

Total Health

Pharmacy - Supply List

Please read this document carefully before taking any medicine or supplies to Honduras

Total Health is committed to ensuring adequate supplies of medications and materials for the day-to-day operation of Salud Total. Our goal is to provide consistent and reliable primary care. For many medical problems and conditions (e.g. infections), we can freely substitute therapies and maintain effectiveness (e.g. substitute a first generation cephalosporin for a penicillin). However, in other conditions, it is vital to use the same medication continuously to ensure a maximal response to therapy (e.g. there is no safe way to titrate dosages and reach therapy goals when treating diabetes if the medication being used changes each month). The list supplied here is what we consider to be a minimum set of medications and materials. You may take medications with you that are not on this list, but we ask that you *focus on items that can be substituted without interrupting quality of care*. These areas of medicine are starred below. **Medicines taken to the clinic that are not either on the attached list, or in a category that allows for substitution of medicines, will be removed from the clinic and donated to other charities if a suitable recipient can be found.** Before returning from Honduras, please be sure to check with the pharmacy and notify us of medications that are in short or excess supply. Thank you for your help.

Medications:

Anti-Infectives (*Minimum List)

1. Penicillin or Cephalosporin
 - a. Lorabid
 - 200mg Capsules
 - 400mg Capsules
 - 200mg/5cc Powder
 - 400mg/5cc Powder
 - b. Amoxicillin
 - 500mg Capsules
 - 125mg/5ml Powder
2. Doxycycline 100mg Tablets
3. Cipro 500mg Tablets
4. Erythromycin 333mg Tablets
5. Bactrim (DS Tablets, Suspension)
6. Diflucan 100mg Tablets
7. Nystatin Oral Suspension
8. Nystatin Vaginal Tabs 100,000 Units

Anti-Parasitic (*Minimum List)

1. Albendazole 200mg Chewable
2. Metronidazole
 - 250mg Tablets
 - 125mg/5ml Suspension

Hypertension

1. Vasotec (Enalapril)
 - 10mg, 20mg Tablets
2. Lopressor (Metoprolol) 50mg Tabs
3. HCTZ 25mg Tablets
4. Terazosin Tablets/Capsules
 - 1mg, 2mg and 5mg

Diabetes Mellitus

1. Glyburide (Glibenclamide) 5mg
2. Metformin 500mg Tablets
3. Regular insulin

Gastrointestinal (*Minimum List)

1. Omeprazole
2. Cimetidine 200mg
3. Calcium Carbonate
4. Hemorrhoidal Cream
5. Oral Rehydration Solution

Anti-Diarrheals (*Minimum List)

1. Imodium (Capsules, Liquid)
2. Pepto-Bismol (Tablets, Liquid)

Pain Medications (*Minimum List)

1. Motrin
 - 200mg Tablets
 - 100mg/5ml Suspension
2. Naproxen 500mg Tablets
3. Tylenol
 - 500mg Tablets
 - 160mg/5ml Liquid
 - 80mg/0.8ml Infant Drops
4. Aspirin
 - 81mg, 325mg Tablets
5. Tramadol 50mg

Cold/Allergy (*Minimum List)

1. Diphenhydramine or Chlorpheniramine
2. Guaifenesin
3. Sudafed

Topicals (*Minimum List)

1. Bactroban Cream/Ointment
2. Neosporin Cream/Ointment
3. Clotrimazole Cream
4. Hydrocortisone Cream (1%, 2.5%)
5. Silvadene Cream

Oral Inhalers (*Minimum List)

1. Albuterol
2. Azmacort

Eye/Ear (*Minimum List)

1. Sulfacetamide Ophthalmic
2. Cortisporin Ophthalmic
3. Pred Forte 1% ophth susp
4. Cortisporin Otic
5. Patanol 0.1% ophth soln
6. Alphagan P 0.15% ophth soln
7. Betopticc S 0.25% ophth susp
8. Duratears

Miscellaneous (*Minimum List)

1. Vitamins
2. Iron Supplements (e.g. Ferrous SO4)
3. Lidocaine (for local anesthetic)
4. Cortisone (Injection)
5. Oral Contraceptives
6. Amitriptyline 25mg Tablets
7. Skeletal Muscle Relaxants

Represents preferred or minimum list; any other products in this class are welcomed.