPRESS SEA SICKNESS AND TO STAY AWAKE.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

STOMACH, CONSTIPATION AND DIARRHEA

Mylanta, Maalox or Gaviscon

OTC

Calcium, magnesium or aluminum hydroxide used to neutralize stomach acid, heart burn, stomach burn and to calm an upset stomach. They can be used very frequently and often helpful with seasickness. Side effects may include diarrhea (magnesium) or constipation (calcium).

Prilosec OTC

OTC

Use for acid stomach, heartburn, and reflux of acid. Take 1 tablet twice a day as needed.

Pepcid Complete

OTC

Use for stomach ulcer or heartburn or stomach pain that does not improve with Mylanta. Great for heartburn when sleeping. Great for sailors.

Dulcolax 5mg (bisacodyl)

OTC

Use for constipation. Comes in pill or suppository form. Remember to refrigerate suppositories.

Imodium A-D (loperamide hcl)

OTC

Use in addition to fluids and electrolyte replacement for diarrhea. Use as directed on the bottle.

SKIN

Nizoril (ketoconazole cream 2%) OTC

To be used for skin fungus and is very good for athletes foot, jock itch, etc. Use anywhere skin folds on itself and is moist or where itchy red skin is present. Very good between buttocks after sitting in wet pants. Use 3 times a day.

Zinc Oxide OTC

A thick white ointment that sticks to everything. It blocks all sun to area and is used to seal off an abrasion. Keep lots of this handy. It even keeps the area you sit on from becoming raw when wet with salt or fresh water for an extended time.

WESTCORT CREAM (hydrocortisone valcrate 0.2%) Rx

This is a steroid cream for skin inflammation. This is not for infections. Apply thin layer and rub in 2 to 3 times a day. This is very good for small areas of sunburn such as forehead, nose, lips and chin. Also, it is excellent for itching from poison ivy and bug bites.

BACITRACIN (neomycin, polymyxin) OTC

A very good ointment for burns, infection in cuts, abrasions, and ripped finger and toe nails. Put bandage over area treated. Use three times per day.

Prescription Forms

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx PROMETHAZINE 25MG</p> <p>#</p> <p>TAKE ONE EVERY SIX HOURS TO SUPPRESS SEVERE SEA SICKNESS.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

Name		Date
Address		
Original Rx No. _____	Phone by _____	Refill ____ Times Deliver <input type="checkbox"/> Will Call <input type="checkbox"/>
<p>Rx DIAZEPAM 2MG</p> <p>#</p> <p>TAKE ½ - 1 TWICE A DAY FOR ANXIETY. DO NOT USE WITH ALCOHOL. ONE AT BEDTIME FOR INSOMNIA. MAY BE USED FOR MUSCLE SPASMS.</p>		
Doctor		Medicaid No.
Dr.'s Address	DEA No.	Pharmacist

DERMATOLOGICS

BACITRACIN
 NITROZOL
 SOLARCAINE BURN RELIEF
 WESTCORT

EAR MEDICATIONS

CIPRO OTIC HC

EYE MEDICATIONS

EYE WASH STERILE
 CILOXIN
 TETRACAINE 0.5% DROPS

SUPPLIES

LACERATION REPAIR KIT STERILE
 4-0 NYLON SUTURE MATERIAL
 3-0 NYLON SUTURE MATERIAL
 4-0 BRAIDED ABSORBABLE SUTURE MTL
 DISPOSABLE SCALPEL
 SYRINGES WITH NEEDLES
 2" CLOTHE TAPE
 1" CLOTHE TAPE
 STERILE GLOVES
 4" ELASTIC BANDAGES
 4" TELFA BANDAGE
 AMMONIA INHALANT AMPOULES
 ¾" x 3" ADHESIVE BANDAGE STRIPS
 KNUCKLE ADHESIVE BANDAGES
 TOWELLETTES
 ALCOHOL WIPES
 BETADINE WIPES

MEDICAL TEXTS

US Sailing: SAILING AND YACHTING FIRST AID
 HOW TO PREPARE A MEDICAL KIT FOR YACHT RACING
 MEDICAL TIPS FOR THE PRACTICING SAILOR

ALLERGY & COLD PREPARATIONS

Claritin-D (loratadine 5mg & pseudoephedrine 120mg)

OTC

Use for watery nasal discharge and congestion. Will help decrease allergy symptoms. This is a non-sedating anti-histamine. Use cautiously in men over 50. May cause urine retention.

Afrin Nasal Spray (oxymetazoline)

OTC

Temporary relief of nasal congestion associated with colds, hay fever and sinusitis. Do not use more than 3 consecutive days.

Benedryl 25mg (diphenhydramine)

OTC

A strong anti-histamine used for runny nose, itchy watery eyes and hives. **CAUTION: THIS MEDICINE USUALLY CAUSES SLEEPINESS.** It can be used to induce sleep.

Vicodin ES 7.5 / 650

Rx

Take ¼ to ½ every 6 hours to suppress a bad cough.

EPI - Pen

Rx

Injectable adrenalin for severe allergic reaction of any kind. Follow label instructions. Purchase at least two.

Medical Tips by Symptoms

SPRAINS, STRAINS, CONTUSIONS, AND FRACTURES

Old time doctors diagnosed bone fractures without x-rays if...injury was trauma induced, has point tenderness, and is swollen. If in doubt, treat it as a fracture. This allows you to err on the safe side.

- If hand fracture, have it immobilized in position of function (like holding a baseball).
- Fractured ribs feel better with a wrap for brief periods. Never sleep with the wrap on. May require pain medication to sleep.
- Ace wraps are most properly and comfortably applied at 1/3 – ½ their maximum tension.
- R.I.C.E. (rest, ice, compression, elevation)

DISLOCATIONS

It is best to tape the dislocated extremity in its present position and seek medical advice. Please recognize many dislocations have a fractured bone with them. If you wish to attempt repair, please follow these tips:

- Pull gently. No hard snaps please and guide pieces to proper position.
- Use pain medications, ice and valium to prepare patient for relocation of the injured joint.

First Aid Kit Example

LARGE CRUISING / RACING VESSELS OR LONG OFFSHORE TIME

PILLS

ADDERDALL 5 mg
 ALEVE (bottle)
 ASPIRIN 325mg
 AUGMENTIN 875mg
 AXERT 12.5mg
 CIPRO 500mg
 CLARITIN
 DULCOLAZ SUPPOSITORIES
 FUROSEMIDE
 IMODIUM ADVANCED
 PEPCID COMPLETE
 PHENERGAN 25mg
 PHENOBARBITOL 30mg
 PRILOSEC
 TYLENOL CAPSULES
 VALIUM
 VICODIN 750mg

INJECTABLES

BENADRYL 50mg/ml
 DEXAMETHASONE SODIUM PHOS.
 EPINEPHRINE 1mg/ml
 TIGAN 20mg/ml
 XYLOCAINE 1%

OTHER

NITROGLYCERINE SPRAY

CUTS AND ABRASIONS

- No matter how much it hurts, scrub it out. If it starts bleeding again, treat like any bleeding with compression.
- Never close a puncture wound (one that is deeper than wide). This includes bites. Wash, work Bacitracin deep into the wound and place a dressing on the wound.
- To handle a moderately deep wound without suturing:
 1. Scrub it out.
 2. Let bleeding stop or slow (use pressure if needed) to a trickle.
 3. Pull edges together with tape.
 4. Pad the wound on each side to hold edges together.
 5. Wrap firmly with ace wrap.
 6. Note: Deep wounds need to be held together with Ace wraps for at least 10 – 14 days.
- Ice is always appropriate over the bandage and **NOT** on exposed skin.
- Most wounds heal well if immobilized long enough. Use bandages and splints. Keep them on longer than you think you should.
- All deep palm lacerations require antibiotics **NOW!** This area is known as **NO MAN'S LAND!** Seek medical attention.
- Ripped nails and nail beds look worse than they are. Cool down with ice or soak in ice water for 20 – 30 minutes then maneuver skin and nail into a normal position and tape in place. **DO NOT REMOVE NAIL.**

TENDON LACERATION

How to diagnose tendon laceration... weakness against pressure or area just won't work i.e. a finger will not straighten against resistance.

Temporary treatment for this will include splinting or wrapping in position of comfort. Seek medical attention within 7 days at a maximum for proper surgical repair.

EYES

- Most eye injuries (flash or sun burn, lacerations, abrasions, foreign bodies) heal in 24 – 48 hours. Therefore do not use the anesthetic (Tetracaine) eye drops more than 3 or 4 times. Call to obtain further medical advice if severe pain persists.
- With a visible foreign body, remove it by first anesthetizing the eye by using Tetracaine drops and then using a Q-tip to lightly wipe it out. You **MUST** then patch the eye. If unsuccessful, you must put antibiotic drops in eye to prevent infection.
- Eye infections and injuries heal faster and more comfortably if patched for 24 hours. **NEVER** use a patch to put pressure on the eye, only to keep wind, dirt, light, etc. out.
- Wear glasses to keep wind off an injured or infected eye.
- If an injury of the eye occurs that is obviously a puncture or cut to the globe of the eye, patch lightly. No pressure at all. Begin Ciloxin and call for help.
- If eyes do not move evenly after face or head injury, get help as soon as possible. This is a medical emergency.
- If an injured eye looks cloudy or very dilated after an injury, seek medical help immediately.

EARS

- Never put heat on a sore ear.
- Do not put drops in your ear if the ear drum has just ruptured (blood from ear canal) or you know a previous ear drum rupture has not healed.
- When using ear drops err on the heavy side! It is okay to fill the ear canal and then put cotton in the ear.

2 percent	5	10
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Let stand for 30 minutes.

Allergies		
1.	Reaction	
2.	Reaction	
3.	Reaction	
Medications taken regularly		
Name	Strength	Frequency
1.		
2.		
3.		
Vitamins, herbs, or street drugs taken on a regular basis:		
1.	2.	
Disease or medical problems (diabetes, heart problems, epilepsy, etc.):		
1.		
2.		
3.		
What surgeries:		
1.		
2.		
3.		
Date of last tetanus booster (should be every ten years):		

Methods of Water Treatment

Heat

Boil water vigorously for more than 10 minutes. Add a pinch of salt to each quart of boiled water. Pour from one clean container to another several times.

CHLORINE BLEACH Available Chlorine	DROPS ADDED TO 1 QUART OF WATER	
	Clear Water	Cloudy Water
1 percent	10	20
4 – 6 percent	2	4
7 – 10 percent	1	2
Unknown	10	20

Mix thoroughly; let stand for 30 minutes. A slight chlorine odor should be noted. If chlorine odor is not noted, repeat dosage and wait an additional 15 minutes.

IODINE Tincture of Iodine	DROPS ADDED TO 1 QUART OF WATER	
	Clear Water	Cloudy Water

SORE THROAT

- CEPASTAT or CHLORASEPTIC LOZENGES – Very good to relieve a sore throat or a tickle that causes a cough. Use pediatric strength more frequently because no upset stomach is likely. Use as often as needed.
- HOMEMADE GARGLE - Crush aspirin, pinch bicarbonate of soda and vitamin C pill and mix in warm water. Gargle and swallow every 2 hours. (Alternative is one Original Alka-Seltzer gargled every 2 hours and swallowed.)
- ZINC LOZENGES – Very effective for colds and sore throat. Suck on 8 – 10 the first day. Often, no second day is needed.

PROPER USE OF PAIN AND ANTI-FLAMMATORY DRUGS

- Aspirin and NSAID (non-steroid anti-inflammatory drugs such as Motrin, Advil, Aleve, etc.) have a very similar effect. If truly allergic (not upset stomach) to aspirin or NSAID do not take the other.
- Acetaminophen (Tylenol) is an excellent pain medication if taken to maximum strength. Alcohol and acetaminophen do NOT mix. Liver problems! The maximum daily dose of Acetaminophen is 4,000mg.
- For moderate pain take acetaminophen and NSAID. This combination is just as powerful as Tylenol # 3 without affecting your thinking process or making you sleepy.
- If codeine makes you nauseous, Hydrocodone products, even though related, often do not.

ANTIBIOTICS

Take two different antibiotics on board. Keep one on board from List #1 and one from List #2.

List #1

- Penicillin (Amoxil, etc.)
- Sulfa (Septra)
- Erythromycin (Erythromycin, Biaxin)
- Tetracycline (Sumycin)

List #2

- Cephalosporin (Keflex, Ceclor)
- Quinalone (Cipro)

For a crew without any allergies, my best recommendation is Amoxicillin 500mg and Cipro 500mg.

Remember to avoid exposure to the sun when on antibiotics. Wear long sleeve shirts, long pants, a hat and lots of sun block.

URINARY TRACT

- Blood in the urine without pain can be bad. Start on an antibiotic immediately to stop the infection.
- Severe pain with bleeding usually indicates a kidney stone. Take pain medication and huge quantities of liquids. Plan on knowing pain as never before but it goes away quickly if the stone is passed.
- Never go offshore for extended trips without a catheter. If you are unable to urinate, you will have marvelous stories to tell.

- Regular medications
- Upset stomach/heartburn medication
- Constipation or diarrhea medication
- Sun screen you have successfully used before
- Shooters ear plugs for sleeping
- Ultraviolet ray blocking sunglasses
- Knife (that cuts high tech line), light, flotation gear with spare CO₂ inflation canister
- Personal sea sickness treatments
- Anything required for any special or unique needs or conditions that you may have.

NOTE: These suggestions are only intended to provide a general guideline for personal items that might be useful to an individual when at sea. They are not intended to be all inclusive, nor should they be construed as representative of the only concerns that you need have while at sea. The final and exclusive judgment as to what you take with you is yours, considering any personal needs or conditions that you might have, and considering the nature of the trip.

Crew Member Personal Information

Instructions: Copy and complete this form and place in a sealed envelope with your name on the front and given to the master of the vessel. It is to open in case of a medical emergency.

	Date _____
Personal Info	Name _____
	Date of Birth _____
	Height _____
	Weight _____
	Home Address _____
	Home Phone _____
	Work Phone _____
Family Doctor	Name _____
	Address _____
	Phone _____
Emergency Contact	Name _____
	Phone #s _____

- Tucks Pads
- Aspirin 325 mg
- Dramamine
- Prilosec OTC
- Pepcid Complete
- Dulcolax Tablets 5 mg
- Imodium A-D
- Nizoril 2% Cream
- Zinc Oxide
- Bacitracin First Aid Ointment
- Mylanta or Maalox or Gaviscon Antacid Tablets

LIST OF PRESCRIPTION MEDICATIONS

- Promethazine 25 mg
- Diazepam 2 mg
- Ciprofloxin 0.3% Ophthalmic Solution
- Adderall 5mg
- Tetracaine Hydrochloride 0.5% Ophthalmic Drops
- Cortisporin Otic Drops
- Hydrocortisone Rectal Suppository 25 mg
- Hydrocortisone Valerate 0.2% Cream
- Nitroglycerine Sublingual Spray
- Atenolol 50 mg
- Hydrocodone 7.5 mg/Acetaminophen 650 mg
- Epi-Pen

PERSONAL ITEMS CREWMEMBER TO CARRY

- Pain medication

HEART FLUTTERING OR SKIPPING

- All irregular or funny heart beats are not bad, but take action when noticed. **CALL FOR MEDICAL ADVICE.**
- If no pain and no lightheadedness, decrease stimulation, stop caffeine, get out of the sun, rest, cool down.
- If chest pain, shortness of breath or dizziness with the skipping beat, seek medical advice. Nitroglycerine spray for chest pain is appropriate. One aspirin is also appropriate. Atenolol is also appropriate
- If ankles very swollen and feeling bloated please decrease all salts. Increase plain drinking water, decrease foods to a minimum (especially sweets and salts) and rest. A single shot of alcohol will often start the urination process to help remove excess fluids.
- Lying with feet elevated after the alcohol intake will speed the fluid removal process.
- Consider a Beta blocker (Atenolol) for rapid heartbeat. **CALL FOR MEDICAL ADVICE FIRST IF POSSIBLE.**

G. I. PROBLEMS

- Constipation is not good! Do **NOT** be afraid to take an enema kit and clean your insides if a long trip.
- Most vomiting is caused by the body's desire to rid the stomach content. If it goes on and on for hours that is not good. You **MUST** start rehydrating and putting electrolytes back in. Stopping vomiting caused by illness is similar to stopping it for sea sickness. Read section on dehydration and seasickness.
- Diarrhea is as bad as vomiting. You lose a lot of important material needed by your body. If you think you have an infection (TOURISTA) use Cipro 500 twice a day for no more than 3 days or Septra DS, one tablet twice a day for 7 days to

kill the bacteria! And be sure to replace electrolytes. Read section on dehydration.

- Hemorrhoids or painful rectal bumps. If one develops either of these conditions, make efforts to push it back inside the rectal muscle and keep it squeezed in. Don't wait. Use Hydrocortisone rectal suppositories. Itchy rectum is usually from a fungus. Use an anti-fungal cream. It is wonderful.

SEASICKNESS TIPS

Try these tips to conquer symptoms of seasickness:

- Look UP not down.
- Stay ABOVE decks not down below.
- FACE the wind.
- Treat EARLY and OFTEN.
- Remember to replace fluid constantly and slowly.

DEHYDRATION

Choose from one of the following options:

1. In 1,000ml (1 Liter) water add:
 - ½ teaspoon salt (NaCl)
 - ½ teaspoon Baking Soda (Na H CO₃)
 - ¼ teaspoon salt substitute (KCl)
 - 2 tablespoons sugar
 Drink copiously to replace electrolytes,
2. 2 glass formula for dehydration
 - In glass #1 put...**
 - 8oz. Fruit juice (rich in potassium)
 - ½ teaspoon honey or corn syrup
 - 1 pinch table salt

In glass #2 put...

8oz. Water
¼ teaspoon Baking Soda

Drink from both glasses frequently.

IMMUNIZATIONS

Please be sure your tetanus shot is up to date. Usually you should have re-immunization every 10 years.

MISCELLANEOUS SUPPLIES

- Ace wraps "2" and "4"
- Antiseptic solution
- adhesive tape "1" and "2"
- Assorted band-aids (including knuckle and finger-tip bandages)
- 4" X 4" telfa pads
- Sunburn Gel
- First Aid book
- Straight Urinary Catheter - size 14 French.
- Examination gloves
- Rent an Automatic External Defibrillator (AED)

LIST OF OVER THE COUNTER MEDICATIONS

- Tylenol 500 mg
- Aleve
- Benadryl 25 mg
- Saline Eye Wash or Contact Wetting Solution
- Americaine Otic Drops