



VIC MAUI RACE SUGGESTED MEDICATIONS

TOPICALS

- Flamazine (*for burns – most common injury*)
- Bactroban or Polysporin (*for skin infections*)
- Anti-fungal cream (*for rail-rider butt and other unmentionable itches*)

ALLERGIC REACTIONS

- Twinject Epi-pen (epinephrine for injection) *for severe reactions*
- Benadryl tablets *for moderate reactions*
- Claritin or Reactine *sustained mild or moderate reactions*
- Salbutamol inhaler *for wheezing reactions*

PAIN CONTROL

- Aspirin *works well for sunburn*
- Ibuprofen or Naproxen *for minor sprains, strains, cramps*
- Robaxacet *for muscle cramps and sprains*
- Acetaminophen *for mild to moderate pain*
- Morphine for injection *for severe pain*

NAUSEA

- Scopolamine patches *for prevention*
- Gravol suppositories or injectable *if already vomiting*

EARACHE

- Decongestant - Sudafed
- Antibiotics - Clavulin or Levofloxacin (*check if allergic*)
- Eardrops – Cipro HC

ANTIBIOTICS *Include alternate medication if crewmembers allergic to any of these*

- Bladder: Septra or Cipro
- Skin: Keflex or Erythromycin (*if penicillin allergic*)
- Mouth/Dental: Clavulin or Clindamycin (*if penicillin allergic*)
- Chest/Sinus: Clavulin or Moxifloxacin (*if penicillin allergic*)
- Vaginitis: Fluconazole oral

INDIGESTION

- Ranitidine or Pepcid
- Antacids (Maalox or diovol)

DIARRHEA

- Gastrolyte *to replace fluid loss*
- Immodium *to decrease bowel movements*
- Lomotil *in severe cases*
Don't use kapectate – doesn't work and prolongs illness

CONSTIPATION *Prevent by adequate hydration*

- Dulcolax suppositories

DIABETES

- Glucogel (*if conscious*)
- Glucagon injection (*if unconscious*)