

No. 589/2015

Decree of the Ministry of Social Affairs and Health

on Ships' Medical Stores

Section 1

Definitions

For the purposes of this Decree:

- 1) *IMDG Code* means the International Maritime Dangerous Goods Code adopted by the International Maritime Organization (IMO);
- 2) *IGC Code* means the International Code for the Construction and Equipment of Ships carrying Liquefied Gases in Bulk adopted by IMO;
- 3) *IBC Code* means the International Code for the Construction and Equipment of Ships carrying Dangerous Chemicals in Bulk adopted by IMO;
- 4) *IMSBC Code* means the International Maritime Solid Bulk Cargoes Code adopted by IMO;
- 5) *MFAG guide* means the Medical First Aid Guide for use in accidents involving dangerous goods which is attached to the IMDG Code.

Section 2

Drugs and medical supplies of a ship's medical store

A ship's medical store must carry the drugs and medical supplies laid down in Annex 1 to this Decree in a sufficient quantity determined by the vessel category and the number of crew members.

The drugs and medical supplies of a ship's medical store are intended for no more than 15 people. If there are more crew members on board, the quantity of drugs and medical supplies must be increased in accordance with Annex 1.

Vessels carrying cargo classified as dangerous goods under the IMDG, IGC, IBC or IMSBC Code must carry the relevant drugs and medical supplies specified in Annex 2 to this Decree. If the ship's medical store pursuant to Annex 1 already contains drugs and medical supplies

specified in Annex 2, the quantity of drugs and medical supplies specified in Annex 2 may be reduced accordingly.

Section 3

First aid kit

Ships that belong to vessel category A, B or C must carry a first aid kit specified in Annex 3 to this Decree. The package must be labelled accordingly to show that it is the first aid kit specified in Annex 3 to this Decree.

Section 4

Guides

A ship's medical store must have an appropriate medical guide in accordance with the drugs and medical supplies required by the vessel category.

The medical stores of vessels that belong to category A, B or C must have the latest edition of the IMO International Code of Signals for medical consultation via radio or satellite communication systems. In addition, the medical store of vessels in category A or B must have a guidebook of pharmaceutical products.

The medical stores of vessels carrying dangerous goods must carry the latest edition of the MFAG Guide.

The medical guide and the guidebook of pharmaceutical products must be available in the language used as the working language on board the vessel.

The guidebooks may be either in printed or electronic form. If the guidebooks are only available on board in electronic form they must be accessible on a device connected to the emergency power generator.

Section 5

Dispensing drugs to patients

The information provided in the patient information leaflet included in the medicine package must be observed in the dispensing of drugs.

If a drug is dispensed in larger quantity than what is immediately used, the drug shall be dispensed in a suitable package marked with a label stating the name of the person to whom the drug was prescribed, the name of the drug and instructions for dosage and use. If a drug requires special storage, information regarding the storage conditions shall also be marked on the medicinal package.

Particular caution shall be exercised when dispensing drugs classified as narcotics or agents that mainly influence the central nervous system.

When a drug classified as a narcotic is dispensed, a consumption card delivered from the pharmacy with the medicinal package shall be filled out as referred to in section 9 of the Government Decree on Narcotics Control (548/2008). Once the drug classified as a narcotic has

been used up or removed from the ship's medical store after expiry, the consumption card shall be returned to the pharmacy from which it was delivered, signed by the ship's master.

Section 6

Medical supplies and their use

Medical supplies must have a CE marking in accordance with section 9 of the Medical Devices Act (629/2010).

Instructions for use provided by the manufacturer shall be observed in the use of medical supplies.

Section 7

Training of the master and medical store manager

The master and medical store manager of a ship belonging to vessel category A, B or C, excluding fishing vessels, must have completed a training course on medical care on board ships referred to in section 19(6) and section 62 of the Government Decree on the Manning of Ships and Certification of Seafarers (166/2013). The training must be revalidated at five-year intervals.

The master and medical store manager of a ship in vessel category D or of a fishing vessel must have a valid certificate of a completed medical first aid course.

Section 8

Storage of a ship's medical store

The medical store must be kept in an appropriate locked space reserved for this purpose, beyond the reach of unauthorised persons, and so that the entire contents of the medical store are clearly visible.

Ships in vessel category A, B or C must have a locked refrigerator for drugs that require cool storage.

Section 9

Packages and storage of drugs and medical supplies

Each medicinal package must be marked with a label which states in clear writing in Finnish, Swedish and English the name of the drug as specified in Annex 1 to this Decree. The package must include instructions for use for that specific drug and state the pharmacy that supplied the drug and the date of the delivery.

Drugs and medical supplies must be stored so that they can be accessed easily when necessary. All drugs must be stored in their own packages. Drugs must be protected from moisture,

freezing and heat. Storage temperatures provided by the manufacturer shall be observed in the storage of drugs.

Section 10

Keeping a medical journal

All acquisitions made to the medical store shall be entered in the medical journal either by listing the acquired drugs and medical supplies and their quantities, or by referring to a separate list prepared in connection with the acquisition and which must be attached to the medical journal. The medical journal shall also contain information regarding all drugs and medical supplies removed from the medical store and the respective quantities.

All drugs dispensed from the medical store shall be entered in the medical journal. The entry must show the name of the recipient, the type and quantity of the drug and the reason why the drug was administered, the date on which the drug was administered and the name of the person who dispensed the drug.

All performed medical procedures shall be entered in the medical journal. Entries shall include the name of the patient, a report on the procedure, a report regarding possible instructions received from a doctor and the name of the doctor, the type and quantity of drugs dispensed to the patient, care instructions, and the time of the procedure and the name of the person who performed the procedure.

The medical journal may also be in electronic form.

Section 11

Drugs and medical supplies of lifeboats and liferafts

Each lifeboat and liferaft of ships in vessel categories A, B and C must be equipped with the drugs, medical supplies and first aid guide specified in Annex 4 to this Decree.

Drugs and medical supplies specified in Annex 4 are intended for no more than 25 people. If a lifeboat or liferaft is intended for more than 25 people, the amount of drugs and medical supplies shall be increased accordingly.

Drugs and medical supplies of lifeboats and liferafts shall be stored in watertight and sealed packages marked with an appropriate label.

Section 12

Inspection of drugs and medical supplies in the medical store and in lifeboats

An inspection of the drugs and medical supplies in a ship's medical store and in lifeboats shall verify that:

- 1) the contents of the ship's medical store and the drugs and medical supplies of lifeboats are in compliance with the Act on Ships' Medical Stores (584/2015) and the provisions of this Decree;
- 2) drugs and medical supplies are stored in accordance with the provisions laid down in section 9(2) of this Decree;

3) the expiry dates of drugs and medical supplies are observed.

Section 13

Inspection report

The inspection report issued after the inspection of drugs and medical supplies in a ship's medical store and lifeboats shall include:

- 1) the name of the vessel and the vessel category as defined under section 4 of the Act on Ships' Medical Stores;
- 2) confirm that provisions laid down in section 12 regarding the inspection of drugs and medical supplies in the ship's medical store and in lifeboats are complied with;
- 3) state the place and time of the inspection, the name of the person who performed the inspection and his/her title, place of establishment and contact information.

Section 14

Inspection of drugs and medical supplies in liferafts

An inspection of the drugs and medical supplies in liferafts shall verify that they are in compliance with the provisions of the Act on Ships' Medical Stores and of this Decree, and that the expiry dates of drugs and medical supplies are observed.

Section 15

Entry into force

This Decree enters into force on 15 May 2015.

DRUGS AND MEDICAL SUPPLIES**1. MEDICINAL PRODUCTS FOR THE CARDIOVASCULAR SYSTEM**

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
* Isosorbide dinitrate 5 mg tabl. Indication: Treatment of angina pectoris. DOSAGE: 1–2 tablets are chewed and held in mouth to absorb through the lining of the mouth.	100 tablets	1	1	1	1
* Acetylsalicylic acid 100 mg tabl. Indication: To reduce the risk of blood clots in the treatment of angina pectoris, used with nitrate. DOSAGE: 3 tablets chewed immediately, followed by 1 tablet swallowed whole once a day. N.B. Not suitable for persons who are hypersensitive to salicylates or other anti-inflammatory agents.	100 tablets	1	1	1	1
* Clopidogrel 75 mg tabl. Indication: To reduce the risk of blood clots in the treatment of angina pectoris. Used together with acetylsalicylic acid (and nitrate) or as a replacement for acetylsalicylic acid in the treatment of persons who are hypersensitive to salicylates. DOSAGE: 4(–8) tablets 300(–600) mg are swallowed immediately, followed by 1 tablet once a day.	30 tablets	1	1	1	
Furosemide 40 mg tabl. * 10 mg/ml injection Indication: Treatment of congestive heart failure and pulmonary oedema. DOSAGE: Tabl: Start only as directed by a doctor. Followed usually by 1 tablet 1–2 times a day. Injection: Use only as directed by a doctor.	30 tablets 25 x 2 ml	1 1	1 1		
Bisoprolol 5 mg tabl. Indication: Treatment of high blood pressure and angina pectoris. DOSAGE: Use only as directed by a doctor.	30 tablets	1	1	1	

See also: 3. Pain and fever medication (myocardial infarction), 15. Gynaecological pharmaceuticals (uterine haemorrhage).

If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

2. DRUGS FOR DIGESTIVE AND INTESTINAL DISEASES

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Omeprazole 20 mg tabl./caps. Indication: Heartburn. DOSAGE: 1 tablet/capsule is swallowed whole once a day in the morning, preferably before breakfast. Delayed-release tablet. Used for 2–4 weeks as needed.	30 tabl./caps.	3	2	1	
Metoclopramide 10 mg tabl. * 5 mg/ml injection Indication: Nausea and vomiting. DOSAGE: Tabl: 1 tablet no more than 3 times a day (minimum of 6 hours between doses). Only for short-term use, no more than 5 days. Injection: Use only as directed by a doctor, intramuscular injection.	40 tablets 12 x 2 ml	2 2	2 1	1	
Natrium citrate micro enema Indication: Constipation. DOSAGE: 1 tube is emptied in the rectum as deep as possible, effects are seen after 5–15 minutes.	4 x 5 ml	1	1		
* Bisacodyl 5 mg tabl. Indication: Temporary treatment of constipation. DOSAGE: 1–3 tablets swallowed in the evening, effects are seen in the morning.	100 tablets	1	1		
Loperamide 2 mg Indication: Diarrhoea. DOSAGE: Initial dose is 2 capsules, followed by 1 capsule after each loose bowel movement. Not more than 8 capsules per 24 hours. If symptoms persist for more than 48 hours, stop the treatment.	16 caps.	4	2	1	1
Prednisolone-cinchocaine hydrochloride suppository ointment Indication: Haemorrhoids. DOSAGE: After bowel movement, 1 suppository is administered deep into the rectum 2–3 times a day, and once a day as symptoms begin to disappear. Apply ointment to anal canal 2–4 times a day, and once a day as symptoms begin to disappear.	10 pcs 10 g	2 2	1 1		

See also: 3. Pain and fever medication (bilious attack), 7. Infection drugs, antimicrobial products (enteritis).

If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

3. PAIN AND FEVER MEDICATION

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>Ibuprofen 400 mg tabl. Indication: Temporarily relieves pain and reduces fever. DOSAGE: 1 tablet as needed 1–3 times a day. Maximum dose is 3200 mg (8 tablets) in 24 hours. N.B. Not suitable for persons who are hypersensitive to salicylates or other anti-inflammatory agents.</p>	100 tablets	1	1	1	1
<p>Paracetamol 500 mg tabl. Indication: Pain and fever medicine (does not cause stomach irritation and is suitable for persons hypersensitive to salicylates). DOSAGE: 1–2 tablets as needed 1–3 times a day. Maximum dose is 3000 mg (6 tablets) in 24 hours.</p>	30 tablets	1	1	1	1
<p>Diclofenac 25 mg/ml injection Indication: Treatment of acute pain attacks, urinary tract pains and bilious attacks. DOSAGE: Use only as directed by a doctor. 3 ml injected deep into the upper outer quadrant of the gluteal muscle (i.m.) 1(–2) times a day. N.B. Maximum dose is 150 mg in 24 hours. Not suitable for persons who are hypersensitive to salicylates or have stomach or duodenal ulcer.</p>	5 x 3 ml	1	1	1	
<p>Diclofenac 100 mg supp. Indication: Treatment of migraine attacks. DOSAGE: One suppository immediately when the first symptoms of a migraine attack appear, not more than once in 24 hours. N.B. Maximum dose is 150 mg in 24 hours. Not suitable for persons who are hypersensitive to salicylates or have stomach or duodenal ulcer.</p>	5 supp.	1	1	1	
<p>Oxycodone 10 mg/ml inj. Indication: Treatment of severe pain (severe injury, myocardial infarction). DOSAGE: Use only as directed by a doctor. Diluted 1:4 with a 0.9% NaCl solution to concentration 2 mg/ml. Initial intravenous dose is 4 mg (2 ml of diluted solution), followed by 2–4 mg (1–2 ml diluted solution) intravenously approximately every 5 minutes, until pain relief is achieved. If intravenous administration is not possible, the</p>	5 x 1 ml	2	2	1	

drug is administered into a muscle (i.m.) 5–10 mg every 4 hours. N.B. Narcotic analgesic (NARC!), may cause breathing problems.					
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If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

4. DRUGS THAT INFLUENCE THE CENTRAL NERVOUS SYSTEM

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Diazepam 5 mg tabl. Indication: Severe anxiety or restlessness. DOSAGE: Use only as directed by a doctor. Only for temporary use. N.B. Causes fatigue and decreased attention.	30 tablets	1	1	1	
* Midazolam 5 mg/ml inj. Indication: Acute seizures. DOSAGE: Use only as directed by a doctor. N.B. Causes fatigue and decreased attention. Intravenous administration may cause respiratory arrest.	10 x 3 ml	1	1	1	
Temazepam 10 mg tabl. Indication: Sleeping disorders. DOSAGE: Use only as directed by a doctor. 1 tablet before going to bed. N.B. Causes fatigue and decreased attention. Only for temporary use.	30 tablets	1	1		
Cyclizine 50 mg tabl. Indication: Treatment of motion sickness, dizziness and nausea. DOSAGE: 1 tablet one hour prior to departure, and 1 tablet when needed but no more than 3 times in 24 hours.	10 tablets	3	3	1	1

If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

5. ANTI-ALLERGIC AGENTS

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Desloratadine 5 mg tabl. Indication: Antihistamine used to treat allergies and skin irritation. DOSAGE: 1 tablet once a day.	30 tablets	1	1	1	
Hydrocortisone 125 mg/ml inj. (e.g. Solu-Cortef) Indication: Severe allergic reactions (after an epinephrine injection – see below section 8). DOSAGE: 1–2 ml into the muscle (i.m.) or into the vein (i.v.). Treatment can be repeated if necessary.	250 mg = 2 ml	3	3	1	
Prednisolone 5 mg Indication: Severe allergic reactions. DOSAGE: 8 tablets at once in the morning, the dosage is decreased by 1–2 tablets every other morning.	100 tablets	1	1	1	

See also section 8. Drugs used in resuscitation and treatment of poisoning (Epinephrine).

If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

6. DRUGS FOR RESPIRATORY TRACT DISEASES AND LUNG DISEASES

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Albuterol , inhalation route, 200 µg/dos. Indication: Dyspnea caused by asthma, bronchodilator. DOSAGE: Breathe in slowly and deeply through the mouthpiece, and hold your breath for 5–10 seconds (do not exhale through the device). One dose 1–4 times in 24 hours. N.B. May cause shakiness and rapid heart rate.	60 dos.	1	1	1	
Fluticasone , inhalation route, 250 µg/dos. Indication: Asthma. N.B. Used during an attack only with a bronchodilator (albuterol), normal dose 2 times in 24 hours.	60 dos.	1	1		
Dextromethorphan 3 mg/ml Indication: Relieves cough. DOSAGE: 5–10 ml 3–4 times a day.	150–200 ml	2	1	1	
Xylometazoline nasal spray 1 mg/ml Indication: Relieves the symptoms of maxillary sinusitis and temporary nasal congestion. DOSAGE: One spray into each nostril as needed, no more than 3 times in 24 hours. N.B. Not to be used continuously for more than 7 days.	10 ml	2	2	2	

If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

7. INFECTION DRUGS, ANTIMICROBIAL PRODUCTS

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>Amoxicillin 500 mg tabl. Indication: Primary antibiotic for bacterial respiratory tract infections. DOSAGE: 1 tablet 3 times a day for 7 days, taken at the beginning of a meal. N.B. Not suitable for persons who are hypersensitive to penicillin (replaced with Doxycycline).</p>	20 tablets	3	2	1	
<p>Doxycycline 100 mg tabl. Indication: Bacterial respiratory tract infections (suitable for persons who are hypersensitive to penicillin). DOSAGE: Initial dose is 2 tablets, followed by 1 tablet with food once a day for 8 days. N.B. Not to be used during pregnancy, not for children under the age of 8.</p>	10 tablets	3	2	1	
<p>Cephalexin 500 mg tabl. Indication: Treatment of skin and soft tissue infections. DOSAGE: 1 tablet 3 times a day for 10 days.</p>	30 tablets	2	1	1	
<p>Ceftriaxone 1 g inj. inf. powder Indication: Treatment of severe infections such as meningitis and sepsis. DOSAGE: Use only as directed by a doctor. 1–2 g (for severe infections maximum of 4 g) once a day. Powder is dissolved just before use. Primarily administered directly into the vein (i.v.) over at least 2–4 minutes, or via the tubing of an intravenous infusion in 0.9% NaCl infusion solution over at least 30 minutes. If i.v. administration is not possible, the drug can be administered by a deep intramuscular injection into the gluteal muscle. The maximum recommended single dose into the same muscle is 1 g.</p>	10 x 1 g	1	1		
<p>Ciprofloxacin 500 mg Indication: Urinary tract infections and enteritis. DOSAGE: 1 tablet 2 times a day for 7 days. N.B. Not to be used during pregnancy.</p>	20 tablets	2	1		
<p>Metronidazole 400 mg tabl. Indication: Intestinal infection, such as diverticulitis. DOSAGE: 1 tablet 3 times a day for 1(–2) weeks. N.B. Do not use alcohol with this medication.</p>	30 tablets	1	1		

<p>Antimalarial medication in accordance with WHO instructions: Atovaquone / Proguanil 250 mg/100 mg Indication: Treatment of Plasmodium falciparum malaria. DOSAGE: Malaria is treated only as directed by a doctor.</p>		*	*		
<p>Doxycycline 100 mg Indication: Alternative drug for malaria treatment. DOSAGE: Malaria is treated only as directed by a doctor.</p>		*	*		

* The route of the vessel, the length of the time period spent in suspected malaria area and the number of crew members on board shall be taken into account in the selection of malaria medication and the determination of quantities stored on board.

If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

8. DRUGS USED IN RESUSCITATION AND TREATMENT OF POISONING

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>* Epinephrine 1 mg/ml (1:1000) inj. Indication: Treatment of severe allergic reaction, anaphylaxis and asthma attack. DOSAGE: To treat anaphylaxis, 0.5 ml is injected into the muscle (i.m.) and the treatment can be repeated after 5–15 minutes. To treat asthma, 0.2–0.5 ml is injected under the skin (s.c.) and the treatment can be repeated every 15–20 minutes if needed. N.B. Store refrigerated.</p>	10 x 1 ml	1	1	1	
<p>* Rapid-acting insulin 5 x 3 ml inj. Indication: To correct sudden high blood glucose levels. DOSAGE: Use only as directed by a doctor. N.B. Store refrigerated.</p>	5 x 3 ml	1	1		
<p>* Glucagon 1 mg inj. powder and solvent for the solution. Indication: Severe hypoglycemia (too low blood glucose levels), treatment of insulin shock. DOSAGE: 1 mg under the skin (s.c.) or into muscle (i.m.). N.B. Store refrigerated.</p>	1 + sol.	1	1	1	
<p>Vegetable carbon powder Indication: Treatment of acute poisoning. DOSAGE: 1–2 bottles of mixture as soon as possible. Add water up to the marked line and mix before drinking.</p>	50 g	2	2	2	
<p>* Naloxone 0.4 mg/ml inj. Indication: Treatment of opioid overdose. DOSAGE: Use only as directed by a doctor. Initial dose 0.4–2 mg (1–5 ml) into vein (i.v.) or muscle (i.m.).</p>	10 x 1 ml	1	1	1	
<p>Basic solution for fluid therapy, sodium chloride 9 mg/ml infusion solution Indication: Treatment of dehydration and blood loss. DOSAGE: Administered into vein through tubing and cannula, 1–2 litres per hour. Slower administration is applied in basic treatment, as instructed by a doctor.</p>	500 ml	9–10	9–10	2–3	
<p>* Phytomenadione (vitamin K) 10 mg/ml inj. Indication: Severe and life-threatening bleeding, e.g. during anticoagulant treatment. DOSAGE: Use only as directed by a doctor.</p>	5 x 1 ml	1	1		

<p>5–10 mg (0.5–1.0 ml) into vein as a slow injection over at least 30 seconds. In case of minor bleeding, the injection solution can be administered orally and swallowed with water, and the dose is usually 1–5 mg (0.1–0.5 ml).</p>					
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If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

9. WOUND AND SKIN TREATMENT PRODUCTS

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Skin cleansing agent (e.g. povidone-iodine) Indication: Cleansing of dirty wounds, infected areas and skin, hand disinfection. N.B. Povidone-iodine is not suitable for persons who are hypersensitive to iodine.	100 ml	2	1	1	1
Chlorhexidine-hydrocortisone emulsion Indication: Treatment of infected skin disorders. DOSAGE: Apply a thin layer on the skin 2 times in 24 hours. N.B. Do not apply to open wounds. Store refrigerated.	20 g	2	1	1	
Terbinafine emulsion 1% Indication: Treatment of tinea corpora, tinea pedis and tinea cruris, i.e. fungal skin infections. DOSAGE: Applied gently on the skin once a day for one week.	15 g	2	1	1	
Bandages for minor burns E.g. ointment tulle or silicone dressing 10 x 10 cm 10 x 30 cm Indication: Treatment of minor burns.	3–10 pcs 10 pcs	2 1	1 1	1	1
Hydrocortisone emulsion 1% Indication: Treatment of itching skin irritation. DOSAGE: Apply a thin layer on the skin 2 times in 24 hours.	20 g	1	1	1	
Basic lotion Indication: Care of dry skin. DOSAGE: Applied to skin as needed.	100 g	2	2	1	
Permethrine emulsion 5% Indication: Treatment of scabies. DOSAGE: Follow the directions of the medicine label.	30 g	2	1		
Malathion (Prioderm) shampoo 1% Indication: Removal of head lice and pubic lice. DOSAGE: Follow the directions of the medicine label.	40 g	2	1		
Sunscreen lotion (high protection factor, e.g. 30)	100 g	1	1		

If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

10. MEDICATION FOR EYE DISEASES

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Moisturising eye drops or gel , single-dose units Indication: Treatment of dry or watery eyes. DOSAGE: 1 drop in the eye/eyes 4 times a day if needed.	approx. 30 single-dose units	2	1	1	
* Pilocarpine 20 mg/ml eye drops Indication: Ocular hypertension, glaucoma. DOSAGE: Use only as directed by a doctor. N.B. Store in room temperature. Opened bottle can be stored in refrigerator or in room temperature for 4 weeks.	10 ml	1	1		
Chloramphenicol eye drops 5 mg/ml single-dose units eye ointment 1% Indication: Bacterial eye infection with discharge. Drops: DOSAGE: Initially 1 drop in the eye/eyes 6–8 times daily. As the symptoms begin to improve, the dosage is gradually decrease. Continue use for 2 days after symptoms have disappeared. N.B. Store refrigerated. Once the package is opened, the single-dose units in the bag can be stored in room temperature for 4 weeks. Ointment: DOSAGE: A small dose (approx. 1 cm) is applied to the inside of the lower eyelid every 3 hours or more often if needed. Continue use for 2 days after symptoms have disappeared. N.B. Open package can be stored for 4 weeks.	30 x 0.25 ml 4 g	2 2	2 2	1	
Oxybuprocaine hydrochloride 4% eye drops Indication: Local anaesthesia of the eye for removal of particles. DOSAGE: 1 drop in the eye 3–4 times every 30 seconds prior to removal of particles. N.B. Store refrigerated. Opened bottle can be stored in refrigerator or in room temperature for 4 weeks.	10 ml	1	1		

If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

11. DRUGS FOR EAR AND NOSE DISEASES

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>Flumethasone pivalate-cliproquinol (0.2 + 10 mg/ml) ear drops Indication: Treatment of infection and itching in the ear canal. DOSAGE: Patient lying down on one side, 2–3 drops are administered in the ear canal twice a day for no more than 10 days. N.B. Warm the drops by holding the bottle in your hands before administration.</p>	7.5 ml	2	1		
<p>Product for ear wax removal Indication: Removal of ear wax. DOSAGE: Fill the ear canal with the product (approx. 20 drops). Allow the drops to work for 30 minutes, and rinse then with lukewarm water.</p>	1 bottle	1	1		
<p>Pain relieving ear drops (e.g. cinchocaine) Indication: Ear pain. DOSAGE: Patient lying down on one side, 8 drops are administered in the ear approx. every 3–5 hours. Stay in the same position for 10 minutes after administration. N.B. Warm the drops by holding the bottle in your hands before administration. Not for suppurative ear conditions. Often a course of antibiotics is required.</p>	10 ml	1	1		

If a ship's crew consists of more than 15 people, the amount of drugs in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

12. LOCAL ANAESTHETICS

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Lidocaine 10 mg/ml (1%) inj. Indication: Local anaesthesia. DOSAGE: Injected slowly under the skin around the target area.	20 ml	1	1	1	
* Lidocaine gel 2 % Indication: Local anaesthesia used prior to urinary catheterisation. DOSAGE: Males: 15–20 ml into the urethra. Females: 5-10 ml into the urethra.	10 x 10 g	1	1	1	

If a ship's crew consists of more than 15 people, the amount of drugs in this category (excluding those marked with *) shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

13. DENTAL CARE PRODUCTS

PRODUCT, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Temporary filling material Indication: Temporary protection of a cavity or chipped tooth. DOSAGE: Required amount is placed on a moist cavity or crack with e.g. a tooth pick or other instrument. Chewing and biting should be avoided for 2 hours afterwards.	1 tube	1	1		

14. GYNAECOLOGICAL PHARMACEUTICALS

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Fluconazole 150 mg caps. Indication: Treatment of yeast infection. DOSAGE: 1 capsule is swallowed as a single dose.	1 caps.	(2)	(2)		
Methylergometrine maleate 0.125 mg Indication: Uterine bleeding after delivery or miscarriage. DOSAGE: 1–2 tablets no more than 3 times a day, only as directed by a doctor. N.B. Not to be used during pregnancy.	30 tablets	(1)	(1)	(1)	

15. TETANUS BOOSTER VACCINATION

DRUG, INDICATION AND DOSAGE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>* diTeBooster diphtheria and tetanus toxoid inj. Combination vaccine against tetanus and diphtheria. Indication: In the treatment of a dirty wound, if more than 10 years have passed since the previous booster vaccination. DOSAGE: Follow the directions of the medicine label. N.B. Store refrigerated.</p>	5 x 0.5 ml	1	1		

16. IRRIGATION AND CLEANSING SOLUTIONS

SOLUTION, INDICATION AND USE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
<p>Disinfectant solution for skin, mucous membrane and superficial wounds E.g. chlorhexidine acetate 0.5 mg/ml Indication: Disinfection of skin, mucous membrane and traumatic wounds. USE: Skin is wiped with undiluted solution.</p>	500 ml	1	1	1	1
<p>Disinfectant for instruments and for general use USE: Undiluted for skin disinfection prior to medical procedures, for general disinfection of surfaces and disinfection of medical instruments.</p>	500 ml	1	1		
<p>Saline solution (0.9% NaCl) USE: Solution for the irrigation of wounds.</p>	500 ml	1	1	1	
<p>Eye irrigation bottle USE: Irrigation of eyes with large amounts of liquid immediately after accident.</p>	200–500 ml	2	2	1	1

If a ship's crew consists of more than 15 people, the amount of products in this category shall be increased on board ships of vessel category A, B or C, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

17. DIAGNOSTIC PRODUCTS

PRODUCT AND USE	QUANTITY	VESSEL CATEGORY			
		A	B	C	D
Strip for testing glucose, protein, blood, pH and leukocytes in urine.	1 package	1	1		
Strip for measuring blood glucose + measuring device.	1 device + strip package	1	1	1	

18. MEDICAL SUPPLIES

	QUANTITY/ SIZE	VESSEL CATEGORY			
		A	B	C	D
1. RESUSCITATION EQUIPMENT					
see First aid kit					
2. BANDAGES AND STITCHING EQUIPMENT					
N.B. Measurements for bandages are recommendations and state the relevant size class.					
Suture thread with needle, sterile 3-0		5	5	3	
Suture removal hook (disposable, sterile)		5	5	3	
First aid bandage	large	4	3	2	1
	small	3	2	1	
Wound dressing	10 x 20 cm	3	2	2	1
* Wound closure tape (= butterfly closure)	medium size/container	1	1		
* Wound cleansing wipe	20	1	1		
Ideal bandage	6-8 cm	5	3	1	1
Self-adhesive support bandage	7.5 cm	3	2	1	
Elastic bandage	6-8 cm	10	10	4	2
Triangular bandage (single-use/fabric)	1 bandage	5	5	2	1
Fixation tape	12.5 mm roll	3	2	1	1
Fixation tape	25 mm roll	3	2		
Plaster (quick bandage, different sizes)	20 pcs container	5	5	1	1
* Tubular gauze	- for limbs	1	1	1	
	- for fingers + applicator	1	1	1	
* Tubular net bandage (head/body)	1 m	1	1	1	
Sterile gauze swabs	4 x 6 cm	20	20	10	10
	7 x 9 cm	20	20	10	10
Protective dressing	20 x 40 cm	2	1	1	1
Eye protector (satin)		2	1		

3. INSTRUMENTS					
* Instrument container (stainless steel)		1	1	1	
* Forceps: - anatomical - surgical	approx. 13 cm approx. 13 cm	1 1	1 1	1	
Tweezers for foreign objects (removal of splinters)	approx. 11 cm	1	1	1	1
Scalpel	No 10	5	5		
* Needle holder	approx. 17 cm	1	1	1	
* Scissors (straight, sharp/blunt)	approx. 13 cm	2	1	1	1
* Scissors for general use	approx. 20 cm	1	1	1	
* Foreign body removal needle for eyes		1	1		
* Vascular clamp (Crile) straight	approx. 13 cm	2	2		
* Razor blade (disposable)		5	5	5	
Aperture drape/utility drape (disposable, sterile)		3	1	1	
4. RESEARCH AND FOLLOW-UP EQUIPMENT					
* Wooden tongue depressor	100 pcs container	1	1		
Kidney bowl: disposable * stainless steel		10 1	5 1		
* Otoscope (rechargeable)		1	1		
* Otoscope funnel (disposable)	∅ 4 mm tube/20 pcs	1	1		
* Thermometer		2	2	1	
* Tourniquet		1	1		
* Stethoscope		1	1		
* Protective gloves		1	1	1	
* Magnifying glass (headset)		1	1		
Sterile gloves Medium Large	100 pcs 100 pcs	1 1	1 1	1 1	
Cotton swabs	30 pcs container	2	1		
* Blood pressure gauge		1	1		
Bed pad ("incontinence pad")		3	3		
5. INJECTION, PERFUSION, PUNCTURING AND CATHETERISATION EQUIPMENT					
* Injection needle (disposable, sterile, luer lock) (container)	21 G x 1 ½ 23 G x 1	1 1	1 1	1 1	
* Injection syringe (disposable, sterile, luer lock) (100 pcs container)	1 ml 2 ml 5 ml	1 1 1	1 1 1	1	
* Urinary catheterisation kit, sterile		1	1		
* Urinary catheter, disposable, sterile	Ch 12	2	1		

Ear syringe (plastic or metal)		1	1		
Fluid therapy system (including a blood vessel cannula)		3	2		
6. SPLINTING AND SUPPORT EQUIPMENT					
* Stretchers (scoop stretcher or other carrying device)		1	1		
Cold pack (joint injuries)		4	4	4	1
* Splints - Kit for splinting extremities (recommendation: air-filled splints or vacuum splints) - Finger splint		1 2	1 1		
* Neck support brace (e.g. Stif-neck adjustable collar) N.B. Two persons must be on hand to assist in the placement of a neck brace.		1	1	1	
7. GENERAL MEDICAL SUPPLIES					
* Urine bottle (plastic)		1	1		
Cold pack - hot pack (multi-purpose)		1	1		
* Measuring cup	30 ml	20	10		
* Drinking straw (bending model)		10	5		
Ear plugs (e.g. foam rubber)		20	10	10	
* Paper bags (for medicine)	50 pcs	1	1	1	
Sanitary napkin	20 pcs	2	1		

If a ship's crew consists of more than 15 people, the amount of medical supplies (excluding those marked with *) shall be increased on board ships of vessel category A or B, so that the amount is 1 ½ times the original quantity (rounded up to the next whole number and suitable package size available).

DRUGS AND MEDICAL SUPPLIES REQUIRED IF THE SHIP'S CARGO CONTAINS DANGEROUS GOODS

Column A lists the minimum amounts of drugs and medical supplies for ships from which access to treatment is not possible within 24 hours of incident.

Column B lists the minimum amounts of drugs and medical supplies for ships from which access to treatment is possible within 24 hours of incident.

Column C lists the minimum amounts of drugs and medical supplies for ships from which access to treatment is possible within 2 hours of incident.

1. DRUGS

DRUG, DOSAGE AND REFERENCE TO THE INSTRUCTIONS IN THE MFAG GUIDE ATTACHED TO THE IMDG CODE	QUANTITY/ PACKAGE	COLUMN		
		A	B	C
Amoxicillin 500 mg tabl. DOSAGE: 1 tablet 3 times a day for 7 days. N.B. Not suitable for persons who are hypersensitive to penicillin (replaced with Doxycycline). INSTRUCTIONS FOR USE: MFAG guide: Table 9	20 tablets	1		
Oxybuprocaine hydrochloride 4% numbing eye drops DOSAGE: Several drops, dose repeated as needed. INSTRUCTIONS FOR USE: MFAG guide: Table 7	10 ml	5	5	5
Chloramphenicol eye ointment 1% DOSAGE: Small amount is applied to the inside of the lower eyelid every 3 hours or more often if needed. INSTRUCTIONS FOR USE: MFAG guide: Appendix 7	4 g	5	5	
Atropine 1 (or 0.5 mg)/ml inj. DOSAGE: 0.5 mg repeatedly as needed. INSTRUCTIONS FOR USE: MFAG guide: Table 7	1 ml	25	15	
Beclomethasone (including the addition) inhalation aerosol 50 µg/dose or 250 µg/dose DOSAGE: 250 µg repeatedly as needed (5 x 50 µg) or (1 x 250 µg). or Budenoside (including the addition) inhalation aerosol 200 µg/dose. DOSAGE: 400 µg repeatedly as needed (2 x 200 µg) INSTRUCTIONS FOR USE: MFAG guide: Table 9	200 doses 100 doses	5 5	5 5	

Calcium gluconate gel 2% DOSAGE: Applied repeatedly to the treated area. INSTRUCTIONS FOR USE: MFAG guide: Table 8, Table 16	25 g tube	5	5	5
Ceftriaxone 1 g inj./inf. powder DOSAGE: 1–2 g (for severe infections maximum of 4 g) once a day. Powder is dissolved just before use. Primarily administered directly into the vein (i.v.) over at least 2–4 minutes, or via the tubing of an intravenous infusion in 0.9% NaCl infusion solution over at least 30 minutes. If i.v. administration is not possible, the drug can be administered by a deep intramuscular injection into the gluteal muscle. The maximum recommended single dose into the same muscle is 1 g. INSTRUCTIONS FOR USE: MFAG guide: Table 10	10 x 1 g	1		
Vegetable carbon powder DOSAGE: 1–2 bottles of mixture as soon as possible. Add water up to the marked line and mix before drinking. INSTRUCTIONS FOR USE: MFAG guide: Table 10	50 g	2	2	
Diazepam enema solution 10 mg/dose (=2.5 ml enema) DOSAGE: 10 mg x 1–5. INSTRUCTIONS FOR USE: MFAG guide, Table 4, Table 5, Table 6	10 mg	5	5	
Doxycycline 100 mg tabl. DOSAGE: Initial dose 2 x 1, followed by 1 x 1 per day. N.B. Not to be used during pregnancy. INSTRUCTIONS FOR USE: MFAG guide: Table 9	10 tablets	1		
Ethanol solution 96% DOSAGE: 25 ml x 8 (96%) mixed in 250–300 ml water or soft drink. INSTRUCTIONS FOR USE: MFAG guide, Table 19	500 ml	3	1	
Fluorescein Test strip for eye surface injuries. INSTRUCTIONS FOR USE: MFAG guide, Appendix 7	5	1		
Furosemide 10 mg/ml inj. DOSAGE: 50 mg x 3. INSTRUCTIONS FOR USE: MFAG guide: Table 2, Table 9	25 x 2 ml	1		
Metoclopramide 5 mg/ml inj. DOSAGE: 10 mg x 3. INSTRUCTIONS FOR USE: MFAG guide, Table 7, Table 8, Table 10, Table 13, Table 15, Table 20	12 x 2 ml	3	1	1

<p>Metronidazole 5 mg/ml inf. DOSAGE: 500 mg (=100 ml) x 3. INSTRUCTIONS FOR USE: MFAG guide: Table 10</p>	100 ml	5		
<p>Oxycodone 10 mg/ml inj. DOSAGE: Use only as directed by a doctor. Diluted 1:4 with a 0.9 % NaCl solution to concentration 2 mg/ml. Initial dose 4 mg (2 ml of diluted solution) i.v., followed by 2–4 mg (1–2 ml diluted solution) intravenously approximately every 5 minutes, until pain relief is achieved. If intravenous administration is not possible, the drug is administered into a muscle (i.m.) 5–10 mg every 4 hours. N.B. Narcotic analgesic (NARC!), may cause breathing problems. INSTRUCTIONS FOR USE: MFAG guide: Table 7, Table 8 Table 10, Table 13</p>	5 x 1 ml	8	2	1
<p>Naloxone 0.4 mg/ml inj. DOSAGE: 0.4 mg x 1–5. Initial dose 0.4–2 mg (1–5 ml) into vein (i.v.) or muscle (i.m.). INSTRUCTIONS FOR USE: MFAG guide: Table 4, Table 13</p>	10 x 1 ml	1	1	1
<p>Oral rehydration salt (ORS) DOSAGE: 1 litre x 3 or more. Contents of a bag are dissolved in water according to the instructions. INSTRUCTIONS FOR USE: MFAG guide: Table 8, Table 10 Table 11</p>	bag	36	12	
<p>Paracetamol 500 mg tabl. DOSAGE: 1–2 tablets 1–3 times a day, not more than 3000 mg in 24 hours. INSTRUCTIONS FOR USE: MFAG guide: Table 7, Table 8 Table 13</p>	100 tablets	2	1	1
<p>Phytomenadione (vitamin K) 10 mg/ml inj. DOSAGE: 10 mg x 2 or more. INSTRUCTIONS FOR USE: MFAG guide: Table 14</p>	5 x 1 ml	1		
<p>Albuterol inhalation aerosol 200 µg/dose DOSAGE: 200 µg x repeatedly as needed. Breathe in strongly and deeply through the mouthpiece, and hold your breath for 5–10 seconds (do not exhale through the device). N.B. May cause shakiness and rapid heart rate. INSTRUCTIONS FOR USE: MFAG guide: Table 9</p>	200 doses	5	5	2
<p>Isotonic saline solution 9 mg/ml (0.9%) DOSAGE: 1 litre x 1–3. INSTRUCTIONS FOR USE: MFAG guide: Table 7</p>	500 ml	10	6	2

2. MEDICAL SUPPLIES		COLUMN		
MEDICAL SUPPLIES AND REFERENCE TO THE INSTRUCTIONS IN THE MFAG GUIDE ATTACHED TO THE IMDG CODE	PACKAGE/ SIZE	A	B	C
Pharyngeal tube INSTRUCTIONS FOR USE: MFAG guide: Appendix 3	size 3 size 4	3 2	3 2	3 2
Blood vessel cannula INSTRUCTIONS FOR USE: MFAG guide: Appendix 13	1.0 mm/20G	10	10	
Fluid therapy equipment INSTRUCTIONS FOR USE: MFAG guide: Appendix 13		10	10	
Needle	size 21 G x 1.5	100	50	10
Disposable face mask (which can be used to administer 60% oxygen). INSTRUCTIONS FOR USE: MFAG guide: Appendix 3		10	10	2
Manual ventilation device INSTRUCTIONS FOR USE: MFAG guide: Appendix 3		2	2	2
Oxygen tank INSTRUCTIONS FOR USE: MFAG guide: Appendix 3	40 l/200 bar	1	1	
Portable oxygen administration device ready for use * INSTRUCTIONS FOR USE: MFAG guide: Appendix 3	2 l/200 bar	1	1	1
Portable spare oxygen tank * INSTRUCTIONS FOR USE: MFAG guide: Appendix 3	2 l/200 bar	1	1	1
Injection syringes	2 ml 5 ml	100 10	50 10	10

* Oxygen storage:

A ship must carry at least 44 litres (200 bar) of oxygen, comprising of at least:

- one complete portable system, with 2 litres (200 bar) of oxygen ready for use, and one spare tank of 2 litres (200 bar), and
- one oxygen tank of 40 litres (200 bar) (located in the sick bay for immediate use) with one flow meter and two connections, to ensure that two persons can receive oxygen simultaneously. If there is more than one non-portable oxygen tank, there must also be two flow meters so that two persons can receive oxygen simultaneously.

FIRST AID KIT (Ships in vessel categories A, B and C)

	PACKAGE / SIZE	QUANTITY / PCS
1. DRUGS		
Sodium chloride 0.9% infusion solution	500–1 000 ml	1
Epinephrine auto-injector 300 µg (e.g. EpiPen, Jext) Indication: First aid treatment of severe allergic reactions. Injected in the outer side thigh muscle.	300 µg x 1	1
Atropine 1 mg/ml inj. Indication: Treatment of bradycardia (heart rate < 40/min). Initial dose 0.5 mg into vein (i.v.), and dose is repeated if needed every 3–5 minutes (maximum of 3 mg). Organophosphate poisoning, see Annex 2: Drugs (Atropine).	25 x 1 ml	1
Hydrocortisone inj. 125 mg/ml (250 mg) (Solu-Cortef) Indication: Severe allergic reactions. Injected into vein or muscle or infused into vein. In case of emergency, injected into vein. or Methylprednisolone 250 mg/4 ml (Solu-Medrol) Injected into vein or muscle or infused into vein. In case of emergency, injected into vein.	2 ml (Solu-Cortef) 4 ml (Solu-Medrol)	2 2
2. RESUSCITATION EQUIPMENT		
Space blanket		1
Oxygen administration device + oxygen tank (2 l) + spare tank		1
Manual ventilation device and masks		1
Suction unit (e.g. manually operated Laerdal suction unit)		1
Suction tube (mucus catheter)	No 12 No 16 No 4	3 3 1
Pharyngeal tube	No 3	1
Protection kit for mouth-to-mouth resuscitation		2
Protective gloves		4
3. INSTRUMENTS AND BANDAGES		
Stethoscope		1
Blood pressure gauge		1
Tourniquet		1

Pulse oxymeter + batteries + spare batteries		1
Fluid therapy equipment		1
Skin cleansing swab		10
Blood vessel cannula	1.0 mm/20 G	2
	1.4 mm/17 G	2
Syringe	2 ml	2
	5 ml	2
Needle	20 G x 1 ½	5
	21 G x 1 ½	5
	23 G x 1	5
Vascular clamp, straight (Crile)	1	1
Fixation tape	2.5 cm roll	1
Bias tape	1 m	1
4. AIRWAY MANAGEMENT		
Airway control system: pharyngeal tube and laryngeal mask airway or laryngeal tube.	adult size	1+1
Magill forceps (for the removal of foreign objects from the airway/pharynx)	adult size	1
5. WOUND AND BURN TREATMENT		
Fixation tape	1 cm roll	1
Scissors, straight		1
First aid bandage	large	1

**DRUGS AND MEDICAL SUPPLIES OF LIFEBOATS AND LIFERAFTS
(Ships in vessel categories A, B and C)**

Instead of the drugs and medical supplies listed in this annex, lifeboats and liferafts may be equipped with a European Category "C" Vessel First Aid Kit referred to in Council Directive 92/29/EEC on the minimum safety and health requirements for improved medical treatment on board vessels.

	PACKAGE / SIZE	QUANTITY / PCS
1. DRUGS		
Skin cleansing agent (local antiseptic)	100 ml	1
Cyclizine hydrochloride 50 mg Indication: Treatment and prevention of motion sickness. DOSAGE: 1 tablet 3 times a day.	10 tablets	2
Paracetamol 500 mg Indication: Treatment of pain and fever. DOSAGE: 1–2 tablets 2–3 times a day.	30 tablets	1
Loperamide 2 mg Indication: Treatment of diarrhoea. DOSAGE: Initial dose is 2 capsules, followed by 1 capsule after each loose bowel movement, no more than 8 capsules per 24 hours.	16 tabl./caps.	1
Isosorbide dinitrate 5 mg tabl. Indication: Treatment of angina pectoris. DOSAGE: 1–2 tablets chewed immediately and held in mouth to absorb through the lining of the mouth.	100 tablets	1
Methylergometrine maleate 0.125 mg Indication: Uterine bleeding after delivery or miscarriage. DOSAGE: 1–2 tablets no more than 3 times a day, only as directed by a doctor. N.B. Not to be used during pregnancy.	30 tablets	1
Metoclopramide 10 mg tabl. Indication: Nausea and vomiting. DOSAGE: 1 tablet 3 times a day.	40 tablets	1
2. BANDAGES AND INSTRUMENTS		
First aid bandage	large	1
First aid bandage	small	1
Resuscitation mask		1
Wound dressing	10 x 20 cm	2
Elastic bandage	10 cm	1

Burn dressing		1
Fixation tape	1 m x 2.5 cm	1
Butterfly closure	medium size	10
First aid guide		1
Scissors		1
Protective gloves		10

Drugs and medical supplies in lifeboats and liferafts are intended for no more than 25 people. If a lifeboat or liferaft is intended for more than 25 people, the quantity of drugs and medical supplies must be increased accordingly.