

MISSION JAMAICA
CHECKLIST
OVER THE COUNTER MEDICATIONS AND SUPPLIES
(Assumes Approximately 150 Patients Seen)

Medication Type/Class	Option	Product	Size	Quantity
Infant decongestant (Children <2 yrs)	1	Dimetapp infant drops, decongestant + cough	8 ml bottle	20
	2	Pediacare infant drops, decongestant + cough	15 ml bottle	12
	3	Tyleonol infant drops, decongestant + fever reducer	½ oz. bottle	20
	4	Walgreen's infant drops, decongestant, fever, + cough	½ oz. bottle	20
	5	Walgreen's infant pediatric drops, cough + runny nose	½ oz. bottle	20
Infant fever/pain reliever (Children <2 yrs)	1	Infant Tylenol drops	½ oz. bottle	20
	2	Infant Motrin drops	½ oz. bottle	20
	3	Walgreen's infant no aspirin drops	½ oz. bottle	20
Pediatric decongestant	1	Pediacare cough cold liquid	4 oz bottle	30
	2	Sudafed cold and cough liquid	4 oz. bottle	30
	3	Sudafed nasal decongestant chewable tabs	Box of 24	30
	4	Triaminic cold and fever liquid	4 oz. bottle	30
	5	Triaminic softchews cold and cough	Box of 18	18
	6	Children's Tylenol FLU suspension	4 oz. bottle	30
	7	Pediatric Vicks 44m cough and cold	4 oz. bottle	30
	8	Walgreen's no aspirin + cough liquid	4 oz. bottle	30
	9	Walgreen's Pediatric liquid	4 oz. bottle	30
Pediatric fever/pain Reliever	1	Children's Motrin suspension	4 oz. bottle	30
	2	Children's Motrin chewable tabs	Box	30
	3	Children's Tylenol suspension	4 oz. bottle	30
	4	Children's Tylenol chewable tabs	Pack	16
	5	Walgreen's no aspirin suspension	4 oz. bottle	30
	6	Walprofen children's suspension	4 oz. bottle	30
External otitis media	1	StarOtic solution	½ oz. bottle	3
	2	Any modified Burows solution (Al acetate, boric acid)	½ oz. bottle	3

Medication Type/Class	Option	Product	Size	Quantity
Folliculitis (or miliaria)	1	Phisoderm	6 oz. bottle	4
	2	Clean and Clear cleanser	6 oz. bottle	4
	3	Any cleanser containing keratolytic (salicylate)	6-8 oz. bottle	4
	4	Hibiclens-chlorhexidine 4%	8 oz. bottle	4
	5	Care-Creme antimicrobial cream (chloroxylenol 0.8%)	1-4 oz. tube	3
Diarrhea-dehydration replacement for infants	1	Kaolyte powder packets (easiest to transport)	Box	4
	2	Gerber pediatric electrolyte oral maintenance solution	Pack	2
	3	Walgreen's pediatric electrolyte oral maintenance solution	Quart	1
	4	Pedialyte	Pack	1
Topical antimicrobial	1	Polysporin ointment	10 gram tube	6
	2	Any topical "triple" antibiotic ointment	10 gram tube	6
Topical cutaneous Antifungal	1	Clotrimazole cream 1%-Walgreen's	½ oz. tube	16
	2	Any "-azole" topical cream	½ oz. tube	16
Antifungal shampoo	1	Nizoril (ketoconazole) OTC	4 oz. bottle	8
Topical for rash/corticosteroid	1	Hydrocortisone 1% cream	2 oz. tube	6
Arthritis/musculoskeletal pain (NSAID)	1	Ibuprofen 200 mg	100 tab bottle	30
	2	Ibuprofen 200 mg	500 tab bottle	6
Arthritis/musculoskeletal (non-NSAID)	1	Tylenol 500 mg	500 tab bottle	3
	2	Acetaminophen generic 500 mg	500 tab bottle	3
	3	Acetaminophen generic 500 mg	100 tab bottle	15
Pregnancy test kits	1	Any generic test kit (can come packaged in 2's or 3's)	One test	10
Topical for Candida vaginitis	1	Mycelex-3 or Mycelex-7	One kit	10
	2	Gyne-Lotrimin-3	One kit	10
	3	Femstat-3	One kit	10
Pinworm/worm Rx	1	Reese's pinworm medication (pyrantel pamoate) or equiv.	2 tab kit	4

Medication Type/Class	Option	Product	Size	Quantity
Allergic rhinitis/ antihistamine (adult)	1	Any generic diphenhydramine +pseudoephedrine	Box of 24	6
	2	Waldryl sinus & headache	Box of 24	6
Allergic rhinitis (children)	3	If a low-CNS side effects preparations such as loratadine or fexofenadine become OTC, use it.	As available	Quant. Suff.
	1	Waldryl children's solution	4 oz. bottle	3
	2	Waldryl children's chewable	Box	3
	3	Generic children's diphenhydramine	4 oz. bottle	3
	4	If any of the low-CNS side effects preparations such as loratadine or fexofenadine become OTC, use these	As available	Quant. Suff.
Prostatic hypertrophy	1	Saw Palmetto 160 mg	Bottle	4
Ear wax removal	1	Carbamide peroxide generic	½ oz bottle	3
Indigestion/heartburn (esophageal reflux)	1	Ranitidine (Zantac) 75 mg	Box of 90	6
	2	Cimetidine (Tagamet) 200 mg	Box of 80	6
Lice/scabies*	1	Permethrin based product, such as Nix Creme Rinse or Max Strength Rid Lice	2 oz. bottle	12
	2	Piperonyl butoxide based product, such as Pronto Lice Treatment	2 oz. bottle	12
Diabetes diagnostic strips	1	Surestep or Encore test strips	Box	1
Urine test strips Note—Bayer is institutional vendor for the most part. One may have success using an institutional account number from your healthcare facility, and using your credit card for payment.	1	Walgreen's sells test kits for nitrite testing: "UTI Homescreening Test Kit," [6 strips plus cups/kit]	Kit	2
	2	Most useful are Multistix 10SG (#2161), 100 strips/bottle; obtainable from Bayer Corp., P.O. Box 3100, Wlkhart, IN 46515 (1-800-248-2637). MS10SG has bilirubin, blood, glucose, leukocyte esterase, ketones, nitrite, pH, protein, specific gravity, urobilinogen.	Bottle or minimum order possible	1
	3	Multistix 8SG test strips, has same as 10SG, but without bilirubin and urobilinogen	Bottle or minimum order possible	1
	4	Uristix 4 strips (also from Bayer) allow screening for glucose, protein, leucocytes, nitrite	Bottle or minimum order possible	1

Medication Type/Class	Option	Product	Size	Quantity
PH test paper	1	Generic, used to check pH of vaginal secretions, desired range should include approx. 4.5-8.0	Optional	1
Thermometers	1	Generally, has not been a problem; but matching covers for electronic thermometers is difficult; so if this is an issue for you, will need to bring a new household electronic thermometers plus covers.	Optional	N/A
Spectacles-eye glasses	1	A popular item! Recommend ongoing collections at your church or whatever mechanism you identify	The more the better	N/A

*Scabies were not encountered at Kingston during two trips studied; however, we learned patients (and missionaries) were encountered with this problem during at least one Montego Bay trip.