

## Short term trip medication Recommendations:

Here are some general guidelines on medications

- In general **generic is best** (except for short term medications i.e. antibiotics, then name brands that don't yet have a generic are fine). In general however, your investment goes farther with generics.
- **Get whatever quantity or brand is cheapest** (especially for OTC meds).
- If your physician is able to receive assistance from a local pharmacy or hospital pharmacy, often they will allow him/her to purchase meds for ministry trips at their cost. It's worth asking, and even OTC meds can sometimes be purchased at cost through a pharmacy for cheaper than you can get them OTC. You'll want to do some research on this one.
- Any "drug rep" samples are useful and **free**, but remember that they use a lot of extra and unnecessary packaging. You can consolidate and repackage these, just be sure that they are clearly labeled and that the **accurate lot number and expiration date** are clearly marked somewhere on the package.
- Liquid medications are heavy and will use up your baggage weight, therefore **not** best. Powdered medications (i.e. children's antibiotics) to be reconstituted with water here are fine.
- Gummy type vitamins for children are not best because they tend to melt and become sticky and hard to use.
- Creams and lotions (e.g. hydrocortisone cream) often will be divided by the clinic – meaning that they will not give the entire tube to one person, therefore get whatever size is cheapest.
- **Honduras does not allow expired medications to be brought into the country** (unless they are your personal meds), and if they choose to inspect your bags and find expired medications, they could take your entire quantity of meds (expired and non-expired). While this is rare, it is not worth the risk and it is best to comply with their laws, therefore please do not bring expired meds.
- This is tedious, but on my short-term trips, I logged every medication by name, dosage, lot number and expiration date, and I kept track of what meds were in which bag. This is helpful if there are any questions by customs (it's easiest to just show them the packing list of what is inside the bag, rather than to have them inspect the bag), and it is also helpful if you might lose a bag to your friendly airline (that way you know exactly what is missing).
- My experience in Honduras has been good. In general, they are happy that you are coming to help so if they know that you are coming as a church group for a medical brigade they won't give you much hassle. Just tell them that you are with a doctor or nurse (or just a caring person), and that you are there for a medical brigade. To be honest, they probably won't even ask.
- Respiratory meds: inhalers, meds for nebulizers (steroids and antispasmodics) are very necessary. They are expensive here and in the U.S., but if you can come across some and bring them, you will make many lives better.
- Some generic meds can be bought here in Honduras cheaper than you can get them. This fluctuates (both cost and supply) so it is hard to give you specifics. Sometimes it is helpful to get whatever meds you can and to send some money so that the clinic can buy any needed meds here. Whatever isn't used in your brigade will be used in the weeks to come.
- Supplies such as gauze, bandages, ace-wraps, ear specula, syringes, needles, etc. are always helpful. I have never had a problem bringing in such supplies.

### Recommended over the counter meds:

- Anti-inflammatory meds (NSAIDs)
  - Aspirin (81mg, 162mg or 325mg all are fine)
  - Ibuprofen (generic for Motrin and Advil)
  - Naproxen (generic for Aleve)
- Acetaminophen (generic for Tylenol) – all shapes and sizes are fine, children and adult
- Multivitamins and supplements
  - Prenatal vitamins
  - Adult vitamins with iron
  - Children's chewable vitamins with iron (**No** gummies is best as noted above)

- Infant liquid vitamins with iron are helpful (but due to weight, the amount you can bring will be limited)
- Specialized vitamins (“Men’s” or “Women’s” are fine, but generally aren’t necessary, except for prenatal vitamins as noted. Simple, generic multivitamins are fine.)
- Iron sulfate
- Hydrocortisone cream
- Antibiotic cream (Neosporin, Bacitracin, Triple Antibiotic, etc. all are useful)
- GI meds (often they are only sold at half the dose OTC)
  - Ranitidine 150mg
  - Famotidine 20mg
  - Omeprazole 40mg
  - Pantoprazole 40mg
- Antihistamines (these are examples, any other generics are fine)
  - Loratadine 10mg tabs and 5mg/5ml liquid
  - Diphenhydramine 25mg tabs and 12.5mg/5ml liquid

**Prescription meds:**

These are general ideas. Anything more that you think fits the general guidelines above or are donated will be fine.

- Cardiovascular/Antihypertensives
  - ACE inhibitors (e.g. lisinopril, enalapril, etc.)
  - Beta blockers (e.g. atenolol, propranolol)
  - Diuretics (e.g. furosemide, hydrochlorothiazide)
  - Angiotensin II blockers (any samples or generics)
  - Digoxin (0.125mg, 0.25mg)
- Diabetes
  - Metformin 500mg
  - Glyburide 5mg
  - Glipizide 5mg
- GI
  - Ranitidine 150mg
  - Famotidine 20mg
  - Omeprazole 40mg
  - Pantoprazole 40mg
- Antibiotics/Antifungals/Antivirals
  - Cipro 250mg, 500mg
  - Levofloxacin 500mg
  - Avelox 400mg (if you can get samples)
  - Azithromycin 250mg
  - Clarithromycin 500mg
  - Doxycycline 100mg
  - Bactrim DS
  - Bactrim suspension
  - Amoxil 500mg
  - Amoxil 250mg/5ml (or whatever you can get)
  - Keflex 500mg
  - Keflex 250mg/5ml (or whatever you can get)
  - Metronidazole 250mg, 500mg
  - Gentamicin ophth gtts 5ml bottles
  - Rocephin 1 gm (injections)
  - Fluconazole 100mg
  - Ketoconazole topical (cheapest per gram tubes)
  - Clotrimazole topical (cheapest per gram tubes)

- Acyclovir 200mg
- Pain/NSAIDs
  - No narcotics
  - Prescription NSAIDs are always helpful
- Antihistamines
  - Loratadine 10mg tabs and 5mg/5ml liquid
  - Diphenhydramine 25mg tabs and 12.5mg/5ml liquid
  - Promethazine 25mg
- Respiratory
  - Albuterol HFA inhalers
  - Albuterol 3ml vials for nebulizers (the clinic has machines)
- Steroids/Epinephrine (these are always helpful)
  - Prednisone 10mg tabs
  - Prelone 15mg/5ml
  - Depomedrol 80mg/ml (injections)
  - Triamcinolone Cream 0.1%
  - EpiPens adult and pediatric

If you have other possible meds or things that you are not sure of, please just let me know if you have questions. If you follow the general guidelines above and use this list as a guide, you will accomplish your goal and be a huge blessing! Thanks for serving our Lord and people of Honduras as well as furthering the gospel through your ministry here!