

## First Aid Medical Check list for Nepal Himalaya Trip

Generic Name (Trade Name™)	Uses	Dose (Adult) (*Refer to Text)	Remarks, Warning & Side Effects
<b>ALLERGT, INFLAMMATION &amp; ITCH</b>			
Antihistamines: Sedating: Chloratidine (Piriton™) Non-sedating: Desloratidine (Neoclarityn™), Cetrixine, Fexofenidine (Telfast™)	Allergic rashes, Itchy skin/bites hay fever. Sedating from used for insomnia and anaphylaxis	Follow instruction on packet	Side effect: headache, dry mouth, blurred vision, slow reflexes, Avoid alcohol, avoid in pregnancy. The sedating from especially may cause drowsiness, depress breathing (caution/avoid at altitude)
Hydrocortisone cream 1% (Hydrocort™)	Rashes, allergies, bites, mild sunburn, piles	Apply directly 8- hourly	External use only. Not to be used on infected or broken skin.
Prednidedolone 10mg	Sever allergy, asthma attack, anaphylactic shock	*	Take 4 to 6 hours to start working. Give for short-term only
<b>ALTITUDE ILLNESS (AMS &amp; HAPE)</b>			
Acetazolamide (Diamox™)	AMS prevention, AMS treatment, HAPE and HACE, periodic breathing/poor sleep at altitude	*	Take 12 hours to start working. For more info and side effects, More information consults with doctor. Void in severe sulfa allergy, pregnancy, diabetes, kidney stone.
Dexamethasone	HAPE/severe AMS, asthma, anaphylactic shock	*	Give the last 3 doses 12-hourly. Multiple side effects with longer use of the medication. More information consults with doctor.
Nifedipine modified release (MR)or long acting (LA) (Adalat LA™) Asipine MR™ , Coroday MR™	HAPE	*	Side effects: sudden fall in blood pressure, fainting, dizziness, flushing, Headache. More information consults with doctor.
<b>ANTIBIOTIC</b>			
Amoxicillin ( Amoxil™)	a) Sinus, urinary, ear, mouth infection, tooth abscess, severe throat infections, pneumonia	250-500mg 6 to 8 –hourly for 3 to 14 days*	Avoid in penicillin allergy. Side effects: rashes, nausea, fainting, diarrhea. When available, co- amoxiclav should be carried in preference to amoxicillin.
	b) Wound infection, infection around eye	With flucloxacillin*	

	c) Appendicitis	With metronidazole*	
	d) Meningitis	With ciprofloxacin*	
Co-amoxiclav (Augmentin™)	a) As for amoxicillin	8-hourly or 12 hourly (refer to the packets)	Co-amoxiclav is a broader spectrum version of amoxicillin (is works on a wider range of bacterial diarrhea).
	b)Septiceamia, open fracture, fever (cause unknown)	With metronidazole*	
	c) Animal bites, appendicitis, boils/abscesses.	*	
Azithromycin (Zithromax™)	a)Respiratory infections, boils/abscesses or middle ear infections.	500mg daily for 3 days*	Take 1 hour before food (or 2 hours after). Side effects: rashes, nausea, diarrhea, joint pains, dizziness, increased risk of sunburn. Second choice for bacterial diarrhea.
	b) Bacterial diarrhea.	*	
	c) Typhoid	500mg daily for 7 days	Mild typhoid only (for severe cases, use ciprofoxacin)
Cefalaxin (Ceproex™, Keflex™) Cefaclor (Distarclor™)	a)Respiratory, ear, mouth, wound kidney, urinary, boils/abscesses	250mg-500mg 6 to 8 hourly for 3 to 14 days.	Avoid in severe penicillin allergy. Side effects: skin rash, nausea, fainting, diarrhea.
	b)Septicaemia, open fracture, animal bites, appendicitis, fever (cause unknown)	With metronidazole*	
Ciprofloxacin (Cipro™, Cifran™) <b>Or</b> norfloxacin (Noroxin™)- the dose for norfloxacin is 400mg, same frequency	a)Respiratory ( but not pneumonia), skin, kidney, ear and other infections	250mg-500mg 12 hourly for 5 to 14 days*	Avoid in quinolone allergy. First choice in bacterial diarrhea. Give on empty stomach, drink plenty. Avoid under 16 years old unless necessary, as it may cause arthritis. Avoid with NSAIDs. Avoid in pregnancy, epilepsy. Side effects include increased risk of sunburn. May cause convulsions, tendonitis (inflamed tendon; if this occurs stop drug immediately).
	b)Bacterial diarrhea	*	
	c)Meningitis	With co-amoxiclav*	
	d)pelvic infection, fever (cause unknown)	With metronidazole*	
Doxycycline (Vibramycin™, Doxilyn™)	a)Bronchitis, sinusitis, tick-home diseases, kidney & pelvic infection	100mg 12 or 24 hourly for 5 to 10 days*	Take with food (but not milk). Swallow while and do not lie down with half hour of taking a dose. Avoid in pregnancy, breastfeeding. Avoid under 12 years old. Side effects include increased risk of sunburn, diarrhea, heartburn.
	b)Malaria prevention	With metronidazole*	

Erythronmycin (Erythrocin™, ERC™)	Respiratory infection, pneumonia, skin, infection, impetigo	250mg-500mg 6 to 8 hourly for 5 to 10 days*	<b>An alternative when allergic to penicillin or amoxicillin.</b> Take with food. Side effects: skin rashes, nausea, diarrhoea
flucloxacillin	Wound infections, cellulitis, boils/abscesses, skin infections	250mg-500mg 6 hourly*	Used when Staph aureus (golden staph) is <b>suspected (bright yellow pus)</b> , take half hour before meal. Avoid in penicillin allergy.
Metronidazole (Flagyl™)	a) Giardia, amebic diarrhea, tooth abscess, severe mouth infection, tetanus	*	Take 1 hour before meal. Side effects: metallic taste, causes depression, nausea, heartburn. Avoid for victims under 5 years old and in pregnancy. Drinking alcohol while taking metronidazole causes vomiting.
	b) Fever (cause unknown), pelvic infection	With ciprofloxacin*	
	c)Septicaemia, open fractures, appendicitis	With co-amoxiclav or cefalexin*	
Tinidazole (Fasigyn™, Tinibar™)	May be used as a substitute for metronidazole for all the same indications	Total dose per day in roughly the same as for metronidazole but should be given either 12 – hourly or once daily	Same as metronidazole but is longer acting hence the different dose timing and the need to avoid alcohol for 2 days after finishing treatment
<b>ANTI-VOMITING AND ANTI-NAUSEA</b>			
Prochlorperazine (Stemetil™) 5 mg tab or 25 mg suppository	a) Nausea/vomiting, may be used for acute vertigo	5-10 mg 8-hourly OR 1 suppository only, then start tabs after 6 hours	Side effects: severe spasms of neck, face and eye muscles especially in younger people ( antidotes: cogentin or diphenhydramine). Avoid in pregnancy, children, epilepsy. May depress breathing, cause drowsiness, dry mouth, drop blood pressure, photosensitivity.
	b)May be useful for acute anxiety, agitation in psychosis	5-10 mg 8 to 12 -hourly	
Prochlorperazine (Buccastem™) 3mg buccal (inside gum)	Nausea/vomiting	1 - 2 tabs 12 -hourly	Buccal tablets are placed high on the gum behind the upper lip and allowed to dissolve
Meticlopramide (Maxolon™) 10 mg tab	Nausea/vomiting	1 tab 8 -hourly	As for prochlorperazine (Stemetil™)
Domperidone (Motilum™) 10mg tab or 30mg suppository	Nausea/vomiting	1 - 2 tabs 6 to 8 -hourly OR 1 - 2 suppositories 8 to 12 -hourly	Less likely to cause spasms of neck, face and eye. Less sedating than Stemetil™
<b>CONSTIPATION</b>			
Laxative tablets (Bisacodyl)	Constipation	1-2 tabs at night	May cause griping belly pain.

™)			Increase fibre/liquid intake. Avoid under 12years old. Avoid if intestinal obstruction is suspected
<b>DIARRHEA (see also antibiotics)</b>			
Diphenoxylate (Lomotil™)	To slow down diarrhea	1 - 2 tabs 8 -hourly	Loperamide is preferable to diphenoxylate. Don't stop the diarrhea, just show it down. Side effects: dry mouth, blurred vision. Avoid for victims under 9 years old. Avoid if bloody diarrhea.
Loperamide (Imodium™)	To slow down diarrhea	2 caps, then one after each loose stool (max 8 caps per day)	
Burn cream: silver sulfa diazine	General disinfectant, burns ( when dirty or infected)	See burns	External use only. Avoid in sulfa allergy
<b>DISINFECTANT ( continued)</b>			
Dettol™, Savlon™	a)General disinfectant, wound cleaning	1 tablespoon in 250ml water	External use only
	b)Sterilization of instruments	1 tablespoon in 100ml water	Leave 10 munities
Household bleach (hypochlorite solution)	Water disinfection	Consult with your doctor.	Use only unscented household bleach with no detergent or soap.
Lugol's iodine solution	Water disinfection	Consult with your doctor.	Consult with your doctor.
Povi-iodine (Betadine™)	a)Wound/skin cleaning/jet wash (Fig 15.1)	Use povi-iodine on a gauge square or as a jet wash solution	Side effects include allergic skin reaction
	b)Water disinfection	*	
<b>EYE AND EAR</b>			
Antibiotic drops or ointment for eyes: chloramphenicol, framycetin ( Soframycin™), Neomycin (Neosporin™)	Eye infection, abrasion, superficial foreign object	*	Side effects: local allergic reaction, stop if symptoms get worse
Anti-inflammatory- antibiotic drops for ears ( Sofradex™, Otosporin™)	Infection or inflammation of external ear canal	*	Side effects: local allergic reaction, stop if symptoms get worse
Anaesthetic eye drops: tetracaine ( Minims-Amethocaine™)	Snow blindness, removing foreign object etc	*	Effect last for up to 4 hours. Once anaesthetized, the eyes is best padded shut until sensitive again (to avoid further injury)
<b>INDIGESTION</b>			
Antacid tabs (Gaviscon™, Gelusil™ etc)	Heartburn, indigestion	*	Best not taken with other medications as may reduce their absorption
Ranitidine ( Zantac™)	Heartburn, indigestion	150mg 12-hourly	Stops acid production in stomach. Use only if simpler antacids ( Gelusil™ etc) don't work.
<b>PAINKILLERS ( ANALGESICS)</b>			
Aspirin	a)aches and pain, flu, headache, fever, arthritis,	300-600 mg 4 to 6 –hourly. Daily	Side effects: indigestion, retinal ( eye) bleeding at high altitude. Take

	inflammation, broken tooth b)Heart attack	maximum: 400mg 300mg daily	with food. Avoid if history of stomach ulcer, stomach bleeding, allergy or asthma. Avoid under 16 years old.
Paracetamol (Panadol™)	Mild to moderate aches, pains, flu, headache, fever	1000 mg (2tabs) 4 to 6 –hourly.	More than 16 tablets in 24 hours is the begging of an overdose, which can cause liver damage. It can cause of a rash.
Ibuprofen ( Brufin™)	Mild to moderate pain, pain with inflammation or infection, women’s period pains, sprains and strains	200-400 mg 6 to 8 –hourly. Daily maximum: 2400,mg	Take with food. Don not give Ibuprofen to pregnant women or anyone with heart or kidney dieses. It can be cause of nausea, rashes, fluid retention, dizziness, can cause bleeding from the stomach, especially from ulcers. For age over 65 years have to give short possibly time (or use paracetamol).
Codeine phosphate	a)Moderate pain	15-60 mg 4 to 8 –hourly. (Maxi-dose 240mg in 24 hours)	Don’t give during an asthma attack, head injury or altitude sickness. Constipation, drowsiness, nausea or vomiting, dizziness, dry mouth, bluer vision, anxiety, confusion or agitation and depression of breathing.
	b)Cough, Diarrhea	15-30 mg 8 to 12 –hourly.	Mild cough suppressant, slows diarrhea
Naproxen (Naprosyn™) 250mg	Moderate pain, trekker’s knee, muscle, bone and joint pain, pain due to trauma, dental pain, acute gout, kidney stones	1 tabs 6 to 8 –hourly. Daily maximum: 1000,mg	An NSAID. Avoid in asthma, indigestion, the elderly, pregnancy, breastfeeding, kidney disease. Avoid others NSAUID.
Diclofenac ( Voltarol™) 50mg Suppository	Severe pain. Same indications as naproxen.	1-2 suppositories 8 to 12 hourly	Same as naproxen
Tramadol 50mg (Zanadol™, Zydol™)	Moderate severe pain	50-100 mg 4 hourly. Max doge 400mg in 24 hours.	More than 16 tablets in 24 hours is the begging of an overdose, which can cause liver damage. It can cause of a rash. Consider giving with an anti-vomiting medication.
Morphine	Moderate severe pain, e.g. Broken bones, burns, heart attack etc.	5-10 mg by IM or SC injection every hour.	Side effects: depress breathing (antidote: Narcan™), hallucinations. Avoid in asthma attack and altitude lines. Caution at altitude. Side effects and same as codeine.
Fentanyl lozenge ‘lolly’	Severe pain, eg broken	One application over a	Simple to use, effective and rapid

(Actiq™) 800 micrograms	boons, burns, dislocations	15 – minutes period, repeats after 30 mins if needed. Maximum of four dose units daily.	onset. Side effects and comments same as codeine. Consult with your doctor.
Methoxyflurane (Penthrox™)	Instant short time relief of moderate to severe pain.	Consult with your doctor.	Methoxyflurane is not yet licensed in the EU or USA, Consult with your doctor.
<b>RESPIRATORY AND OTHER PROBLEMS</b>			
Asthma spray (reliever) Salbutamol (Ventolin™) Spray is colored blue	a)Asthma	*	To increase effectiveness use a spacer. Keep spray warm in very cold conditions. Side effects: palpitations, tremors.
	b)May be helpful for anaphylactic shock and HAPE	*	
Flu and sinus medication	Flu, head cold, nasal congestion	1 tab/cap 8 -hourly	Side effects: drowsiness, may depress breathing (caution at altitude). These medications often contain painkillers. Avoid: alcohol, blood pressure and antidepressant medication.
Glycery trinitrate (GTN) Spray	A)angina	Consult with your doctor.	Side effects include headache and low blood pressure. Flammable/explosive near flames. Avoid with Viagra™ and other similar drugs.
	b)heart attack		
Phenylephrine or pseudoephedrine nasal drops or spray	a)Nasal congestion, sinusitis, earache	3-4 drops or one spray 6 to 8 hourly into nostril.	Insert drop with head upside down, or right back and to one side. Maximum 4 day's treatment. Side effects: increased blood pressure, palpitations, can destabilize diabetes or glaucoma. Avoid in pregnancy.
	b)May be useful for: anaphylactic shock, nosebleed	*	
Prednisolone	a)Severe asthma attack	*	Take 3 to 4 hours to work. A lifesaving drug in severe asthma attack. Many serious side effects but is generally safe for short-term use: indigestion, nausea, suppresses healing, thrush,; depression, psychosis, insomnia. Used in anaphylactic shock to prevent relapse.
	b)Anaphylactic shock		

**Caution:** the information in this chart is incomplete; consult your pharmacist or doctor for more information on the medications you are including in your first aid kit.

As \* is an indication to refer to the appropriate part of the text for further information on dose.