



Maritime and Coastguard Agency

MERCHANT SHIPPING NOTICE

MSN 1726 (M+F)

---

---

## The Merchant Shipping and Fishing Vessels (Medical Stores) Regulations 1995 SI No. 1802 and the Merchant Shipping and Fishing Vessels (Medical Stores) (Amendment) Regulations 1996 SI No. 2821

Medical stores required for United Kingdom Merchant Ships and Fishing Vessels and Use of Medical Stores

Notice to Shipowners, Agents, Masters, Skippers of Fishing Vessels and all Seafarers

*This Notice supersedes Merchant Shipping Notices M1707, and Appendix 3 of the 21st edition of the Ship Captain's Medical Guide and should be read in conjunction with the above-mentioned Regulations.*

---

---

### *Summary*

This Notice sets out the minimum standard for medical stores for UK ships. These are unchanged from MSN 1707 (M+F) apart from minor corrections to Schedules 1-3. It covers

- the definitions of categories of vessel for the purposes of the Regulations
- required treatments and recommended medical stores to be carried
- additional requirements for passenger vessels
- advice on medicines to be carried on ships, including ferries, transporting dangerous substances
- first aid/medical publications to be carried
- specifications of disinfectants and insecticides
- precautions against malaria
- requirements for ships' doctors
- In addition, this notice contains advice on the **use** of medicines, the legal liabilities of the owner, master and/or the employer in relation to the requisition and safeguarding of dangerous drugs, formerly in the Ship Captain's Medical Guide.

### REGULATIONS

1. The United Kingdom implemented the requirements of Council Directive 92/29/EEC which sets out minimum standards for ships' medical stores by introducing the Merchant Shipping and Fishing Vessel (Medical Stores) Regulations 1995, as amended by the Merchant Shipping and Fishing Vessel (Medical Stores) Amendment Regulations 1996.

### MEDICAL GUIDES

2. The Ship Captain's Medical Guide should be referred to for help with diagnosis. This Notice should be kept with the current edition of the Guide. Radio medical advice should be sought as appropriate.

## MEDICAL STORES CATEGORIES

3. The categories of vessels and the consequent requirements for medical stores and equipment are set out in the directive and the implementing legislation. The vessel categories are:

**Category A** Seagoing or sea-fishing vessels with no limitation on length of trips

**Category B** Seagoing or sea-fishing vessels making trips of less than 150 nautical miles from the nearest port with adequate medical equipment. This category is extended to seagoing or sea-fishing vessels which make trips of less than 175 nautical miles from the nearest port with adequate medical equipment and which remain continuously within range of helicopter rescue services

**Category C** Harbour vessels, boats and craft staying very close to shore or with no cabin accommodation other than a wheelhouse. Lifeboats and life-rafts are also required to carry Category C stores.

The UK interprets the phrase “**very close to shore**” as meaning that a vessel operating more than 60 nautical miles out to sea would not be operating very close to shore. Notwithstanding this interpretation, it is for owners and skippers, for the purposes of complying with the Regulations, to assess whether, in respect of voyages in which the vessel goes less than 60 nautical miles out to sea, the vessel is “very close to shore”.

4. The following vessels are **excluded** from the requirements of this Notice:

\* **inland navigational vessels**, defined in the regulations as those vessels plying on waters of Categories A to C as defined in Merchant Shipping Notice M1504

\* **warships**

\* **pleasure boats used for non-commercial purposes and not manned by professional crews**, defined in the regulations as follows:

any vessel which at the time it is being used is:

(a)(i) in the case of a vessel wholly owned by an individual or individuals, is used only for the sport or pleasure of the owner or the immediate family or friends of the owner; or

(ii) in the case of a vessel owned by a body corporate, the persons on the vessel are employees or officers of the body corporate, or their immediate family or friends; and

(b)(i) on a voyage or excursion which is one for which the owner does not receive money for or in connection with operating the vessel or carrying any person, other than as a contribution to the direct expenses of the operation of the vessel incurred during the voyage or excursion; or

(ii) any vessel wholly owned by or on behalf of a members’ club formed for the purpose of sport or pleasure of members of that club or their immediate family; and for the use of which any charges levied are paid into club funds and applied for the general use of the club; and

(iii) in the case of any vessels referred to in paragraphs (i) or (ii) above no other payments are made by or on behalf of users of the vessel, other than by the owner.

\* **tugs operating in harbour areas**, as defined in the regulations “tug” means a vessel constructed solely for the purpose of, and normally used for providing external motive power for floating objects or vessels.

## MEDICAL STORES

5. The requirements and recommended stores are set out in the attached schedules.

Schedule 1 Requirements for Categories A and B vessels

Schedule 2 Requirements for Category C vessels

Schedule 3 Additional requirements for passenger ships - Doctor’s Bag

Schedule 4 Requirements for ships carrying dangerous cargoes

Schedule 5 Publications

Schedule 6 Specifications of disinfectants and insecticides

Schedule 7 Precautions against Malaria

Schedule 8 Guide to the use of medicines

6. Schedule 2 supersedes Merchant Shipping Notice M1695 which amended Annex 6 to the Codes of Practice for the Safety of Small Commercial Motor/Sailing Vessels, published by HMSO in 1993.
7. A checklist of all the medicines and equipment required by this M notice should be kept on board and reviewed annually.

#### SHIPS DOCTORS

8. All UK registered ships which carry more than 100 persons on board and which are engaged on an international voyage of more than three days, or on a voyage which is more than one and a half days from a port with adequate medical equipment, are required to carry a qualified medical practitioner.

#### DANGEROUS CARGOES

9. Ships, including ferries, carrying dangerous cargoes, or their residues, in complying with the requirements of Schedule 4, shall comply with the requirements of the International Maritime Dangerous Goods (IMDG) Code and the guidance in the IMO/WHO/ILO Medical First Aid Guide for Use in Accidents involving Dangerous Goods (MFAG) 1994, and any subsequent amendments.

#### RESPONSIBILITIES OF THE OWNER AND MASTER

##### 10. Responsibility of the owner

The Owner of a vessel is responsible for the cost of any medicine and medical equipment including the cost of periodic replacements in order to keep stocks of any required medicines in date and immediately useable.

##### 11. Responsibility of the seafarer's employer

Section 45 of the Merchant Shipping Act 1995 specifies, among other things, that if a person, while employed in a UK ship receives outside the UK any surgical or medical treatment or such dental or optical treatment (including repair or replacement of any appliance) that cannot be postponed without impairing the seafarer's efficiency, the reasonable expenses of this treatment shall be paid by the employer(s).

##### 12. Responsibility of the master

Where a United Kingdom ship does not carry a doctor among the seafarers employed in it Section 53 of the Merchant Shipping Act 1995 holds the master responsible for ensuring that any necessary medical attention given on board the ship is given either by him or under his supervision by a person appointed by him for that purpose. The master is also responsible for the management of the medical supplies and ensuring that they are maintained in good condition.

Maritime and Coastguard Agency  
Spring Place  
105 Commercial Road  
Southampton  
SO15 1EG

Tel: 01703 329247  
Fax: 01703 329251

© Crown copyright 1998

*Safe Ships Clean Seas*



*An executive agency of the Department of the Environment, Transport and the Regions*

## NOTES ON SCHEDULES 1 AND 2 - REQUIREMENTS FOR CATEGORIES A, B AND C VESSELS

1. In the attached Schedules 1 and 2 the columns are as follows:

**Column 1** is the reference number in the EC Directive 92/29. This is included for identification of treatments when seeking or receiving radio medical advice from any European Community Member State.

**Column 2** is the treatment which must be available to comply with the Regulations.

**Column 3** is the medicine and dosage strength which MCA considers best complies with the statutorily required treatment. Owners and operators may substitute exact equivalents on the advice of a qualified medical practitioner or pharmacist, provided they are satisfied that an equivalent level of treatment is assured.

**Column 4** (Schedule 1) is the quantity of medicine/equipment considered sufficient to provide treatment for a crew of 10 persons and column 4 (Schedule 2) is the quantity sufficient to provide treatment for the crew of a Category C vessel or for a lifeboat or life-raft.

2. Owners and operators may, on the advice of a qualified medical practitioner or pharmacist, determine whether any additional or different quantities, products or equipment are required, taking into account the factors identified below and any other relevant consideration:

- the nature of the voyage and in particular
  - ports of call
  - destination
  - duration
- type of work to be carried out during the voyage
- nature of the cargo
- number of crew

For example, anti-malarial drugs may be appropriate if a ship is operating in tropical areas.

CATEGORIES A and B (See definition page 1)

## MEDICAL SUPPLIES

For any items marked \* the specified quantity is considered sufficient regardless of crew size.

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
<b>1</b>	<b>Cardio vascular</b>			
(a)	Cardio vascular analeptics – Sympathomimetics	Adrenaline/Epinephrine injection BP 0.5 ml –adrenaline acid tartrate injection 1.0 mg in 1 ml (1 in 1000)	5 *	1 *
(b)	Anti-angina preparations	Glyceryl Trinitrate Spray 400 micrograms/metered 200 dose aerosol or transdermal patches 5mg x 2	1 unit	1 unit
(c)	Diuretics	Frusemide/Furosemide i) 40 mg tablets ii) 10 mg in 1ml inj. 2ml ampoule	20 * 2	5 * -
(d)	Anti-haemorrhagics  (including uterotics if there are women with potential for child bearing working on board)	i) Phytomenadione (Vitamin K1) paediatric injection 0.2 ml (1 ampoule) ii) Ergometrine Maleate 500mg inj. Oxytocin 5 units in 1ml ampoule	1 * 2 *	1 * 2 *
(e)	Anti-hypertensive	Atenolol 50mg tables x 28	1 pack	-
<b>2</b>	<b>Gastro-intestinal system</b>			
(a)	Medicines for gastric and Duodenal disorder  - Histamine H <sup>2</sup> receptor anti ulcer antagonists  - Anti-acid mucous dressing	Cimetidine 400 mg tablets 60 tablet pack  Proprietary Antacid of choice	1 pack  As reqd	-  As reqd

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength Representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
(b)	Anti-emetics	i) Prochlorperazine maleate 3mg buccal tablets ii) Promethazine Hydrochloride 25mg per ml(1ml ampoules	30 *  10*	30 *
(c)	Lubricant laxatives	Glycerol Suppository 4mg Mould	12	-
(d)	Anti-diarrhoeals	Codeine Phosphate 30mg tablets	30	30
(e)	Intestinal antiseptics	Trimethoprin 200 mg tablets	20	20
(f)	Haemorrhoid preparations	Proprietary preparation of choice	As Reqd	As Reqd
<b>3</b>	<b>Analgesics and Anti spasmodics</b>			
(a)	Analgesics, anti-pyretics and Anti-inflammatory agents	i) Paracetamol 500mg tabs ii) Diclofenac sodium 100mg suppository	100  10	50  -
(b)	Powerful analgesics see (2d)	i) Codeine Phosphate ii) Morphine Sulphate 10mg in 1ml injection	Use 2d  10	Use 2d  -
(c)	Anti-Spasmolytics	Hyoscine hydrobromide 0.3mg tabs.	60	60
<b>4</b>	<b>Nervous system</b>			
(a)	Anxiolitics	i) Diazepam Injection 5mg per ml. 2ml ampoules ii) Diazepam 10mg tablets	5 *  20 *	-  -
(b)	Neuroleptics	i) Chlorpromazine Hydrochloride 25mg injection ii) Chlorpromazine Hydrochloride 25mg tabs.	5 *  40 *	-  10 *
(c)	Seasickness remedies	Hyoscine hydrobromide	Use3 (c)	Use 3 (c)
(d)	Anti-epileptics	Diazepam rectal dispenser 10mg in 2.5ml	4	4

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength Representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
<b>5 Anti-allergics and anti-anaphylactics</b>				
(a)	H1 Anti-histamines	Astemizole 10mg tabs	30 *	30 *
(b)	Injectable glucocorticoids	i) Hydrocortisone injection Powder for reconstitution 100 mgm vial with 2ml water for injection	3	1
		ii) Prednisolone 5mg tabs	10	5
<b>6 Respiratory System</b>				
(a)	Bronchospasm preparations	i) Salbutamol inhaler 100 Micrograms per metered dose. 200 dose inhaler with volumatic	1	1
		ii) Beclometasone/ Beclometasone 50 micrograms per metered dose. 200 dose inhaler.	1	1
(b)	Anti-tussives	Codeine phosphate tab. ( <i>cough Suppressant</i> )	Use 2d	Use 2d
(c)	Medicines used for colds and sinusitis	Paracetamol	Use 3a	Use 3a
<b>7 Anti-infection</b>				
(a)	Antibiotics (of at least two Families)  (♦ to be carried in category A vessels which may be more than 48 hours from medical assistance)	i) Benzylpenicillin – Benzylpenicillin sodium 600mg injection (powder for reconstitution in a rubber capped and metal topped vial) and water for injection 2ml  ii) Ciprofloxacin as Hydrochloride 500 mgm tablet  ♦ iii) Cefuroxime injection 750 mgm vial and water for injection  iii) Erythromycin 250 mg tablets  v) Doxycycline 100mg capsules	10  10 20 40 10	1  10 - 20 -

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength Representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
(b)	Anti-bacterial sulphamide	Trimethoprin 200mg tablets	20	-
(c)	Urinary antiseptics	Trimethoprin	Use 7b	
(d)	Anti-parasitics	Mebendazole 100mg tabs. 6 tablet pack	1 *	1 *
(e)	Intestinal anti-infectives	Metronidazole suppositories 1gm	10	-
		Metronidazole tabs. 400mg tabs	14	14
(f)	Anti-tetanus vaccines and immunoglobulins	Tetanus Vaccine 0.5ml Ampoule	5 *	1 *
		Tetanus Immunoglobulin Ampoule for injection	1 *	1 *
<b>8</b>	<b>Compounds promoting rehydration, caloric intake and plasma expansion</b>			
		Sodium chloride & dextrose rehydration salts 8g sachets of Oral Rehydration Salts, Formula A. BP Oral powder in sachet to provide Na = 35mmol, K = 20mmol, Cl = 37mmol, HCO <sup>3</sup> 18mmol and glucose 200mmol when reconstituted in a litre of water	12	12
<b>9</b>	<b>Medicines for External Use</b>			
(a)	Skin Medicines			
	- Antiseptic solutions	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide	1 * bottle or 1 pack wipes	1 * bottle or 1 pack wipes
	- Antibiotic ointments	Cicatrín cream 15mg tube	1	1
	-Anti-inflammatory and analgesic ointments	i) Hydrocortisone 1 % cream 15 g tube	2	-

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength Representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
		ii) Benzoic Acid Ointment BP 50mg (benzoic acid 6%; salicylic acid 3%, in emulsifying ointment 15g	3	1
	- Anti-mycotic skin creams	Miconazole nitrate 2% Topical cream 30g	2	1
	- Burn preparations	Silver Sulphadiazine 1 % cream 50g tube	2	1
		<i>Miscellaneous skin preparations</i>		
		i) Permethrin 1 % in a basis containing isopropylalcohol 20 % Cream Rinse	2 *	-
		ii) Zinc ointment, BP (containing zinc oxide 15%) 25g	1 *	-
		iii) Potassium Permanganate crystals 10g container	1 *	-
(b)	Eye medicines			
		<i>Antibiotic ointment</i> Framycetin sulphate 0.5% ointment 5g tube	4	1
	- Antibiotic and anti-inflammatory drops	Betamethasone sodium phosphate 0.1% neomycin sulphate 0.5% eyedrops ml	2	1*
	- Anaesthetic drops	Amethocaine hydrochloride 0.5% 5ml	5 *	5*
	- Hypotonic myotic drops	Pilocarpine hydrochloride eyedrops 0.5% 10ml	1*	1*
		<i>Detection of foreign bodies</i> Fluorescein Sodium 1% eye-drops	1*	-

1	2	3	4	
Ref. No.	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength Representing best practice	Recommended Quantity for 10 workers	
			Cat A	Cat B
(c)	Ear medicines			
	- Antibiotic solutions	Antibiotic eardrops containing in each ml; neomycin 3,400 units, polymixin B sulphate 10,000 units, hydrocortisone 10 mg 5ml dropper bottle	1*	1*
	- Anaesthetic and anti-inflammatory solutions	Ephedrine nasal drops BP 0.5% Ephedrine hydrochloride 10ml	1*	1*
(d)	Medicines for oral and throat infections			
	- Antibiotic or antiseptic mouthwashes	Chlorhexidine gluconate 0.2% mouthwash 300ml	1	1
	Local Anaesthetics			
	- Local anaesthetics using freezing	Ethyl chloride liquid spray 50mg	1*	1*
	- Local anaesthetics given by subcutaneous injections	Lignocaine/Lidocaine hydrochloride 1% 25 mg in 5ml for injection	5	5
	- Dental anaesthetic and antiseptic mixtures	i) Lignocaine/Lidocaine Gel 20g (lignocaine hydrochloride 2% in a water miscible (base) gel  ii) Oil of Cloves 10 ml	1  1*	  1*

MEDICAL EQUIPMENT

	Required Equipment	Recommended Specification	A	B
1	<b>Resuscitation Equipment</b>			
	Manual resuscitation appliance			
	Appliance for the administration of oxygen	Oxygen Giving Set comprising the following: 1) Oxygen reservoir 2) 1 flow meter unit giving a minimum setting of 4 litres per minute 3) 1 pressure regulating unit 4) 1 set of tubing 5) 5 x24% oxygen disposable face masks 6) 5 x35% oxygen disposable face masks each part constructed so that it can only be assembled in the correct manner	1	1
	Mechanical aspirator to clear upper respiratory passages	Aspirator to clear airways (manual, hand operated) + two catheters	1	1
	Equipment for mouth to mouth resuscitation	Laerdal Pocket Mask Guedal Airway Sizes 3 and 4	1 1	1 1
2	<b>Dressing and Suturing Equipment</b>			
	Disposal suture stapler or suture kit with needles	Suture and needle pack Sterile non absorbable, sutures BP, of monofilament nylon or silk, swaged to a 26mm, and 40mm half circle needle with a cutting edge.  Each needle and suture to be in a sealed pack  (1) 26mm half circle needle (2) 40mm half circle needle (3) sterile absorbable sutures  BP of catgut swaged to a 40mm half circle cutting needle	3 3 26	1
	Adhesive elastic bandage	Adhesive Elastic Bandage 7.5cm x4m	4	1
		Crepe bandage 7.5 cm x 4.5 m when stretched	4	1
	Tubular gauze bandage, seamless, of a size suitable for finger dressings	20m length with applicator	1	1

	Required Equipment	Recommended Specification	A	B
	Sterile gauze compresses	Packet containing 5 sterile gauze pads BP size 7.5cm x7.5cms		
	Cotton wool	Absorbent cotton and viscose wadding db, in a roll, in damp proof packaging  (1) 15 gm sterile (2) 100gm, non-sterile	6 3	3 1
	Sterile sheet for burns victims		1	1
	Triangular sling	Calico, with two sides @ 90cm and a base @127cm	4	4
	Disposable polyethylene gloves	large size	25	25
	Adhesive dressings	assorted, sterile	40	40
	Sterile compression bandages and unmedicated dressings	(1) medium, 10x8 cms (2) large, 13x9 cms (3) extra large, 28cmsx17.5cms	5 5 4	3 3 2
	Adhesive sutures or zinc oxide bandages	75mm adhesive suture strips	6	6
	Non-absorbable sutures with needles	Use Equipment items 2(1) and (2) previous page	Use items 2(1) 2(2)	Use items 2(1) 2(2)
	Vaseline gauze	Paraffin gauze dressings, size 10cmx10cm	40	10
<b>3</b>	<b>Instruments</b>			
	Disposable scalpels		2	-
	Stainless-steel instrument box		1	1
	Scissors	- about 18cm one blade sharp pointed and the other round-ended  - 12.5 cm, both blades sharp pointed	1	1
	Dissecting forceps		1	1

	Required Equipment	Recommended Specification	A	B
	Haemostatic Clamps		1	1
	Needle Forceps		1	-
	Disposable razors		5	-
4	<b>Examination and monitoring Equipment</b>			
	Reactive strips for urine analysis		50	-
	Temperature charts		1 pad	
	Disposable tongue depressors		10	10
	Medical evaluation reports		1 pad	1 pad
	Stethoscope		1	1
	Aneroid sphygmomanometer		1	1
	Aneroid medical thermometer		3	1
	Standard medical thermometer		3	1
	Hypothermic thermometer		1	1
	Additional equipment	Sputum cup with cover (disposable)	2	-
		Specimen jars (strong glass or plastic with airtight lid 50ml with blank labels)	2	-
5	<b>Equipment for injection, perfusion, puncture and catheterization</b>			
	Bladder drainage instruments	Bladder drainage set (including bag, spigots and tube)	1	-
	Rectal drip set		1	-
	Disposable filter infuser	Integral in UK equipment. Foreign produced items may need a separate filter	If Req'd	If Req'd
	Urine drainage bag	Use bladder drainage set	Use 5(1)	Use 5(1)
	Disposable syringes and needles	2ml, 5ml, 10ml, quantities of each size	6	3
	Catheter	1) Foley type 1, Charriere gauge, 5ml balloon (Short/medium term use in adults)	1	-
		2) Nelaton size 16 Charriere	1	-

		gauge (with no balloon) 3) Penile sheath set	1	-
	<b>Required Equipment</b>	<b>Recommended Specification</b>	<b>A</b>	<b>B</b>
<b>6</b>	<b>General Medical Equipment</b>			
	Bedpan	(stainless steel or sterilisable plastic)	1	-
	Hot water bottle	with fabric cover	1	-
	Urine container		1	-
	Icebag		1	-
<b>7</b>	<b>Immobilization and setting equipment</b>			
	Malleable finger splint		1	1
	Malleable forearm and hand splint		1	1
	Inflatable splints	Set of four (half-leg, full leg, half arm, and full arm)	1	1
	Thigh splint		1	1
	Collar for neck immobilisation	(Adult size set of 3, small, medium and large)	1	1
	Thomas splint or dimple mattress		1	-
<b>8</b>	<b>Disinfection, Disinsectization and Prophylaxis</b>			
	Water – disinfection compound	In liquid form – litres	5	-
	Liquid insecticide	In liquid form - litres	5	-

Required Equipment		A	B
<p><b>First Aid Kits –</b> Vessels with a crew of more than 10 should carry first aid kits to be distributed in appropriate locations on the ship e.g. in the galley and engine room. (For passenger vessels see Schedule 3)</p> <p>The kit should include the following items to be kept in a portable waterproof container</p> <p>(1) 4 x triangular bandages (90cms x 127cms base)</p> <p>(2) 6x medium sterile unmedicated dressings 10 x 8cm</p> <p>(3) 2 x large sterile unmedicated dressings 13 x 9cm</p> <p>(4) 2 x extra large unmedicated dressing, 2mcms x17.5cms</p> <p>(5) 6 medium safety pins, rustless</p> <p>(6) 20 assorted elastic adhesive dressing medicated BPC</p> <p>(7) 2 X sterile eye pads with attachment</p> <p>(8) 2 x packages containing 15 grammes sterile cotton wool</p> <p>(9) 5 pairs large size disposable polythene gloves.</p>	3 max	3 max	
<b>Recommended additional equipment</b>			
Face masks disposable	6	6	
Plastic measuring jug ½ litre size	1	1	
Disposable paper towels	100	100	
Latex gloves surgical quality – sterile (large)	5prs	5prs	
Waterproof plastic sheeting, size 1m x 2m	2	1	
" Sharps" disposal box	1	1	
Lotion bowl (Size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked " medical"	1	-	
Kidney dish (Size 250mm stainless steel or sterilisable plastic)	1	-	
Safety pins, rustless medium	6	6	
Magnifying glass 7.5. cm diameter on handle	1	1	
Nail brush	1	1	
Stretcher equipment (A system for trauma management, i.e. immobilisation and stretcher equipment most suited for treatment on the vessel concerned).	1	1	

Recommended additional equipment			
	Body bag – Large size	1	1
	Vessels in malarial areas only – Microscope slides in individual transit containers	5	5
	1) Excavator double ended Guy' s pattern G2 2) Filling paster inserter (for inserting filling paste into the tooth) 3) Dental mirror size 4 on handle 4) Cavit (temporary dental filling) tube	1 set of all items	-
	<b>Kit for protection against blood transmitted disease (to be carried on all vessels trading in known malarial areas and in areas where medical facilities are limited and emergency shore based treatment is necessary)</b>  To be kept in a heavy gauge polythene bag, and labelled " to be used only for the treatment of...." (insert the name of the seafarer going ashore for emergency treatment)  Each kit to contain the following:  (1) 10 x 2ml syringes (2) 10x10ml syringes (3) 20x21 swg 0.8mm needles (4) 1 blood giving set (5) 1 blood taking set (6) pack of pre-injection site swabs (7) Disposable plastic gloves 2prs. (large size)	1	

*See Schedule 5 for publications to be carried*

CATEGORY C (See definition page 1 and paragraph 7 on page 2.)

## MEDICAL SUPPLIES

The numbering refers to the number allocated to the medicine or equipment in the Directive

Ref No	Statutory Treatment Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended Quantity for 10 workers or for a lifeboat/liferaft
<b>1</b>	<b>Cardio vascular</b>		
(b)	Anti-angina preparations	Glyceryl Trinitrate Spray 400 micrograms/metered 200 dose aerosol or transdermal patches 5mg x 2	1 unit
(d)	Anti-haemorrhagics (including uterotics if there are women with potential for child bearing working on board)	i) Phytomenadione (Vitamin K1) 0.2ml (1 ampoule) ii) Ergometrine Maleate 500mg inj Oxytocin 5 units in 1ml ampoule	1*  1*
<b>2</b>	<b>Gastro intestinal system</b>		
(b)	Anti-emetics	Hyoscine hydrobromide 0.3 mg tabs	60
(d)	Anti-diarrhoeals	Codeine Phosphate 30mg tablets	20
<b>3</b>	<b>Analgesics and Anti-spasmodics</b>		
(a)	Analgesics	i) Paracetamol 500mg tablets ii) Codeine Phosphate (See 2d)	50  Use 2(d)
<b>4</b>	<b>Nervous system</b>		
(c)	Seasickness remedies	Hyoscine hydrobromide (See 2b)	Use 2 (b)
<b>9</b>	<b>Medicines for External Use</b>		
(a)	Skin medicines		
	- Antiseptic solutions	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v Cetrimide	1 bottle or 1 pack wipes
	- Burn preparations	Cetrimide Cream 50g tube	1

## MEDICAL EQUIPMENT

	Statutory Treatment Requirements	Recommended Specification	Quantity
1	<b>Resuscitation Equipment</b>		
	Mask for mouth-to-mouth resuscitation	Laerdal Pocket Mask	1
2	<b>Dressing and suturing equipment</b>		
	Adhesive elastic bandage	Adhesive Elastic Bandage 7.5 cm x 4m	1
	Disposable polythene gloves	Large size	5 prs
	Adhesive dressings	Assorted sterile	20
	Sterile compression bandages and unmedicated dressings	(1) medium 10x8 cms	6
		(2) large, 13x9 cms	2
		(3) extra large, 28x 17.5 cms	2
	Adhesive sutures or zinc oxide bandages	75mm adhesive suture strips	6
	Sterile Gauze Compresses	Packet containing 5 sterile gauze pads size 7.5cms x 7.5 cms	1
		<b>Recommended Additional Items</b>	
		Scissors stainless steel/or sterile disposable	1 pr
		Calico triangular bandages about 90cm x 127cm	4
		Medium safety pins, rustless	6
		Sterile paraffin gauze dressings	10
		Plastic burn bags	1

*See Schedule 5 for publications to be carried.*

**ADDITIONAL REQUIREMENTS FOR PASSENGER VESSELS****Doctor's Bag**

1. A doctor's bag is required for seagoing ships where there is no qualified medical practitioner among the crew and the vessel carries more than 12 passengers. (Class VI and VI(A) vessels are excluded from this requirement)
2. All the medicines and equipment in this list should be kept in a doctor's bag or case. The case should be locked and kept in a locked cabinet and the keys held by the Master (or someone nominated by him). The doctor's bag should be labelled clearly as follows:

*" The medicines in this case are only to be used by a qualified medical practitioner, registered general nurse, qualified paramedic or by someone under the direct supervision of a medical practitioner on board the ship".*

3. Except where indicated the items listed in this Schedule are additional to those which the vessel may be required to carry as set out in Schedules 1 and 2 of this Notice. Where an injection is specified, a prefilled syringe is acceptable.
4. The obtaining, use, and disposal of morphine from this case should be recorded in the ship's controlled Drugs Register, as stated in Annex 1 of Schedule 8 of this Notice.

**Class IV and V passenger vessels**

Class IV            Passenger ships engaged only on voyages in smooth or partially smooth waters.

Class V            Passenger ships engaged only on voyages in smooth waters.

5. The Merchant Shipping and Fishing Vessel Medical Stores Regulations do not apply to Class IV and V passenger vessels. However, the HSE Health and Safety (First Aid) Regulations 1981 do. It is recommended therefore that any first aid kits distributed round Class IV and V vessels should contain, as a minimum, those items listed on page 20 of this Notice. These vessels are not required to carry a doctor's bag.

### **First Aid Kits**

6. Passenger vessels must carry one first aid kit for every 100 persons or fraction of that number that they are licensed to carry subject to a maximum of 3 kits e.g. 250 persons require three kits. A first aid kit is to be included in the doctor's bag.

The first aid kit consists of the following items which should be kept in a separate portable waterproof container.

- (1) 4 x triangular bandages (90cms x 127cms base)
- (2) 6 x medium sterile bandages with unmedicated dressings, 10×8 cms
- (3) 2 x large sterile bandages with unmedicated dressings, 13×9 cms
- (4) 2 x extra large unmedicated dressings, 28cms x 17.5cms
- (5) 6 medium safety pins, rustless
- (6) 20 assorted elastic adhesive dressings medicated BPC
- (7) 2 x sterile eye pads with attachment
- (8) 2 x packages containing 15 grammes sterile cotton wool
- (9) 5 pairs large size disposable polythene gloves

## MEDICAL SUPPLIES

## STATUTORILY REQUIRED TREATMENTS FOR DOCTOR' S BAG

Name of Medicine	Ordering Size	Quantity Required
<b>Adrenaline/Epinephrine</b> Adrenaline tartrate injection (1 in 1,000) 1.0 mg in 1 ml	1 ml ampoule	5
<b>Aminophylline</b> Aminophylline injection 25 mg in 1 ml	10 ml ampoule	4
<b>Aspirin</b> Dispersible aspirin 300 mgs	300 mg tablets	50
<b>Beclomethasone Dipropionate</b> Beclomethasone Dipropionate + SPACER	50 micrograms/	200 metered inhalations
<b>Chlorpromazine</b> Chlorpromazine	25 mg in 1ml ampoule	1 ml ampoule
<b>Cyclizine</b> Cyclizine lactate	Injection 50mg in 1ml ampoule	5
<b>Dextrose</b> Dextrose intravenous infusion 50%	20 ml ampoule	2
<b>Diazepam</b> Diazepam injection 5mg in 1 ml	2ml ampoule	5
<b>Frusemide/Furosemide</b> Frusemide injection 10mg in 1ml	2ml ampoule	5
<b>Glucagon</b> Glucagon injection 1mg with diluent	1 ml ampoule	1
<b>Glucose</b> Glucose intravenous infusion 5 %	1 litre	1
<b>Glucose in blood</b> 1) Blood test sticks – glucose 2) Blood lancets - sterile		10 10

Name of Medicine	Ordering Size	Quantity Required
<b>Guedel Airway</b>	Size1 (Adult size already in ships medical stores)	1
<b>Hydrocortisone</b> Hydrocortisone sodium succinate powder for reconstitution with diluent	100mg vial	1
<b>Insulin</b> Insulin injection, soluble, 100 units per ml	10ml vial	1
<b>Intravenous Infusion Giving Sets with Cannulae</b> Intravenous placement devices consisting of over needle cannula attached to disposable syringe of 2.5ml capacity in a sterile pack	1) cannula size 16g (1.3mm OD x 45mm)	2
	2) cannula size 18g (1.7mm OD x 45mm)	2
Intravenous infusion cannula with luer-lok injection port in a sterile pack	1) cannula size 16g (1.7mm x45mm)	2
Disposable filter infuser – if not inbuilt in the equipment	2) cannula size 18g (1.2mm x 45mm)	
<b>Laerdal Pocket Mask</b>		1
<b>Modified Gelatine</b> Infusion Solution (for plasma substitution)	500 ml container	4
<b>Morphine</b> Morphine sulphate 10mg in 1ml	1ml ampoule	5
<b>Oxygen Resuscitator</b> Hand operated manual adult bag resuscitator (bag to be of silicone rubber) complete with oxygen reservoir of 2600ml capacity and facemasks size 5,3 and 1		1
<b>Manual Suction Pump</b> with two yankauer suction catheters and two flexible catheters FG 14 size		1
<b>Paediatric Paracetamol (soluble)</b>	120mg tablet	24

Name of Medicine	Ordering Size	Quantity Required
Prednisolone Prednisolone	5mg tablet	25
<b>Salbutamol</b> Salbutamol aerosol inhaler unit, giving 100 micrograms per metered inhalation + SPACER	200 inhalations	1
<b>Swabs</b> Alcohol impregnated swabs, sterile		50
<b>Syringe and Needle, Hypodermic, Pack</b>  Sterile disposable conforming to BSI Standard BS 691 published on 21.12.79  1) 2 ml syringe with 0.8mm (21g) x 4cm needle  2) 20 ml syringe with 0.8 mm (21 g) x 4cm needle  3) 1 ml insulin syringe 100 units with 0.5 mm (25 g) x 16 cm needle		2   2  2
Stethoscope *		1
Aneroid Sphygmomanometer		1

\* Category A and B vessels need only carry one each of the starred items.

**MEDICINES TO BE CARRIED ON SHIPS TRANSPORTING DANGEROUS SUBSTANCES****General**

1. When a UK registered vessel is carrying a dangerous substance or substances in quantities, in excess of those defined in Vol 1, Section 18 of the IMDG Code, as whole or part of the cargo, the Master must ensure that the correct antidote to the substance (plus the necessary ancillary equipment eg syringes) is carried. The correct antidote can be found in the IMO Medical First Aid Guide For Ships(MFAG) 1994 edition. Any updating of the IMO International Maritime Dangerous Goods Code should be taken into account when preparing the list of medicines to be carried and any associated risk assessment.
2. The substances listed below are to be taken into account, in whatever form they are carried on board, including the form of waste or cargo residues.
  - Explosive substances and objects
  - Gases: compressed, liquified or dissolved under pressure
  - Inflammable liquids
  - Inflammable solids
  - Substances liable to spontaneous combustion
  - Substances which on contact with water give off inflammable gases
  - Combustible substances
  - Organic peroxides
  - Toxic substances
  - Infectious substances
  - Radioactive substances
  - Corrosive substances
  - Various dangerous substances, i.e. any other substances which experience has shown, or may show, to be dangerous, so that antidotes need to be carried.
3. The quantities of any medicines to be carried aboard should be based on an estimate of risks, taking account of such factors as number of crew, length of voyage and risk of accidental exposure.

**Ferries**

4. Whether or not the vessel is required to carry Category A or B stores, ferries or similar vessels whose operating arrangements do not allow sufficient forewarning of the nature of any dangerous substances which might be transported on them, must carry at least the antidotes and equipment listed below:

## **Antidotes**

- General
- Cardio-vascular
- Gastro-intestinal system
- Nervous system
- Respiratory system
- Anti-infective
- For external use

Where these substances are already included in the ships medical store, separate stocks are not necessarily required. EC Directive 92/29/EEC does provide, however, that on a regular route where the crossing is due to last less than two hours, the antidotes may be limited to those which have to be administered in cases of extreme emergency within a period of time not exceeding the normal duration of crossing.

## **Equipment**

- Necessary for the administration of oxygen (including maintenance requisites)

## **PUBLICATIONS**

### **Category A**

Controlled Drugs Register  
Ship Captain's Medical Guide  
(latest edition)

### **Category B**

Ship Captain's Medical Guide  
(latest edition)

### **Category C**

First Aid Manual (St John's, Red Cross or  
St Andrew's)  
or  
First Aid Instructions, in English on waterproof  
paper (*Lifeboats and Liferafts only*)

### **All Categories**

(other than lifeboats and liferafts)

The relevant Schedule(s) of this notice  
and any subsequent amendments

**PART I****Specification of Disinfectants**

1. The disinfectant should be a white fluid and should be a finely dispersed, stabilised emulsion containing coal-tar acids or other phenolic bodies, with or without hydrocarbons.
2. Germicidal value and the method of its determination - The germicidal value shall not be less than 1.7 when determined by the modified Chick-Martin method as laid down by the British Standards Specification No. 808, confirmed by PD 2627, 1960.
3. Stability before dilution - on standing for three months at ordinary temperatures (5°C to 30°C) the disinfectant fluid should not precipitate nor show separation of more than traces of oil. A creamed fluid which can be rendered homogeneous by gentle mixing may be carried.
4. Stability after dilution - The disinfectant fluid should be mixed with distilled water and artificial sea-water (27 grammes of sodium chloride and 5 grammes of crystalline magnesium sulphate (MgSO<sub>4</sub> 7H<sub>2</sub>O) dissolved in and made up to 1,000 ml with distilled water and filtered before use) in proportions of 1, 2, 3, 4 and 5 per cent to give a stable emulsion which shall not break nor show more than traces of separation of either top or bottom oil, when maintained at 18°C-22°C for 6 hours, the sample and diluent having each been brought to a temperature within that range before mixing by pouring the sample into the diluent from a cylinder.
5. Odour and corrosive action - The fluid should be free from objectionable smell, and when used as directed, should have no more corrosive action on metals than that occasioned by the water employed as a diluent.

**PART 2****Specification of Insecticides**

6. Insecticide formulations should conform to the following specification:
  - (a) the insecticide should not be harmful to humans;
  - (b) instructions for use should be specified on the packaging;
  - (c) the insecticide should be effective for the purpose specified in the instructions and suitable for use in crew and passenger accommodation and in spaces used for the preparation of food; and
  - (d) it should be free from offensive odour and, so far as possible, should be non-staining.

## PRECAUTIONS AGAINST MALARIA

### PREVENTATIVE MEASURES

#### Avoid mosquito bites.

1. Mosquitoes are most active after dusk. Cabin and working accommodation doors, windows and ventilators must be kept shut. Any mosquitoes found in compartments should be killed using "knockdown" insecticide spray. If you go on deck or ashore after dusk keep your arms, legs and feet covered and use insect repellents on any remaining exposed areas. If you have to stay ashore in non-air conditioned accommodation make sure that the beds have nets, preferably impregnated with pyrethroid insecticides e.g. diethyltoluamide known as DEET, that they have no tears or holes and are well tucked in.

#### Medication

2. Anti-malarial tablet treatment varies depending on the nature and resistance of local malarial parasites. You should take the treatment strictly in accordance with the specific instructions for the medication prescribed. **Most deaths occur in those who do not take the tablets for the required period or in the recommended dosages.**

#### Warning signs

3. Anyone who develops a fever in a malarial area should obtain medical advice as soon as possible. It is important to consult a doctor immediately if any feverish illness develops within three months of return from a malarial area. Be sure to let the doctor know that you have been to a country where malaria is a health risk.
4. **ANYONE WHO HAS BEEN TREATED FOR MALARIA OR SUSPECTED MALARIA MUST HAVE A MEDICAL EXAMINATION AT THE NEXT PORT OF CALL, ACCOMPANIED BY THEIR BLOOD SLIDE. SERIOUS CASES NEED URGENT HOSPITALISATION.** (See Ship Captain's Medical Guide for more details.)
5. Advice on malarial prevention may be from obtained from the Hospital for Tropical Diseases. The Department of Health and the Health Education Authority produce various publications on specific aspects of health and travel which may be obtained free of charge by calling 0800-555-777.

## KEYPOINTS

- Travellers to malarial areas must avoid mosquito bites, take anti-malarial medicines and urgently seek early diagnosis and treatment for any feverish illness.
- The key to preventing malaria is avoiding infective mosquito bites by using repellents, covering up at night and sleeping with bednets if mosquitoes cannot be excluded from the room.
- Appropriate anti-malarial medicine is essential when travelling to known malarial areas-drug resistance is increasing in many areas so recommended regimens have changed.
- Doses and choice of drug may have to be altered when someone has another illness or is taking treatment for another medical condition.
- Standby treatment may be given to those who will be unable to reach medical services for extended periods.
- No preventative treatment is infallible so all fever and flu-like illnesses occurring with a year of returning from malarial regions need to be urgently investigated with malaria in mind.

## GUIDE TO THE USE OF MEDICINES

### GUIDE TO THE USE OF MEDICINES

#### General advice about medicines

Many “over the counter” medications are now available with patient information leaflets and the advice on dose precautions and side effects should be consulted and retained for reference. Valuable guidance is also available from pharmacists or by seeking radio medical advice.

When obtaining medicines from a pharmacist, ensure that they are clearly labelled with their strength (e.g. 125mg per tablet or 125mg per 5ml) and expiry date, and that they are packaged in accordance with the Medicines Act.

#### Medicines obtained abroad

Drug supplies should be replenished wherever possible at the same strengths as specified in the British Pharmacopoeia. If drugs are obtained elsewhere, eg in the USA, they may be of different strength, and this must be taken into account when administering them.

The local pharmaceutical name for some medicines bought abroad may differ from that used in the list of medical stores. The chemist should have a “translation” of pharmaceutical names, but, if in doubt about a medicine, get RADIO MEDICAL ADVICE.

#### Medicines obtained by seafarer from a doctor ashore

A seafarer who goes to a doctor ashore should be asked to obtain from the doctor a written note of the pharmaceutical name of any prescribed medicine, details of how it is to be taken and any cautionary or advisory guidance e.g. may cause drowsiness. The details on the note from the doctor should be checked against the information on the medicine container to ensure that they match. In case of any problem or doubt it may be necessary to check the prescription with the radio medical doctor.

#### Controlled drugs

The following paragraphs describe UK regulations for controlled drugs. Most countries have similar regulations. When outside UK territorial waters you should, as much as possible, follow the same procedures.

Controlled drugs are preparations subject to the prescription requirements of the Home Office Misuse of Drugs Act 1971. The different drugs are graded according to the harmfulness attributed to the drug when it is misused and for this purpose there are three categories of drugs;

- Class A includes heroin, morphine and opium
- Class B includes barbiturates, cannabis and codeine
- Class C includes, among other drugs, anabolic steroids

Each of these categories contains many more drugs than those quoted. The drugs subject to the strictest controls are those in Schedules 2 and 3 of the Misuse of Drugs Regulations 1985. Detailed information may be obtained from the Home Office, Drugs Branch, Queen Anne’s Gate, London SW1H 9AT.

A ship must not carry quantities of Schedule 2 and 3 drugs greater than those recommended in this Notice, unless required to do so by a doctor on the ship’s complement or under licence from the Home Office. The only controlled Class A drug listed is morphine sulphate in Category A vessels and in the doctor’s bag.

#### Obtaining controlled drugs

Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, who will require a written requisition. An example of the wording to be used is given in the Annex to this Schedule.

## **Other drugs/medicines**

Certain provisions of the Medicines Act 1968, in conjunction with Merchant Shipping and Fishing Vessel (Medical Stores) Regulations 1995 as amended, permit a retail pharmacist to supply medicines and equipment to the master or owner of a commercial vessel without a prescription from a registered medical practitioner. However, a similar requisition to that for controlled drugs may be required. See Annex 1 to this Schedule.

## **Storage and security of drugs**

### Storage of drugs

Drugs must be stored to ensure that they will meet the standards at time of use. Where no specific storage temperature is given drugs should be stored at room temperature of 15-25° centigrade. Some of the drugs should be kept under refrigeration, 2-5° centigrade, but care must be taken not to freeze them, otherwise they will lose their potency, or the ampoules will be broken.

### Security of controlled drugs

The Crew Accommodation Regulations require ships to have a lockable medical cabinet for the storage of medicines and drugs. The regulations also require the cabinet to have 'an inner cupboard' solely for the storage of 'dangerous drugs' (i.e. the controlled drugs). The cupboard should be fitted with a door and a lock which cannot be opened by the key to the medical cabinet. Under the Misuse of Drugs (Safe Custody) Regulations only the master or a person authorised by him may open the inner cupboard.

It is illegal to destroy unwanted Schedule 2, 3 or 4 drugs. They can be disposed of only by giving them to a person who may lawfully supply them, such as a qualified pharmacist or qualified doctor. It is also possible to dispose of drugs via the police. A receipt should be obtained from the recipient, and kept with, or affixed to, the controlled drugs register.

### Record keeping

Under the Official Log Book Regulations the record of any treatment given to anybody on board including the type and quantity of any medicines, and drugs supplied, must be entered in the log book. For controlled drugs, the master is required to maintain, in a bound book, a 'two section' register. The two sections of the register should detail, why, when and in what quantity the master purchased a controlled drug and similarly the history of the dispensing or disposal of those controlled drugs. This register must be kept for two years after the date of the last entry. See Annex 2 for an example of the entries required in each section of the controlled drugs register.

## Use of medicines

This table is a brief guide to the drugs detailed in this M Notice and is designed to be used in conjunction with the Ship Captain's Medical Guide.

The side effects are listed as a guide only. This list is not comprehensive. The common or important side effects only are listed. If a drug might be causing a problem which is not listed seek radio medical advice.

Ref No	Drug	Type of drug/Uses	Dose/Route
1. Cardio-vascular			
(a)	Adrenaline (Epinephrine) Injection	Heart stimulant Anaphylactic shock	0.5 to 1.0ml by IM inj
	0.5ml (1 in 1000)	(Severe allergy with collapse)	
Side effects: Anxiety, tremor, high blood pressure, rapid irregular heart beat. Only use in severely ill collapsed patients with loss of blood pressure/severe breathing problems			
(b)	Glyceryl Trinitrate (GTN) Spray 400 microgm Metered dose	Anti-angina (Heart pain) Suspected heart attack or heart pain	1-2 sprays under tongue
Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure			
(c)	Frusamide 40mg tablets Furosemide 20mg in 2ml	Diuretic (Water tablet) Swelling/fluid retention breathlessness due to heart failure	40mg (1 tab) once daily 2ml by IM inj
Side effects: Few in short-term, low dose use.			
(d)	Phytomenadione (Vit K) paediatric inj	Anti-haemorrhage drug for new born babies	0.2ml (1 amp) by IM inj single dose
	Ergometrine with Oxytocin 500 microgms/ 5 units	Anti-haemorrhage drug used immediately after delivery of baby or for bleeding after miscarriage	1ml (1 amp) by IM inj single dose
Side effects: Nausea, vomiting, headache, dizziness, abdominal pain.			
(e)	Atenolol 50mg tablets	Anti-hypertension (high BP) drug, may be useful for angina also	50mg (1 tab) once daily
Side effects: Tiredness, slow pulse, low blood pressure, heart failure.			

Ref No	Drug	Type of drug/Uses	Dose/Route
2. Gastro-intestinal			
(a)	Cimetidine 400mg tablets	Anti-acid drug for heartburn, dyspepsia stomach and duodenal ulcers	400mg (1 tab) twice daily
Side effects: Few at normal doses for short periods.			
	Antacid Drugs – e.g. Mist. Magnesium Trisilicate	Proprietary anti-indigestion preparations for heartburn, dyspepsia etc	As instructions with package
(b)	Prochlorperazine 3 mg buccal tablets	Anti-sickness drug used for sickness due to ear problems (vertigo), drugs e.g. Morphine	3mg (1 tab) under tongue twice daily
Side effects: Dry mouth, blurred vision, rapid pulse.			
	Promethazine 25mg injection	Anti-sickness drug and anti-histamine useful for severe motion sickness and for severe allergic reactions	25mg (1 amp) by IM inj
Side effects: Drowsiness, dry mouth, blurred vision.			
(c)	Glycerol Suppository	Lubricant laxative used to encourage passage of stools	1 suppos. inserted in the rectum
(d)	Codeine phosphate 30mg tablets	Strong painkiller but also helps control diarrhoea	30mg (1 tab) 6 hourly
Side effects: Nausea, vomiting, drowsiness and respiratory depression in overdose.			
(e)	Trimethoprin 200mg tablets	See antibiotics	
3. Analgesics and antispasmodics			
(a)	Paracetamol 500mg tablets	" Simple" painkiller suitable for mild to moderate pain	1 gm (2 tabs) 4 hourly
Side effects: Few at correct dose, very dangerous in overdose poisonous to liver.			

Ref No	Drug	Type of drug/Uses	Dose/Route
	Diclofenac 100 mg suppository	Anti-inflammatory painkiller suitable for most pain, especially for bone, joint and muscle pain	100 mg (1 via the rectum once daily)
Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has Peptic ulcer or Asthma.			
(b)	Codeine phosphate 30mg tablets	Strong painkiller suitable for moderate to severe pain	30mg (1 tab) 6 hourly
Side effects: Nausea, vomiting, constipation, resp. depression in overdose			
	Morphine sulphate 10mg injection	Very strong painkiller suitable for all severe pain	10mg (1 amp) 4-6 hourly by IM inj
Side effects: Nausea, vomiting, drowsiness, resp. depression in overdose or if used inappropriately. Avoid in head injury and chest injury if possible.			
(c)	Hyoscine hydrobromide 0.3 mg tablets	Anti-sickness and dizziness medication, especially suitable for (sea) sickness	0.3 mg 6 hourly, no more than 3 doses in 24 hours
Side effects: Drowsiness, blurred vision, dry mouth, retention of urine.			
4. Nervous system			
(a)	Diazepam 10 mg injection (2mls) 10 mg tablets	Anti-anxiety, sedation medication. Can help with muscle spasm in injury and low back pain	5-10 mg by IM injection 5-10 mg tablet 4 hourly up to maximum of 30 mg per day
Side effects: Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid strong painkillers.			
(b)	Chlorpromazine hydrochloride 25 mg injection 25 mg tablets	Anti-psychosis (acute madness) drug. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients	25 mg by IM injection 8 hourly or 25 mg tablet 8 hourly

Ref No	Drug	Type of drug/Uses	Dose/Route
Side effects: Drowsiness, dry mouth, retention of urine. Acute spasms or twitches. If occur reduce dose or stop treatment.			
(c)	Hyoscine hydrobromide		see 3 (c)
(d)	Diazepam rectal dispenser 10 mg	Anti-epileptic medication used to control fits	10 mg per rectum up to a maximum of 2 doses
Side effects: see 4 (a)			
5. Anti-allergic and anti-anaphylactics			
(a)	Astemizole 10 mg tablets	Anti-allergy medication useful in controlling itching rashes and hay-fever like symptoms due to allergy	10 mg once daily only
Side effects: Drowsiness and slowed reactions (less than older anti-histamines).			
	Hydrocortisone 100 mg injection (has to be made up in 2mls)	Anti-allergy steroid for serious allergies causing severe symptoms or collapse	100mg by IM inj, 8 hourly if repeated
Side effects: Few for single dose or short course			
	Prednisolone 5mg tablets	Anti-Allergy steroid also essential treatment of acute asthma	5-20mg once daily more in severe asthma
Side effects: as hydrocortisone			
6. Respiratory system			
(a)	Salbutamol inhaler 100 microgm metered dose	Anti-bronchospasm (wheeze) Drug used to treat asthma and allergic wheezing	200 microgms (2 puffs) 3-4 times daily
Side effects: Tremor, headache, increased pulse rate.			
	Beclomethasone/ Beclomethasone 50 microgm metered dose	Anti-asthma steroid taken by inhalation usually with salbutamol	100 microgms (2 puffs) 3-4 times daily

Ref No	Drug	Type of drug/Uses	Dose/Route
Side effects: Few in correct dose for short periods			
(b)	Codeine phosphate	see 3 (b)	
(c)	Paracetamol	see 3 (a)	
7. Anti-infection			
(a)	Benzympenicillin 600mg ( 1 mega unit) injection (has to be made up in 2mls)	First line antibiotic for serious infections such as cellulitis and meningitis	600 to 1200mg by IM inj 6 hourly
Side effects: Few unless patient allergic to Penicillins. Always check before giving if possible			
	Ciprofloxacin hydrochloride 500mg tablets	Broad spectrum (general purpose) antibiotic	500mg twice daily
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction.			
	Cefuroxime 750mg injection	Broad spectrum antibiotic useful to protect against infection in major wounds	750mg by IM inj 8 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in Penicillin allergic patients.			
	Erythromycin 250mg tablets	General purpose antibiotic useful to protect against infection to major wounds	250-500mg 6 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction.			
	Doxycycline 100mg capsules	Antibiotic useful for sexually transmitted diseases and sinusitis	100mg once daily
Side effects: Nausea, diarrhoea, abdominal pain, rashes, headache.			
(b)	Trimethoprim 200mg tablets	Antibiotic useful for treatment of urinary tract infection and bronchitis	200mg twice daily
Side effects: Nausea, vomiting diarrhoea, rashes.			
	Trimethoprim	see 7 (b)	

Ref No	Drug	Type of drug/Uses	Dose/Route
(d)	Mebendazole 100mg tablets	Anti-parasite drug for treatment of gut infestation e.g. threadworms	100mg single dose
Side effects: Rare.			
(e)	Metronidazole 1gm suppositories 400mg tablets	Antibiotic and anti-protazoal e.g. trichomonas and amoebic infections. Useful in gut related infections	1gm per rectum or 400mg by mouth 8 hourly
Side effects: Nausea, vomiting, unpleasant taste, rashes. Avoid alcohol			
(f)	Tetanus vaccine 0.5ml injection	For protection against tetanus infection either in unprotected or as a booster after injury	0.5ml by IM or deep subcutaneous inj
Side effects: Rare if not had vaccine for more than one year. Not required if vaccinated within ten years.			
	Tetanus Immunoglobulin ampoule for injection	Used to protect against tetanus in high risk wounds e.g. agricultural injury in un-vaccinated patients	1 ampoule by IM inj
Side effects: Allergic reaction, fever, pain at injection site.			
8. Compound promoting rehydration			
	Oral rehydration salts sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness	Follow instructions on sachet
Side effects: Nil.			
9. Medicines for external use			
(a)	Antiseptic solutions or wipes	For cleaning skin wounds and disinfection	Follow instructions on bottle/packaging
	Cicatrín cream 15mg tube	General purpose anti-bacterial cream for minor wounds, grazes, infections etc	Applied to affected area sparingly.

Ref No	Drug	Type of drug/Uses	Dose/Route
Side effects: Nil unless applied to large areas			
	Hydrocortisone cream 1% 15gm tube	Anti-inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites etc	Applied to affected area sparingly no more than three times per day
Side effects: Encourages spread of infection do not apply to broken skin or rashes due to skin infection e.g. ringworm			
	Benzoic Acid Compound BP Ointment 15gm tube	Anti-fungal ointment for treatment of athletes foot, ringworm, etc	Applied to infected area twice a day
Side effects: Rare/nil in normal use.			
	Miconazole nitrate 2% cream 30gm tube	Anti-fungal cream for treatment of ringworm etc	Applied to infected area twice a day
Side effects: Rare/nil in normal use.			
	Silver sulphadiazine 1% cream 50gm tube	Anti-bacterial cream for protection against infection in burns	Applied to burn in burn bag, under dressing or alone. Cleaned off at dressing changes and re-applied
Side effects: Allergic reactions, burning, itching. Unusual			
	Permethrine 1% in isopropylalcohol 20% cream rinse	Treatment for head lice and scabies. Do not use for pubic lice	Follow the instructions on the packaging according to the use required
Side effects: Skin irritation. Do not apply to tender areas or broken skin.			
	Zinc ointment BP 25gm tube	Moisturising ointment for dry skin conditions	Applied to affected area.
Side effects: Nil in normal use. Contains animal fat.			

Ref No	Drug	Type of drug/Uses	Dose/Route
	Potassium permanganate Crystals 10gm container	For cleansing and deodorising oozing wounds or skin rashes	Wet dressings or bathes 0.01% solution
Side effects: Stains skin, irritates mucous membranes. Toxic if used for long periods			
	Framycetin sulphate 0.5% eye ointment 5gm tube	General purpose anti-biotic eye ointment for eye infections and protection against infection after removal of foreign bodies, etc	Instill into affected eye 3-4 times per day.
Side effects: Unusual but can cause eye irritation			
	Betamethasone/Neomycin eyedrops 5ml container	Treatment of inflamed, irritated eyes. Anti-inflammatory with anti-biotic	Instill 1-2 drops in affected eye 4 times a day
Side effects: Rare in normal use.			
	Amethocaine hydrochloride 0.5% eyedrops 5ml container	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye	Instill 1-2 drops into affected eye. Do not use repeatedly.
Side effects: Rare if used one off. Care to avoid eye injury whilst numbed.			
	Pilocarpine hydrochloride 0.5% eyedrops. 10ml container	Drops to constrict the pupil, used to treat raised pressure in the eye (glaucoma)	Instill 2 drops 3-6 times per day.
Side effects: Blurred vision and headache.			
	Fluorescein sodium 1% eye drops. 0.5ml minims	Stain for detecting scratches on front of eye, and foreign bodies	Instill 1-2 drops in the affected eye.
Side effects: Nil in normal use.			
(c)	Neomycin/polymixin hydrocortisone eardrops 5ml dropper bottle	General purpose anti-biotic/anti-inflammatory ear drops for infection of the outer ear canal.	Instill 3 drops into the affected ear 3-4 times per day.

Ref No	Drug	Type of drug/Uses	Dose/Route
Side effects: Nil in normal use.			
	Ephedrine nasal drops BP 0.5% 10ml dropper bottle.	Nasal de-congestant.	Instill 1-2 drops into each nostril 3 time a day.
Side effects: nose bleeds. Use for short periods only.			
(d)	Chlorhexidine gluconate 0.2% mouthwash. 300ml bottle	Antiseptic mouthwash for sore throats, mouth sores etc	Rinse mouth with 10mls twice per day.
Side effects: nil in normal use.			
(e)	Ethyl chloride liquid spray 50mg spray vial.	Freezing agent used as a local anaesthetic. Literally freezes small areas for very short procedures	Spray from some cms away until area required is frozen.
Side effects: inflammable, and may damage tissue. Use sparingly and with care.			
	Lignocaine hydrochloride 1% 25mg in 5ml injection.	Local anaesthetic for numbing small wounds for treatment	Inject around wound edges, 2-5mls usually sufficient, no more than 20mls in an adult.
Side effects: fits, heart problems in over-dosage.			
	Lignocaine gel 20gm tube.	Local anaesthetic for mouth and gum sores/ulcers	Apply to affected area sparingly as required.
Side effects: nil in normal use.			
	Oil of cloves 10 ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth as required by symptoms.

Ref No	Drug	Type of drug/Uses	Dose/Route
Side effects: nil in normal use.			

**Specimen requisition form for use when obtaining controlled drugs**

Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, and they will require an order worded along the lines below. The order must be signed by either the vessel's owner or its master.

<b>Requisition</b>
To – (name and address of authorised supplier)
From – (name of ship, and of master or shipowner)
Address – (address of ship or shipowner)
Please supply (name, strength and quantity of drugs in words and figures).
The above drugs are required for the medical stores of (name of vessel) in compliance with the United Kingdom Medical Stores Regulations. The vessel is required to carry Category ..... (insert appropriate categories) Medical Stores.
Signature
Name in capital letters
Occupation
Date

It is not necessary for the owner or master to receive personally the controlled drugs from the supplier, but if the drugs are received by another person the requisition must be endorsed:

*I empower (name of person) to receive the above drugs on my behalf. A specimen of their signature is provided below.*

*Specimen signature of person empowered*

*Signature of master/owner*

## Completion of controlled drugs register

### SECTION 1 – DRUGS OBTAINED FROM AUTHORISED SUPPLIER OR CONFISCATED FROM SEAMAN

Date obtained	Supplier' s name and address	Amount obtained	Name of drug and form in which obtained
25.10.96	H.M. Kingston Chemists 24 Elliott Street Southampton	10 ampoules	Morphine sulphate 10mg in 1ml in glass ampoules

### SECTION 2 – DRUGS DISPENSED OR DISPOSED OF

Date	Name and Address or person given drug	Right of person to have drug	Amount supplied	drug and form in which supplied
3.1.97	T.H. Laidlaw Logbook ref. 21	Injured crewman (fracture humerus)	two ampoules x 1ml	Morphine sulphate 1mg in 10ml (in glass ampoules)
24.10.98	H.M. Kingston Chemists 24 Elliott Street Southampton	Qualified retail pharmacist	8ml	Morphine sulphate 1mg in 10ml (in glass ampoules)