

## S/V Contigo Medicine Chest

\*Label "Yacht in Transit" with name of Vessel on capsules\*

ANTIBIOTICS – 1ST LINE	Dose	Use
CEPHALEXIN CAPSULES	500MGS, 1 tab, 3-4x day, 5-7 days	Infection of teeth, ears, skin, wounds, respiratory and urinary tract
ERYTHROMYCIN	250 MGS/5mL; 5mL 3-4x day; ~7 days	Skin infections, throats (strep), upper respiratory tract infection, sinus, etc; if coughing, likely viral, not bacterial
ANTIBIOTICS – 2ND LINE	Dose	Use
LEVOBIOTIC (LEVOFLOXACIN)	500 mgs 1OD for 5 days	Infections of the bowel, female pelvic organs, prostrate and urinary tract.
METRONIDZOLE	500 mgs 1OD for 7 days	Infections of Teeth, or add to Levo for severe abdominal infection/Peritonitis (a follow-on of burst appendix)
AZITHROMYCIN	500 mgs 1 OD for 3 days	Upper and lower respiratory tract, ear infections, bronchitis and pneumonia
TOPICAL	Dose	Use
CIPROQUINOL EAR DROPS	3 Drops 2x Day for 7 Days	Antibiotic, for swimmers ear and discharging ears; has hydrocortisone for anti-inflammatory effect
CLORANFENICOL 5MG/ML	1-2 Drops, 6-12x Day	Antibiotic for bacterial eye infections like conjunctivitis
FUCIDIN 2% CREAM	2-3 times per day, 7 Days	Topical antibiotic cream for skin infections e.g. coral scratches
FUCIBACT CREAM	3 times per day	Topical cream for infected insect bites, (steroid-like structure helps stop itching)
ANTI-NAUSEA/SEASICK	Dose	Use
DRAMIDOM (Dramamine)	1 Tablet every 4-6 Hours as needed	Generic Dramamine; Take 30-60 Min before travel
STUGERON (CINNARAZINE)	75 mg tablet; 1/2 tablet 1x day	Prevention of motion-sickness (cinetosis), drowsiness; can aggravate hypotension (dose lower); take 30 min before
BOWELS/GI PROBLEMS	Dose	Use
Oral re-hydration sachets	1 Sachet	For severe diarrhea (contains sugar and salt)
ANTI-ALLERGIC/HISTAM	Dose	Use
ZYRTEC	10MG; 1xDay	For allergic reactions
PREDNISOLONE (Prelone)	5MGS TABS, 4-7/day	For general (but strong) allergic reactions i.e. skin, asthma etc.
PAINKILLER*	Dose	Use
1. ACETAMINOFEN 500	1-2 Tablet every 6 Hours	For mild to moderate pains: headache, fever and muscle aches, menstrual pain; not anti-inflammatory
2. IBOPROFEN (ARTRAN-800)	1 Tablet every 4-6 Hours	OTC NSAID so take for pain w/ swelling (use Acetaminofen for fever instead)
3. DICLOFENAC SUPPOSITORY	100 MGS BD	NSAID for strong pain, especially kidney pain; lie on side with knees at chest to insert and lay still for few minutes
4. DOLGENAL Rapid sublingual	10MG TAB every 6 hours, as needed	NSAID i.e., strong painkiller and anti-inflammatory, don't exceed 5 Days; good for broken bone pain, etc.
*In order of least strength to most		
MISC.	Dose	Use
OLIVE OIL	Use for 5/7 days, 4-5 x a day	For blocked ears with wax.
LAGRIMAS NATURALES + H+Dex	1-2 Drops	Mild lubricant for dry and irritated eyes