

GAiN Medical Team

Antibiotics		
CLASS: QUINOLONES		
Ciprofloxacin 250mg or 500mg tabs	1000 tabs	-Main treatment for UTI, URI and STD's. -Dosing guidelines usually 500mg BID 5-7 days -Contraindicated in people <18yr and therefore mainly used in adults
Levofloxacin 500mg	500 tabs	-Use as an alternative to cipro for UTI and pneumonia -Nice to have but not a priority
Famciclovir 250mg	50 tabs	-Was needed for STD (herpes treatment)
CLASS: PENICILLINS		
Amoxicillin 250mg or 500mg caps 125mg/5mL or 250mg/ 5mL suspension	500 caps 100 bottles of suspension	-Capsules used as a prophylaxis if we pulled teeth (2gms for adults over 13yrs and 1gm for children under 13yrs) -250mg caps more preferable as children can swallow them easily and they can be doubled to make the 500mg dose
Amoxicillin/Clavulanic Acid	500 tabs & btles	
Cephalexin or any cephalosporin	100-200 caps	- Used as a treatment for some infections but shuld never replace amoxicillin as an alternative - IM Ceftriaxone (couple vials) would be great
CLASS: MACROLIDES		
Erythromycin 500mg	200 tabs	- Main treatment for STDs - Used to treat impetigo
Azithromycin 500mg and childrens suspension	100 caps and 20 btls of suspension	-Used for STDs, pneumonia, PID, sinusits -Used suspension quite a bit on trip
CLASS: OTHERS		
Diflucan 50mg tabs	50 caps	-Used as a STAT treatment for candidiasis infections (150mg once)
Metronidazole	500 tabs	
Doxycycline 100mg	100 tabs	-Used for STDs
Septra (Trimethaprim/ Sulfamethoxazole)	500 tabs	
Albenazole	lots lots lots	-Treatment of worms
Griseofulvin	100 tabs	-For weird skin infections

Creams/Ointments		
Corticosteroid Creams and Ointments	Any strength Any size	-150 tubes. Saw a lot of rashes
Monistat Cream/Ovules Canesten Cream/Ovules	150 boxes	-Used for bacterial vaginosis. -Treated a lot of cases as hygiene is poor
Vagisil or any other OTC cream for vaginal itch	200 tubes	-Much needed as hygiene is poor
Triple antibiotic cream/ ointment OTC	20 tubes	-Rash, sores, wounds.
Flamazine (Silver Sulfadiazine)	2 jars of 500gm	-Treatment of burns
Antifungal Foot Cream (any will do)	20 tubes	
Kwell or Lindane Lotion	100 bottles	- Treatment of scabies. Usually have to treat the whole family due to living conditions
Silver Nitrate Sticks	1 box	-Treatment of genital warts
Neosporin	20 tubes	

Eyes/Ears/Nose		
Ear Wax Removal (Cerumol)	5-10 boxes	
Artificial Tears (Tears Natural)	100 bottles	-Dry/irritated eyes from pollution and cooking fires -Gave out instructions for patients to make their own but not sure how effective this is and how antibacterial it was
Normal Saline Drops for Nose	5 bottles	
Antibiotics for Eyes/Ears	Any kind 20 bottles	- Used cipro on the trip

Inhalers		
Ventolin / Salmeterol	50 inhalers	-Nebules needed if doing cleft palates for PACU -Need also spacers for children
Becloforte/Beclovent	30 inhalers	-Need also spacers for children -Needed for patients with cough/pneumonia from smoke inhalation

Cough/Colds		
Antihistamines (Benadryl, Loratidine)	500 tabs	-Used frequently for adults and children with cough and running nose
Decongestants	500 tabs	-Used frequently for adults -Packaged 12 per bag
Cough Medicine Liquid	any kind 15 btl of 500mL	-Needed this quite a bit

Stomach		
Proton Pump Inhibitors (Losec, Nexium, Prevacid)	5000 caps	-Used for gastric reflux, hyperacidity -Dispensed 30 day treatment -Used a lot of this
Ranitidine 150mg (Zantac)	1000 tabs	-Used as an alternative to the above
Antacids (Maalox)	5000 tabs	-Usually can go to every patient -Used to treat stomach aches, hyperacidity -Great calcium supplement to use if vitamins run out -Packaged as 21 per bag
Immodium (Loperamide)	1 bottle	-Treatment of diarrhea -Not used a lot, but needed for staff and the occasional patient

Analgesics (you can never have enough)		
Tylenol 325 mg or 500mg	10 000 tabs of 500 100 bottles of Infant Liquid 500 tabs of Children chewables	-Every person gets tylenol for headaches, general body aches, arthritis -Packaged in bags of 21 (1 weeks worth)
Advil, Motrin 200 or 400mg (Ibuprofen)	5,000 tabs 100 btls of suspension	-Used as an alternative to Tylenol -Used for menstrual pain, inflammation, dental work (if done)
Tylenol #3 (Acetaminophen+ Codein)	200 tabs	-Narcotic so MD will have to bring through border -Needed if minor surgery or dental work done

Vitamins (you can never have enough)		
Adults	Min 30 000 tabs	-Every patient received multiple vitamins -Dispensed in 30 day bags
Children Chewable	Min 15 tabs	-Same as above
Liquid Infant Drops	As many bottles as you can get	-Usually does 5mL daily -Used for children 2yrs as cannot chew -Lots of malnutrition among babies
Prenatal	1500 tabs	-Can be used as an alternative if adult vits run out -Higher in Folic acid so used for pregnant and severe malnutrition
Gummy Bears	3 btls of 500	-Great if we go visit schools

Other Required Stuff

Pedialyte	As much as you can get	-Treatment of dehydration in children and infants
Chem Strips	2 boxes	
Pregnancy Tests	5 boxes	
Blood Glucometer, Strips and Lancets	5 boxes	
Dosing Syringes	1 mL, 5mL and 10mL	-MD and RNs used to give patients medication -Given to patients to help dose their children
Dixie Cups	couple boxes	-Give medication out immediately
Chapstick	couple tubes	-Weird but true
Glasses	as many as you can get	-For near and far sighted correction
Gloves		-Self explanatory. Small, Medium and Large
Alcohol Swabs		-Again self-explanatory
Ointment Jars	small sizes like 15gm or 30gm	-Give out ointments and creams in a smaller container -100 of each size should be fine
Nasal syringes, Ear syringes	couple of each	
Baggies, Labels, Markers	lots lots lots	
Pill splitter		-We cut a lot of medications to get the correct dose
Pharmacy reference books		-Pharmacist should be able to bring these