

# Medical Bag Inventory Medicine Directory

1. Acetaminophen (Tylenol): 500mg every 4-6 hours. Treats mild pain from headache, muscle ache, menstrual pain, colds and sore throat, toothache, backache and reaction to vaccinations and to reduce fever
2. Benzocaine (Anbesol): Sold under the name Orajel. It's a local anesthetic used to treat toothaches, sore gums, canker sores, braces and dentures. Drop directly onto sore area, do not use more than 4 times per day.
3. Lidocaine 4% (Aspercream): Topical anesthetic used for minor aches and pains of muscles and joints (arthritis, backache, sprain). It is a nonsteroidal anti-inflammatory drug (NSAID). Apply to skin over painful area 3-4 times per day. Rub in gently
4. Aspirin: a NSAID used to reduce fever and to relieve mild to moderate pain from muscle aches, toothaches, common cold and headaches. Can be used to reduce swelling. Low dose is used to prevent blood clots/blood thinner. Dose is between 81mg-500mg every 4-6 hrs.
5. Diphenhydramine (Benadryl): Antihistamine used to treat pain/itching caused by insect bites, poison ivy/oak and motion sickness. Also, for hay fever, allergies, cold symptoms, a sleeping agent, anxiety and other allergic reactions. Dose is 25-50mg every 4-6hrs. Dissolve under tongue for faster absorption.
6. Zinc Oxide (Calamine Lotion): Used to treat sunburn, insect bites, poison ivy and other mild skin conditions. Can also be used to dry out skin irritations (weeping poison ivy blisters). Shake bottle, dab cotton ball on bottle opening, apply evenly to skin and allow to dry.
7. Hydrocortisone (Cortisone 10): Used to treat skin itching from insect bites, poison ivy/oak, eczema, dermatitis, allergies, rash and itching. Can be used around the vagina and anal areas. Apply a small amount of medication and rub in with fingers.
8. Allergy Eye Drops: Used to treat run of the mill allergies such as eye itching, redness, tearing etc. Apply a few eye drops to each eye every 3hrs as needed.
9. Ibuprofen (Advil): A NSAID used for mild fever and severe pain such as fever, inflammation, headache, toothache, back pain, arthritis, menstrual cramps. Use lowest dose possible (200mg) to treat pain. Do not exceed 3200mg/per day. Max dose is 800mg at one time.
10. Loperamide (Imodium): used to control diarrhea. Can be used to treat patients with inflammatory bowel disease. Soothes cramping, gas and bloating. Take 2 tabs, followed by 1 tab for each subsequent loose stool. No more than 4 tabs in 24 hrs.
11. Sennosides: Treats constipation by keeping water in the intestines. Take two 25mg tabs orally once or twice daily. No more than 7 days of use.
12. Omeprazole (Prilosec): Used for heartburn, damaged esophagus, stomach ulcers and gastroesophageal reflux disease (GERD). 20mg once per day for up to 4 weeks.
13. Pseudoephedrine (Sudafed): Treats stuff nose and sinuses by dilating blood vessels. 60mg every 4-6hrs. Do not take more than 240mg in twenty-four hours.
14. Clotrimazole (Lotrimin): Antifungal medication used to treat yeast infection, diaper rash, ringworm, athlete's foot and jock itch. Apply a thin layer of the medication to infected area 1-2 times daily.
15. Dimenhydrinate (Dramamine): Used for motion sickness and the treatment of nausea, vomiting and dizziness associated with motion sickness. 50-100mg every 4-6hrs as needed, Max dose is 400mg in 24hrs.
16. EpiPen: Used for severe allergic reaction (anaphylaxis). Once injected the epinephrine decreases the body's allergic reaction. Open case, blue part to the sky, orange to the floor. Swiftly inject into the outer thigh muscle.
17. Bismuth Subsalicylate (Pepto): Used to treat heartburn, acid reflux, indigestion, diarrhea. Take 30ml every 30 minutes as needed. No more than 8 doses in 24hrs, no more than 2 days
18. Clenbuterol: Used to treat asthma and COPD. Similar to Albuterol, it works by relaxing the airways and opening up air passages to the lungs, making it easier to breathe. Dose is .2-.3 micrograms per day.
19. Alprazolam (Xanax): Used to treat panic attacks and anxiety disorder. Dose is .25 to .5mg three times daily.
20. Cough Suppressants/Expectorants: Used to treat coughing caused by a cold and bronchitis.
21. Vicks VapoRub: Used to treat muscle aches and cough. By rubbing the product on your skin (chest and throat are most common), it can relieve coughing. Contains Camphor, Eucalyptus oil and Menthol.
22. Caffeine (Vivarin): Caffeine stimulant used to treat tiredness. Dose: 200mg tablet. Take as needed.
23. Activated Charcoal: Used to treat poisoning. Other drugs and toxins will bind to it allowing save digestive passage.
24. Ipecac Syrup: Used to induce vomiting due to poisoning.
25. Rehydration Salts: Used to treat dehydration due to excessive sweating, vomiting and diarrhea. Mix and Drink.

# Medical Bag Inventory

Product	Amount	Product	Amount
Ace Bandages	6	Moleskin	2" X 5 yards
Acetaminophen 500mg (Tylenol)	24 tabs	N95 mask	1
Alcohol Swabs	100	Nail Clippers	1
Aspercream (lidocaine 4%)	3oz	Nasal Aspirator	1
Aspirin 325mg	100 tabs	Needle & Thread	3 & 1
Aspirin 81mg	60 tabs	Notepad	1
Bacitracin Zinc (Neosporin)	.3oz	Omeprazole 20mg (Prilosec)	14 tabs
Band Aid	25	Paracord 550	50 feet
Benzocaine (Anbesol)	.3oz	Pen	1
Bismuth Subsalicylate (Pepto)	40tabs	Petroleum Jelly	2.5oz
Blanket (reflective)	1	Pseudoephedrine 30mg (Sudafed)	48 tabs
Bug Spray	.5oz	Rehydration Salts	6 packets
Butterfly Closure Bandages	12	Qtips	30
Caffeine (Vivarin) 200mg	80tabs	Safety Pins	25
Calcium Carbonate (Tums)	24 chew tabs	Scissors	1
Chapstick	1	Sennosides 25 (laxative)	24tabs
Clotrimazole 1% (Lotramin)	.5oz	Sharpie Marker	2
Cold Pack	2	Skin Stapler	55 staples
Cold/Flu Tabs (Dayquil)	24 Tabs	Splint (moldable, 36x4.25 inches)	1
Cotton Balls (flat)	10	Sunscreen 30spf	1oz
Dental Floss	1 Roll	Sunscreen 50spf	5.5oz
Diphenhydramine 25mg (Benadryl)	36 tabs	Super Glue	2
Eyedrops (allergy)	.5oz	Syringe (Insulin)	4
Finger Splint (2)	2	Syringe (Intramuscular)	2
Fishing Line (4lb mono)	100 yards	Tampons	30
Gauze	10	Tape (athletic) 1.5"x8 yards	1 Roll
Gloves (Vinyl)	8	Tape (duck)	15 yards
Hand Sanitizer	3oz	Tape (medical)	10 yards
Handwarmers	5	Thermometer	1
Headlamp	1	Tissues	3 packs of 10
Honey	2 small jars	Toothbrush/Toothpaste	1ea.
Hydrocortisone 1% (Cortizone 10)	1oz	Tourniquet	1
Ibuprofen 200mg (Advil)	20 tabs	Tweezers	1
Itch Relieve Gel	4oz	Vapor Rub (Vicks)	3.5oz
Lighter (Bic)	1	Wet Wipes	18
Loperamide HCL (Imodium)	24tabs	Wound Seal	4 pouches
Lotion	2oz	Xanax (.25mg)	10 tabs
Mag Glass (Fresnel lens)	1	Zinc Oxide (Calamine Lotion)	6oz
Meclizine HCL 25mg (Dramamine)	8tabs		