

3.001 MEDICAL KIT- CONTENTS AND REFERENCE

(MED CL/SpX-6 - ALL/FIN/T)

Page 2 of 27 pages

Table 1. Convenience Medication Pack (White)

Item	Strength, Volume	Route of Use	Qty in Pack	Unit	Possible Side Effects	Comments	Location
Antibiotic							
Bacitracin	500 units/gm, 0.9 gm	Topical	30	unit dose pack	No significant side effects		Spine
Antidiarrheal							
Loperamide (Imodium)	2 mg	Oral	40	tablet	Abdominal discomfort, nausea, vomiting, constipation, drowsiness, dizziness, dry mouth	Use for nonbloody diarrhea. No more than 8 tablets every 24 hours.	B2
Antihistamine							
Fexofenadine (Allegra)	180 mg	Oral	100	tablet	Headache, vomiting, fatigue, somnolence, dizziness, fever, pain, drowsiness, diarrhea, nausea, upset stomach, muscle aches, back pain, pain in extremities	Do not use with other antihistamines. Do not drink grapefruit juice 1 hour before or 2 hours after taking the medication.	B2
Loratadine (Claritin)	10 mg	Oral	375	tablet	Headache, drowsiness, dizziness, fatigue, dry mouth		A2
Olopatadine (Pataday)	0.2 %, 2.5 mL	Eye	6	bottle	Blurred vision, eye pain, stinging, burning, headache	Remove contact lenses before use. After instilling drops, wait at least 10 minutes before inserting contact lenses.	A3

3.001 MEDICAL KIT- CONTENTS AND REFERENCE

(MED CL/SpX-6 - ALL/FIN/T)

Page 3 of 27 pages

Item	Strength, Volume	Route of Use	Qty in Pack	Unit	Possible Side Effects	Comments	Location
Decongestant							
Oxymetazoline (Afrin)	0.05 %, 15 mL	Intranasal	10	bottle	Transient burning, stinging, dryness of the nasal mucosa, sneezing, cough	Do not use more than 3 consecutive days. Rebound congestion with prolonged use.	A1
Pseudoephedrine (Sudafed 12 Hour)	120 mg	Oral	100	tablet	Dizziness, rapid heart rate, high blood pressure, restlessness, tremor, headache, loss of appetite, may impair ability to concentrate, dry mouth, insomnia, photosensitivity		B1
Lubricant							
Carboxymethylcellulose (Refresh Plus)	0.5 %, 0.4 mL	Eye	40	unit dose pack	Temporary blurred vision		A4
Hypromellose (Nature's Tears)	0.4 %, 15 mL	Eye	2	bottle	Temporary blurred vision	Remove contact lenses prior to use.	A4
Mineral Oil and White Petrolatum (Refresh PM)	42.5 %; 57.3 %, 3.5 gm	Eye	2	tube	Temporary blurred vision		A4
Sodium Chloride (AYR Saline)	0.9 %, 22 mL	Intranasal	3	bottle	No significant side effects within prescribed dose		A2
Pain Reliever							
Acetaminophen (Tylenol)	325 mg	Oral	150	tablet	No significant side effects within prescribed dose	No more than 12 tablets every 24 hours.	B4
Aspirin	325 mg	Oral	60	tablet	Upset stomach, dizziness, ringing in ears, blood in stool	Take with food.	B4

3.001 MEDICAL KIT- CONTENTS AND REFERENCE

(MED CL/SpX-6 - ALL/FIN/T)

Page 4 of 27 pages

Item	Strength, Volume	Route of Use	Qty in Pack	Unit	Possible Side Effects	Comments	Location
Ibuprofen (Motrin)	400 mg	Oral	400	tablet	Dizziness, nervousness, upset stomach, nausea, vomiting, rash, ringing in the ears	No more than 8 tablets every 24 hours. Take with food.	B3
Sleep							
Melatonin	3 mg	Oral	60	tablet	Headache, nausea, drowsiness, dizziness	Do not use with other sleep meds.	A4
Zaleplon (Sonata)	10 mg	Oral	100	bottle	Headache, dizziness, drowsiness, short-term memory impairment, or lack of coordination, nausea, upset stomach, muscle weakness	Do not take with a high fat meal. Do not use with other sleep meds.	A4
Zolpidem (Ambien)	10 mg	Oral	200	tablet	Drowsiness, dizziness, headache, abnormal dreams, insomnia, memory impairment, visual and attention disturbance	Do not use with other sleep meds.	A3
Steroid							
Hydrocortisone	1 %, 0.9 gm	Topical	60	unit dose packet	No significant side effects		B1
Mometasone (Nasonex)	50 mcg, 17 gm	Intranasal	3	bottle	Headache, cough		A1
Stimulant							
Caffeine (Vivarin)	200 mg	Oral	100	tablet	Diarrhea, dizziness, fast heartbeat, low blood sugar, high blood sugar, blurred vision, dry mouth, flushed skin, increased urination, loss of appetite, nausea, stomachache, anxious feeling, agitation, cold sweats, nervousness, insomnia		A3