

3.001 MEDICAL KIT- CONTENTS AND REFERENCE

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

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Item	Strength, Volume	Route of Use	Qty in Pack	Unit	Possible Side Effects	Comments	Location
Antifungal							
Fluconazole (Diflucan)	150 mg	Oral	5	tablet	Headache, dizziness, nausea, abdominal pain, vomiting, diarrhea, rash		B2
Antihistamine							
Diphenhydramine (Benadryl)	25 mg	Oral	60	capsule	Drowsiness, sedation, inability to concentrate, dry mouth, blurred vision, rash, headache, rapid heart rate, dizziness, fatigue, photosensitivity, urinary retention, ringing in the ears, nasal stuffiness	May cause sedation and impair performance. Do not use with sleep meds.	A1
Fexofenadine (Allegra)	180 mg	Oral	400	tablet	Headache, vomiting, fatigue, somnolence, dizziness, fever, pain, drowsiness, diarrhea, nausea, upset stomach, muscle aches, back pain, pain in extremities	Do not use with other antihistamines. Do not drink grapefruit juice 1 hour before or 2 hours after taking the medication.	A2
Antiseizure							
Phenytoin (Dilantin ER)	300 mg	Oral	30	capsule	Tingling sensation in extremities, drowsiness, dizziness, blurred vision, slurred speech	Swallow whole; do not crush or chew.	B4
Antiviral							
Valacyclovir (Valtrex)	1 gm	Oral	60	tablet	Headache, nausea, vomiting, fatigue, dizziness, rash		B2

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Behavioral Health							
Aripiprazole (Abilify)	5 mg	Oral	60	tablet	Headache, agitation, insomnia, anxiety, tremor, restlessness, sedation, dizziness, nausea, constipation, vomiting, abdominal discomfort, dry mouth, blurred vision, nasal congestion		B3
Lorazepam (Ativan)	1 mg	Oral	60	tablet	Drowsiness, slowed breathing, low blood pressure, sedation, dizziness, headache, memory impairment, nausea, changes in appetite, visual disturbances, headache		A1
Sertraline (Zoloft)	50 mg	Oral	60	tablet	Headache, drowsiness, dizziness, insomnia, nervousness, anxiety, nausea, dry mouth, loss of appetite, constipation, tremor, weakness, visual difficulty, sweating, rash, tinnitus		B3
Venlafaxine (Effexor XR)	75 mg	Oral	60	tablet	Headache, drowsiness, dizziness, insomnia, nervousness, anxiety, nausea, dry mouth, loss of appetite, constipation, weakness, sweating	Swallow whole; do not crush or chew.	B3
Cardiac							
Lisinopril (Zestril)	10 mg	Oral	100	tablet	Headache, low blood pressure, dizziness, fatigue, diarrhea, nausea, vomiting, abdominal pain, cough, blurred vision, decrease in urine output or urine-concentrating ability, sweating, weakness		B4

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Metoprolol XL (Toprol XL)	50 mg	Oral	60	tablet	Slow heart rate, dizziness, weakness, insomnia, diarrhea, blurred vision, shortness of breath, fatigue, confusion, memory loss (short-term), sleep disturbances, rash, itching, photosensitivity	Swallow whole; do not crush or chew.	B4
Nitroglycerin (Nitrostat)	0.4 mg	Oral	25	tablet	Flushing, headache, dizziness, nausea, vomiting, dry mouth		B4
Decongestant							
Pseudoephedrine (Sudafed)	30 mg	Oral	100	tablet	Dizziness, rapid heart rate, high blood pressure, restlessness, tremor, headache, loss of appetite, may impair ability to concentrate, dry mouth, insomnia, photosensitivity		A1
Hormone							
Medroxyprogesterone (Provera)	10 mg	Oral	100	tablet	Dizziness, headache, nervousness, bloating, acne, breast pain		Spine
Norgestrel and Ethinyl Estradiol (Ogestrel)	0.5 mg, 0.05 mg	Oral	2	unit dose pack (21 tablets each)	Elevated blood pressure, headache, dizziness, nervousness, nausea, abdominal cramps, blood clots, appetite changes, bloating, breast pain		Spine
Pain Reliever							
Hydrocodone and Acetaminophen (Vicodin HP)	10 mg, 300 mg	Oral	30	tablet	Slower heart rate, dizziness, drowsiness, mental impairment, sedation, nausea, vomiting, constipation, urinary retention	May cause sedation and impair performance. Do not use with sleep meds.	A2

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Space Motion Sickness/Anti-Nausea							
Meclizine (Antivert)	25 mg	Oral	20	tablet	Drowsiness, headache, fatigue, nervousness, dizziness, dry mouth, blurred vision	May cause sedation and impair performance. Do not use with sleep meds.	A2
Ondansetron (Zofran ODT)	8 mg	Oral	30	tablet	Headache, fatigue, drowsiness, dizziness, anxiety, constipation, diarrhea, urinary retention, itching		A2
Promethazine (Phenergan)	25 mg	Oral	100	tablet	Sedation, inability to concentrate, drowsiness, dizziness, blurred or double vision, nausea, dry mouth, urinary retention, constipation, rash, agitation, photosensitivity, uncontrolled muscle spasms	May cause sedation and impair performance. Do not use with sleep meds.	A2
Steroid							
Methylprednisolone (Medrol)	4 mg	Oral	4	dose pack (21 tablets each)	Headache, dizziness, insomnia, restlessness, depression, anxiety, sweating, mood changes, hair growth, flushing, acne		A4
Prednisone (Deltasone)	20 mg	Oral	40	tablet	Headache, fluid retention, vertigo, high blood pressure, mood changes	Take with food.	A4
Stimulant							
Modafinil (Provigil)	200 mg	Oral	30	tablet	Headache, nervousness, dizziness, anxiety, insomnia, chest pain, rapid heart rate, diarrhea, upset stomach, dry mouth, lack of appetite		A1
Stomach							
Bismuth Subsalicylate (Pepto Bismol)	262 mg	Oral	80	chewable		May darken tongue and stool.	A3

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Omeprazole (Prilosec)	20 mg	Oral	90	capsule	Headache, dizziness, rash, flatulence, diarrhea, abdominal pain, nausea, vomiting, constipation, joint pain		A4
Ranitidine (Zantac)	150 mg	Oral	60	tablet	Dizziness, headache, insomnia, abdominal discomfort, blurred vision		A3
Urinary							
Tamsulosin (Flomax)	0.4 mg	Oral	10	capsule	Headache, dizziness, drowsiness, diarrhea, nausea, weakness, back pain, blurred vision, inflammation of the nasal membranes, runny nose, cough		A4