



COOK ISLANDS ESSENTIAL MEDICINES LIST NOVEMBER 2017

Updated pursuant to the Drug & Therapeutics Committee Meeting held in November 2017

INTRODUCTION

Medicines listed in the Cook Islands Essential Medicines List (EML) have been approved by the Cook Islands Ministry of Health Drug and Therapeutics Committee for use in Ministry of Health hospitals, clinics and pharmacies in the Cook Islands.

1.1 Policy

Only medicines listed in the EML are recommended for use and are available in the Ministry of Health pharmacies and hospitals.

For medicines not listed on the EML practitioners have the following options:

- changing to an EML-listed alternative
- provide a prescription to enable the patient to purchase their supply from a community pharmacy

Where there is an ongoing requirement for a non-EML medicine, and an EML-alternative is not available, prescribers may apply for a 'named patient' supply by completing the "Special Request for the Supply of a non-EML Medicine for an Individual Patient" form available for download from the Ministry of Health website at <http://www.health.gov.ck/clientsconsumers/essential-medicines-list/>.

The appropriate sections of the form should be completed by the requesting prescriber and then forwarded to the Chief Pharmacist for further completion and consideration by a Standing Committee of the Drug and Therapeutics Committee. Patients approved for a 'named patient' supply are able to have prescriptions for their medicine filled at their nominated Ministry of Health Pharmacy, once a supply of stock has been obtained (2-3 weeks).

There are also some medicines listed in the EML that are only available on a 'named patient' and/or designated prescriber basis.

Prescribers can request the addition to, or removal of a medicine from the EML by using the "Request for the addition of a Medicine to the Essential Medicines List" form on the Ministry's website (<http://www.health.gov.ck/clientsconsumers/essential-medicines-list/>). This should be forwarded to the Chief Pharmacist for consideration at the next Drug and Therapeutics Committee meeting.

1.2 Presentation

Items listed in the document are listed alphabetically in each section, in the following presentation:

MEDICINE	FORM	STRENGTH/SIZE	NOTES
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1.3 Indexing

The indexing system of the WHO EML has been maintained for ease of updating and comparison. Medicines listed under different headings are approved and recommended for use for that condition.

Individual medicine entries can be located using the Index at the back of the document, or by hovering over the section heading in the Table of Contents and using Ctrl+Click to go to that section, or by searching using the "CtrlF" function. Note that individual medicines may appear under more than one category.

CONTENTS

INTRODUCTION	2
1.1 Policy.....	2
1.2 Presentation	2
1.3 Indexing	2
CONTENTS	3
1 ANAESTHETICS.....	7
1.1 General Anaesthetics and Oxygen.....	7
1.1.1 Inhalational Anaesthetics and Medicines.....	7
1.1.2 Injectable Anaesthetics	7
1.2 Local Anaesthetics	7
1.3 Preoperative Medication and Sedation for Short Term Procedures.....	7
2 ANALGESICS AND MEDICINES FOR PALLIATIVE CARE	8
2.1 Non-opioid Analgesics and Non-steroidal Anti-inflammatory Medicines.....	8
2.2 Opioid Analgesics.....	8
2.3 Medicines for Other Common Symptoms in Palliative Care	9
3 ANTIALLERGIC MEDICINES AND MEDICINES FOR ANAPHYLAXIS	10
4 ANTIDOTES AND MEDICINES FOR POISONING.....	11
4.1 Non-specific Treatments	11
4.2 Specific Antidotes	11
5 ANTICONVULSANTS AND ANTIEPILEPTICS	12
6 ANTI-INFECTIVE MEDICINES	13
6.1 Anthelmintics.....	13
6.1.1 Intestinal Anthelmintics.....	13
6.1.2 Antifilarial Medicines.....	13
6.2 Antibacterials.....	13
6.2.1 Beta-lactam Medicines	13
6.2.2 Other Antibacterials	14
6.2.3 Antileprosy medicines (in combination).....	14
6.2.4 Anti-tuberculosis medicines	15
6.3 Antifungal medicines	15
6.4 Antiviral medicines	15
6.4.1 Antiherpes medicines	15
6.4.2 Antiretroviral	15
6.5 Antiprotozoal medicines.....	15
6.5.1 Antiamoebic and anti giardiasis medicines	15
6.5.2 Antimalarial medicines	16
6.5.3 Antipneumocystosis (PCP) and antitoxoplasmosis medicines	16
7 ANTI-MIGRAINE MEDICINES.....	17
7.1 Treatment of acute migraine attack.....	17

7.2	Migraine prophylaxis	17
8	ANTINEOPLASTICS AND IMMUNOSUPPRESSIVES	18
8.1	Immunosuppressive medicines	18
8.2	Cytotoxic and adjuvant medicines	18
8.3	Hormones and antihormones	18
9	ANTI-PARKINSON'S MEDICINES.....	19
10	blood modifying MEDICINES	20
10.1	Anti-anaemia medicines	20
10.2	Medicines affecting coagulation	20
10.3	Other medicines for haemoglobinopathies	20
11	BLOOD PRODUCTS AND PLASMA SUBSTITUTES.....	21
11.1	Plasma substitutes.....	21
12	CARDIOVASCULAR MEDICINES	22
12.1	Antianginal medicines	22
12.2	Antiarrhythmic medicines and medicines for cardiac arrest	22
12.3	Antihypertensive medicines	23
12.4	Medicines used in heart failure	23
12.4	Medicines used in heart failure contd.....	24
12.5	Medicines for acute coronary syndromes including unstable angina and myocardial infarctions.....	24
12.5.1	Antiplatelet agents	24
12.5.2	Thrombolytics	24
12.5.3	Anticoagulants.....	24
12.6	Lipid lowering agents.....	24
13	DERMATOLOGICAL MEDICINES	25
13.1	Topical antifungal medicines.....	25
13.2	Topical antiinfective medicines	25
13.3	Topical antiinflammatory and antipruritic medicines	25
13.4	Medicines affecting skin differentiation and proliferation	25
13.5	Scabicides and pediculicides	25
13.6	Psoriasis	25
14	DIAGNOSTIC AGENTS.....	26
14.1	Ophthalmic Preparations	26
14.2	Radioccontrast media and diagnostics	26
15	DISINFECTANTS AND ANTISEPTICS	27
15.1	Antiseptics for use on skin.....	27
15.2	Disinfectants	27
15.2.1	For instruments and surfaces	27
15.2.2	Skin preparations.....	27
16	DIURETICS.....	28
17	GASTROINTESTINAL MEDICINES.....	29

17.1	Antiulcer medicines	29
17.2	Antiemetic medicines	29
17.3	Gastro-intestinal anti-inflammatory medicines	29
17.4	Laxatives	30
17.5	Medicines used in diarrhoea	30
17.5.1	Oral rehydration	30
17.5.2	Medicines for diarrhoea in children	30
17.5.3	Gastrointestinal antimotility agents.....	30
17.6	Treatment for haemorrhoids.....	30
17.7	Gastrointestinal antispasmodic medicines.....	31
18	HORMONES, endocrine AND CONTRACEPTive	32
18.1	Adrenal hormones and synthetic substitutes	32
18.2	Androgens.....	32
18.3	Contraceptives.....	32
18.3.1	Oral hormonal contraceptives.....	32
18.3.2	Injectable hormonal contraceptives.....	32
18.3.3	Intrauterine devices.....	32
18.3.4	Barrier methods.....	32
18.3.5	Implantable contraceptives.....	32
18.4	Insulins and other medicines used for diabetes.....	32
18.5	Oestrogens	33
18.6	Ovulation inducers	33
18.7	Progestogens	33
18.8	Thyroid hormones and antithyroid medicines	33
19	IMMUNOLOGICAL PREPARATIONS.....	34
19.1	Diagnostic agents	34
19.2	Sera and immunoglobulin	34
19.3	Vaccines.....	34
20	MUSCLE RELAXANTS.....	35
20.1	Muscle relaxants for use in surgery.....	35
20.2	Other muscle relaxants.....	35
21	OPHTHALMOLOGICAL PREPARATIONS.....	36
21.1	Anti-infective agents for the eye	36
21.2	Anti-inflammatory agents for the eye.....	36
21.3	Local anaesthetics for the eye.....	36
21.4	Lubricants for the eye.....	36
21.5	Miotics and antiglaucoma medicines	36
21.6	Mydriatics	36
22	OXYTOCICS AND ANTIOXYTOCICS	37
22.1	Oxytocics.....	37

22.2	Antioxytocics (tocolytics).....	37
23	PERITONEAL DIALYSIS SOLUTION	38
24	MEDICINES FOR PSYCHIATRIC AND BEHAVIOURAL DISORDERS	39
24.1	Medicines used in psychotic disorders.....	39
24.2	Medicines used in mood disorders	39
24.2.1	Medicines used in depressive disorders.....	39
24.2.2	Medicines used in bipolar disorders.....	39
24.3	Medicines for anxiety disorders	39
24.4	Medicines used for obsessive compulsive disorders	39
24.5	Medicines for disorders due to psychoactive substance use.....	39
24.6	Medicines for ADHD	40
24.7	Hypnotics.....	40
25	RESPIRATORY TRACT MEDICINES	41
25.1	Antiasthma and medicines for chronic obstructive pulmonary disease.....	41
26	ELECTROLYTE AND FLUID BALANCE PREPARATIONS.....	42
26.1	Oral preparations	42
26.2	Parenteral Solutions	42
26.3	Miscellaneous Solutions	42
27	VITAMINS AND MINERAL PREPARATIONS.....	43
28	EAR, NOSE AND THROAT MEDICINES.....	44
29	NEONATAL CARE MEDICINES	45
29.1	Medicines administered to the neonate (neonatal intensive care medicines).....	45
29.2	Medicines administered to the mother	45
30	RHEUMATOLOGY MEDICINES.....	46
30.1	Medicines used to treat gout	46
30.1.1	Medicines for acute gout.....	46
30.1.2	Medicine for gout prophylaxis.....	46
31	MEDICINES FOR URINARY TRACT CONDITIONS.....	47
31.1	Urinary Alkalinisation	47
31.2	Benign Prostatic Hypertrophy	47
31.3	Urinary Incontinence	47
32	MISCELLANEOUS	48
32.1	Lubricants	48
	APPENDIX 1: CRITERIA FOR MINISTRY-FUNDED INFLUENZA VACCINE	49
	INDEX.....	50

1 ANAESTHETICS

1.1 General Anaesthetics and Oxygen

1.1.1 Inhalational Anaesthetics and Medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Isoflurane	Liquid for inhalation	250mL	
Sevoflurane	Liquid for inhalation	250mL	
Nitrous oxide	Gas for inhalation		
Oxygen	Gas for inhalation (OXYGEN "G" SIZE Gas 1)		
Soda lime (sodium hydroxide)	Granules		

1.1.2 Injectable Anaesthetics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ketamine	Injection	500mg/10mL	Controlled Drug
Propofol	Injection	200mg/20mL	
		500mg/50mL	HDU use only
Thiopental	Injection	1g	Theatre or ED use only

1.2 Local Anaesthetics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Bupivacaine	Injection	0.5%, 20mL	
	Spinal (heavy) injection	0.5%, 4mL	
Ethyl chloride	Spray	100mL	
Lidocaine	Injection	2%, 20mL	
	Gel, urethral syringe	2%, 10mL	For male catheterisation
	Spray	10%, 50mL	Theatre use only
Lidocaine + adrenaline (epinephrine)	Dental cartridge	1% + 1:100,000, 5mL	
		2% + 1:80,000, 2.2mL	

1.3 Preoperative Medication and Sedation for Short Term Procedures

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Midazolam	Injection	5mg/5mL	Controlled Drug
		15mg/3mL	Controlled Drug, HDU use only
Morphine	Injection	10mg/1mL	Controlled Drug
Fentanyl	Injection	100mcg/2mL	Controlled Drug
Atropine	Injection	600mcg/1mL or 1mg/1mL	

2 ANALGESICS AND MEDICINES FOR PALLIATIVE CARE

2.1 Non-opioid Analgesics and Non-steroidal Anti-inflammatory Medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Amitriptyline	Tablets	25mg	
		50mg	
Ibuprofen	Oral liquid	100mg/5mL	
	Tablets	200mg	
Diclofenac	Injection	75mg/3mL	Theatre use only
	Suppositories	25mg	
		50mg	
	Tablets, enteric coated	50mg	
	Tablets, modified release	100mg	
Mefenamic acid	Capsules	250mg	Dysmenorrhoea or menorrhagia only
Naproxen	Tablets	250mg	
Paracetamol	Oral liquid	120mg/5mL	
		250mg/5mL	
	Suppositories	125mg	
		250mg	
		500mg	
	Tablets	500mg	

2.2 Opioid Analgesics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Codeine phosphate	Tablets	30mg	Controlled Drug
Morphine sulphate	Injection	10mg/1mL	Controlled Drug
	Oral liquid	2mg/1mL	
	Tablets or capsules, modified release	10mg	
		30mg	
Tablets, immediate release	10mg		
Pethidine	Injection	50mg/1mL	Controlled Drug, Obstetrics only
Tramadol	Capsules	50mg	
	Injection	100mg/2mL	

2.3 Medicines for Other Common Symptoms in Palliative Care

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Amitriptyline	Tablets	25mg	
		50mg	
Dexamethasone	Injection	4mg/1mL	
	Tablets	4mg	
Diazepam	Injection	10mg/2mL	Controlled Drug, may be used rectally
	Tablets	5mg	Controlled Drug
Docusate + sennosides B	Tablets	50mg + 8mg	
Fluoxetine	Capsules	20mg	
Haloperidol	Injection	5mg/1mL	
	Tablets	500mcg	
		5mg	
Hyoscine butylbromide	Injection	20mg/1mL	
Hyoscine hydrobromide	Injection	400mcg/1mL	
Lactulose	Oral liquid	10g/15mL	
Loperamide	Tablets or capsules	2mg	
Metoclopramide	Injection	10mg/2mL	
	Tablets	10mg	
Midazolam	Injection	5mg/5mL	Controlled Drug
		15mg/3mL	
Ondansetron	Injection	4mg/2mL	

3 ANTIALLERGIC MEDICINES AND MEDICINES FOR ANAPHYLAXIS

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Adrenaline (epinephrine)	Injection	1mg/1mL	
Dexamethasone	Injection	4mg/1mL	
Ephedrine	Injection	30mg/1mL	Controlled Drug
Hydrocortisone	Injection	100mg	
Loratadine	Tablets	10mg	
Promethazine	Tablets	10mg	
		25mg	
	Oral liquid	5mg/5mL	
	Injection	50mg/2mL	
Prednisolone	Oral liquid	5mg/1mL	Paediatric patients only
Prednisone	Tablets	5mg	
		20mg	

4 ANTIDOTES AND MEDICINES FOR POISONING

4.1 Non-specific Treatments

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Charcoal, activated	Oral liquid	200mg/1mL	

4.2 Specific Antidotes

For dosing recommendations see TOXINZ website (<http://www.toxinz.com/>)

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Acetylcysteine	Injection	2g/10mL	Paracetamol poisoning
Atropine	Injection	600mcg/1mL	Organophosphate poisoning
Calcium gluconate	Injection	1g/10mL (10%)	Potassium, magnesium, or calcium channel blocker(CCB) poisoning
Desferrioxamine (deferoxamine)	injection	500mg	Iron poisoning
Naloxone	Injection	400mcg/1mL	Opioid poisoning

5 ANTICONVULSANTS AND ANTI-EPILEPTICS

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Carbamazepine	Oral liquid	100mg/5mL	
	Tablets, modified release	200mg	
Diazepam	Injection	10mg/2mL	Controlled Drug, may be used rectally
Levetiracetam	Tablets	500mg	On the recommendation of a public sector Paediatrician only
		1000mg	Tablets can be dispersed in water and smaller doses measured for children
Magnesium sulfate	Injection	49.3%, 5mL	For eclampsia and severe pre-eclampsia
Midazolam	Injection	5mg/5mL	Controlled Drug, may be used buccally or intranasally
Phenobarbitone	Injection	200mg/1mL	Controlled Drug
	Tablets	30mg	
Phenytoin	Capsules	100mg	
	Injection	250mg/5mL	
	Oral liquid	30mg/5mL	
Sodium valproate	Oral liquid	200mg/5mL	
	Tablets, enteric coated	200mg	
		500mg	

6 ANTI-INFECTIVE MEDICINES

6.1 Anthelmintics

6.1.1 Intestinal Anthelmintics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Albendazole	Tablets, chewable	400mg	

6.1.2 Antifilarial Medicines

Albendazole	Tablets, chewable	400mg	
Diethylcarbamazine	Tablets	50mg	

6.2 Antibacterials

6.2.1 Beta-lactam Medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Amoxicillin	Capsules	250mg	
		500mg	
	Oral liquid	125mg/5mL	
		250mg/5mL	
Amoxicillin + clavulanic acid	Injection	1g + 200mg	
	Oral liquid	125mg + 31.25mg/5mL	
		250mg + 62.5mg/5mL	
Tablets	500mg + 125mg		
Ampicillin	Injection	1g	
Benzathine penicillin	Injection	1.2 MU (900mg)	
Benzylpenicillin	Injection	1 MU (600mg)	
Cefalexin	Capsules	500mg	
	Oral Liquid	250mg/5mL	
Cefazolin	Injection	1g	For surgical prophylaxis
Cefotaxime	Injection	500mg	Neonatal use on the recommendation of a public sector Paediatrician only
Ceftazidime	Injection	1g	Restricted – contact Pharmacist
Ceftriaxone	Injection	1g	
Flucloxacillin	Capsules	250mg	
		500mg	
	Oral liquid	250mg/5mL	
	Injection	1g	
Meropenem	Injection	1g	Restricted – contact Pharmacist
Phenoxyethylpenicillin	Oral liquid	125mg/5mL	
	Tablets	250mg	

6.2.1.1 Beta-lactam Adjunct

MEDICINE	FORM	STRENGTH/SIZE	NOTES
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Probenecid	Tablets	500mg	
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6.2.2 Other Antibacterials

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Azithromycin	Tablets	500mg	
Chloramphenicol	Capsules	250mg	
	Oral liquid	125mg/5mL	
	Injection	1g	
Ciprofloxacin	Tablets	500mg	
Clindamycin	Capsules	150mg	
	Injection	600mg/4mL	
Doxycycline	Tablets	100mg	For children 8 years and older
Erythromycin	Oral liquid	125mg/5mL OR 200mg/5mL	
Gentamicin	Injection	80mg/2mL	
Metronidazole	Infusion	500mg/100mL	
	Oral liquid	200mg/5mL	
	Tablets	200mg	
		400mg	
Nitrofurantoin	Tablets	100mg	
Rifampicin	Capsules	150mg	
		300mg	
	Oral liquid	100mg/5mL	
Roxithromycin	Tablets	150mg	
Co-trimoxazole (trimethoprim + sulfamethoxazole)	Oral liquid	40mg + 200mg/5mL	
	Tablets	80mg + 400mg	
Trimethoprim	Tablets	300mg	
Vancomycin	Injection	500mg	

6.2.3 Antileprosy medicines (in combination)

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Clofazimine	Capsules	100mg	MDT-Combo packs ordered on request from WHO
Dapsone	Tablets	100mg	Ordered on request
Rifampicin	Capsules	150mg	
		300mg	

6.2.4 Anti-tuberculosis medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ethambutol	Tablets	400mg	Paediatric mixture can be compounded (NZ Formulary)
Isoniazid	Tablets	100mg	Paediatric mixture can be compounded (NZ Formulary)
Pyrazinamide	Tablets	500mg	
Pyridoxine	Tablets	25mg	Given with isoniazid to prevent neuropathy
Rifampicin	Capsules	150mg	
		300mg	
	Oral liquid	100mg/5mL	

6.3 Antifungal medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Clotrimazole	Cream	1%	
	Vaginal cream	1%	
	Vaginal tablet	500mg	
Fluconazole	Capsules	50mg	
Griseofulvin	Tablets	125mg	
		500mg	
Nystatin	Oral liquid	100,000IU/1mL	
Terbinafine	Tablets	250mg	

6.4 Antiviral medicines

6.4.1 Antiherpes medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Aciclovir	Injection	250mg/10mL	For life-threatening infections only
	Tablets, dispersible	200mg	
		400mg	
		800mg	

6.4.2 Antiretroviral

On the recommendation of an overseas public sector Specialist only.

Needle stick injury kit: contact Dr May Aung

6.5 Antiprotozoal medicines

6.5.1 Antiamoebic and anti giardiasis medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Metronidazole	Infusion	500mg/100mL	
	Tablets	200mg	
		400mg	

6.5.2 Antimalarial medicines

6.5.2.1 Malaria curative treatment

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Doxycycline	Tablets	100mg	Children 8 years and over
Mefloquine	Tablets	250mg	
Quinine	Tablets	300mg	For treatment of malaria only

6.5.2.2 Malaria prophylaxis

NOTE: Check information on the CDC website (www.cdc.gov/malaria/travelers/country_table/a.html) for country-specific recommendations

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Doxycycline	Tablets	100mg	Available to government employees travelling on government business only
Mefloquine	Tablets	250mg	

6.5.3 Antipneumocystosis (PCP) and antitoxoplasmosis medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Co-trimoxazole (trimethoprim + sulfamethoxazole)	Oral liquid	40mg + 200mg/5mL	
	Tablets	80mg + 400mg	

7 ANTI-MIGRAINE MEDICINES

7.1 Treatment of acute migraine attack

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Aspirin	Tablets	300mg	
Ibuprofen	Tablets	200mg	
Paracetamol	Oral liquid	120mg/5mL	
		250mg/5mL	
	Tablets	500mg	
Sumatriptan	Tablets	50mg	Not to be used by patients with ischaemic cardiovascular disease

7.2 Migraine prophylaxis

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Metoprolol	Tablets, modified release	23.75mg	
		47.5mg	
		95mg	

8 ANTINEOPLASTICS AND IMMUNOSUPPRESSIVES

8.1 Immunosuppressive medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Hydroxychloroquine	Tablets	200mg	For rheumatoid arthritis prescribed by Medicine Department Doctors, or on the recommendation of a public sector Dermatologist only
Methotrexate	Tablets	2.5mg	For rheumatoid arthritis prescribed by Medicine Department Doctors only Use with weekly folic acid 5mg taken on a different day to the methotrexate (see 8.2 below) Monthly FBC, LFTs

8.2 Cytotoxic and adjuvant medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Folic acid	Tablets	5mg	As an adjuvant to methotrexate for rheumatoid arthritis Use weekly on a different day to the methotrexate (see 8.1 above)

8.3 Hormones and antihormones

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Tamoxifen	Tablets	20mg	On the recommendation of a public sector Specialist only

9 ANTI-PARKINSON'S MEDICINES

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Benzotropine	Injection	1mg/1mL	
	Tablets	2mg	
Levodopa + carbidopa	Tablets	100mg + 25mg	
		250mg + 25mg	

10 BLOOD MODIFYING MEDICINES

10.1 Anti-anaemia medicines

Generally, only one form of iron tablets will be stocked at one time, either ferrous fumarate OR ferrous sulphate, with or without folic acid.

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ferrous fumarate	Tablets	200mg	Equivalent to 65mg elemental iron
Ferrous fumarate + folic acid	Tablets	310mg + 0.35mg	Equivalent to 100mg elemental iron
Ferrous sulfate	Oral liquid	150mg/5mL	Equivalent to 30mg/5mL elemental iron
	Tablets	200mg	Equivalent to 65mg elemental iron
Ferrous sulphate + folic acid	Tablets	200mg + 0.4mg	Equivalent to 65mg elemental iron
Folic acid	Tablets	5mg	
Hydroxocobalamin	Injection	30mg/30mL	
Iron (ferrous) polymaltose	Injection	100mg/2mL	

10.2 Medicines affecting coagulation

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Enoxaparin	Injection	40mg/0.4mL	
		100mg/1mL	
Heparin	Injection	5000iu/0.2mL	For subcutaneous administration
		25,000iu/5mL	For infusion
Phytomenadione (vitamin K)	Injection	2mg/0.2mL	Injection solution may be used orally
		10mg/1mL	
Protamine sulphate	Injection	50mg/5mL	Reversal of heparin anticoagulation
Tranexamic acid	Injection	1g/10mL	O&G or ED use only
	Tablets	500mg	O&G or Surgical (for patients unable to have blood transfusions) use only
Warfarin	Tablets	1mg	
		5mg	

10.3 Other medicines for haemoglobinopathies

On the recommendation of an overseas public sector Specialist only

11 BLOOD PRODUCTS AND PLASMA SUBSTITUTES

11.1 Plasma substitutes

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Succinylated gelatine	Infusion	4%	e.g. Gelofusine®

12 CARDIOVASCULAR MEDICINES

12.1 Antianginal medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Diltiazem	Capsules, modified release	120mg	
		180mg	
	Tablets	60mg	
Glyceryl trinitrate	Sublingual spray	400mcg	
Isosorbide dinitrate	Tablets	10mg	
Isosorbide mononitrate	Tablets, modified release	60mg	
Metoprolol	Injection	5mg/5mL	
	Tablets, modified release	23.75mg	
		47.5mg	
		95mg	
Nifedipine	Tablets, modified release	10mg	
		20mg	

12.2 Antiarrhythmic medicines and medicines for cardiac arrest

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Adenosine	Injection	6mg/2mL	
Adrenaline (epinephrine)	Injection	1:1000, 1mL	
Amiodarone	Injection	150mg/3mL	
	Tablets	200mg	
Digoxin	Injection	500mcg/2mL	
	Tablets	62.5mcg	
		250mcg	
Isoprenaline	Injection	1mg/5mL	Use by medical doctors in the management of sustained bradycardia only
Lidocaine	Injection	100mg/5mL	Theatre or ED use only
Metoprolol	Injection	5mg/5mL	
	Tablets	23.75mg	
		47.5mg	
		95mg	
Verapamil	Injection	5mg/2mL	

12.3 Antihypertensive medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Atenolol	Tablets	50mg	
Bendroflumethiazide (bendrofluazide)	Tablets	2.5mg	
Candesartan	Tablets	8mg	Patients unable to tolerate ACE inhibitors only
		16mg	
Diltiazem	Capsules, modified release	120mg	
		180mg	
	Tablets	60mg	
Doxazosin	Tablets	2mg	
Enalapril	Tablets	5mg	
		10mg	
		20mg	
Felodipine	Tablets, modified release	2.5mg	
		5mg	
		10mg	
Hydralazine	Injection	20mg	
	Tablets	25mg	
Labetalol	Injection	25mg/5mL	
	Tablets	50mg	
Methyldopa	Tablets	250mg	Obstetric patients only
Metoprolol	Tablets, modified release	23.75mg	
		47.5mg	
		95mg	
Nifedipine	Tablets, modified release	10mg	
		20mg	

12.4 Medicines used in heart failure

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Bendroflumethiazide (bendrofluazide)	Tablets	2.5mg	
Candesartan	Tablets	8mg	Patients unable to tolerate ACE inhibitors only
		16mg	
Digoxin	Tablets	62.5mcg	
		250mcg	
Dopamine	Injection	200mg/5mL	
Enalapril	Tablets	5mg	
		10mg	
		20mg	
Furosemide	Injection	20mg/2mL	
	Tablets	40mg	

12.4 Medicines used in heart failure contd.

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Metoprolol	Tablets, modified release	23.75mg	
		47.5mg	
		95mg	
Spironolactone	Tablets	25mg	

12.5 Medicines for acute coronary syndromes including unstable angina and myocardial infarctions

12.5.1 Antiplatelet agents

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Aspirin	Tablets	100mg	
		300mg	
Clopidogrel	Tablets	75mg	

12.5.2 Thrombolytics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Streptokinase	Injection	1,500,000IU	

12.5.3 Anticoagulants

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Heparin	Injection	25,000iu/5mL	
Enoxaparin	Injection	40mg/0.4mL	
		100mg/1mL	

12.6 Lipid lowering agents

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Atorvastatin	Tablets	20mg	
		40mg	
Bezafibrate	Tablets, modified release	400mg	
Simvastatin	Tablets	20mg	

13 DERMATOLOGICAL MEDICINES

13.1 Topical antifungal medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Clotrimazole	Cream	1%	

13.2 Topical antiinfective medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Potassium permanganate	Crystals		Dissolve a few crystals in boiled, cooled water to make a pale pink solution. Use as a soak
Silver sulfadiazine	Cream	1%	For burns; for children ≥ 2 months old

13.3 Topical antiinflammatory and antipruritic medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Betamethasone	Cream	1%	
Calamine	Lotion		
Hydrocortisone (base or acetate)	Cream	1%	

13.4 Medicines affecting skin differentiation and proliferation

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

13.5 Scabicides and pediculicides

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Permethrin	Lotion	1%	
Ivermectin	Tablets	3mg	On the recommendation of a public sector Specialist only; ordered on request

13.6 Psoriasis

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

14 DIAGNOSTIC AGENTS

14.1 Ophthalmic Preparations

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Fluorescein sodium	Strips	0.6mg	
Tetracaine (amethocaine)	Eye drops	0.5%	Minims (single use)
		1%	

14.2 Radiocontrast media and diagnostics

Contact Radiology

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ultrasound	Gel		

15 DISINFECTANTS AND ANTISEPTICS

15.1 Antiseptics for use on skin

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Chlorine	Solution for dilution	0.1% available chlorine	Bleach. See antibiotic guidelines for products and dilution directions
Povidone iodine	Solution	10%	1% available iodine

15.2 Disinfectants

15.2.1 For instruments and surfaces

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ethanol	Solution	70%	
<i>ortho</i> -Phthalaldehyde	Solution	0.55%	Cidex® brand (reduced fume exposure)

15.2.2 Skin preparations

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Isopropyl alcohol	Skin wipes	70%	

16 DIURETICS

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Bendroflumethiazide (bendrofluazide)	Tablets	2.5mg	
Furosemide	Injection	20mg/2mL	
	Tablets	40mg	
Mannitol	Infusion	20%	

17 GASTROINTESTINAL MEDICINES

17.1 Antiulcer medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Aluminium hydroxide + magnesium hydroxide+ simethicone	Oral liquid	400mg + 400mg + 30mg/5mL	Mylanta Double Strength®
	Tablets	400mg + 400mg + 40mg	
Omeprazole	Capsules	20mg	
	Injection	40mg	
Sodium alginate + magnesium alginate	Powder sachet	225mg + 87.5mg	Gaviscon Infant® For reflux in babies only; mix powder with boiled and cooled water
Omeprazole+ amoxicillin + metronidazole	Capsules and tablets	20mg + 500mg + 400mg	H. pylori eradication

17.2 Antiemetic medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Dexamethasone	Injection	4mg/1mL	
	Tablets	4mg	
Metoclopramide	Injection	10mg/2mL	
	Tablets	10mg	
Ondansetron	Injection	4mg/2mL	For use only in severe, intractable post-op vomiting by Surgeon or Obstetrician, and in palliative care
Prochlorperazine	Injection	12.5mg	Intramuscular use only
	Suppositories	25mg	
	Tablets	5mg	

17.3 Gastro-intestinal anti-inflammatory medicines

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

17.4 Laxatives

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Bisacodyl	Suppositories	10mg	Brands include Dulcolax® and Lax-Tab®
	Tablets	5mg	
Docusate sodium + sennoside B	Tablets	50mg + 8mg	Brands include Coloxyl With Senna® and Laxsol®
Glycoprep-C: ascorbic acid macrogol-3350 + potassium chloride + sodium chloride + sodium sulfate PicoPrep: citric acid + magnesium oxide + sodium picosulfate	Powder sachets	Glycoprep-C: 5.96g + 52.9g + 739mg + 2.61g + 5.64g/70g PicoPrep: 12g + 3.5g + 10mg/15.5g	Prepkit-C® For use only by surgeon, for bowel cleansing prior to procedures. Each box contains one Glycoprep-C sachet and two PicoPrep sachets. Contains aspartame.
Lactulose	Syrup	10mg/15mL	
Macrogol-3350 + potassium chloride + sodium bicarbonate + sodium chloride	Powder sachet	13.12g + 46.6mg + 178.5mg + 350.7mg/13.8 g	Movicol® for faecal impaction
Sodium citrate + sodium lauryl sulfoacetate + sorbitol	Enema	450mg + 45mg + 3.125mg/5mL	Microlax®

17.5 Medicines used in diarrhoea

17.5.1 Oral rehydration

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Oral rehydration salts	Powder sachet	Various	Either Enerlyte® or ORS® brands

17.5.2 Medicines for diarrhoea in children

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Zinc sulfate	Dispersible tablets	20mg	Recommended by WHO for use with oral rehydration

17.5.3 Gastrointestinal antimotility agents

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Loperamide	Capsules or tablets	2mg	Not for use in a child under 12 years

17.6 Treatment for haemorrhoids

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Cinchocaine + fluocortolone esters	Rectal ointment	0.5% + 0.187%	Ultraproct®
	Suppositories	1mg + 1.24mg	

17.7 Gastrointestinal antispasmodic medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Hyoscine butylbromide	Injection	20mg/1mL	
	Tablets	10mg	

18 HORMONES, ENDOCRINE AND CONTRACEPTIVE

18.1 Adrenal hormones and synthetic substitutes

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

18.2 Androgens

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

18.3 Contraceptives

18.3.1 Oral hormonal contraceptives

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Levonorgestrel + ethinyloestradiol + ferrous fumarate	Tablets	150mcg + 30mcg + 75mg	Microgynon ED®
Levonorgestrel	Tablets	30mcg	Microlut®
		750mcg	Pack of two tablets for emergency contraception

18.3.2 Injectable hormonal contraceptives

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Medroxyprogesterone acetate	Depot injection	150mg/1mL	Depo-Provera®

18.3.3 Intrauterine devices

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Copper T 380A	Intra-uterine device		

18.3.4 Barrier methods

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Male condoms			

18.3.5 Implantable contraceptives

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Levonorgestrel	Subdermal implant	75mg/rod	Pack of two rods

18.4 Insulins and other medicines used for diabetes

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Gliclazide	Tablets	80mg	
Glucagon	Injection	1mg/1mL	
Insulin, isophane	Injection	1000IU/10mL (100IU/1mL)	
Insulin, neutral	Injection	1000IU/10mL (100IU/1mL)	
Insulin, neutral	Injection	1000IU/10mL (100IU/1mL)	

Insulin, biphasic isophane	Injection	1000IU/10mL (100IU/1mL)	Neutral insulin 30IU/1mL + isophane insulin 70IU/1mL e.g. Mixtard® brand
Metformin	Tablets	500mg	
		850mg	

18.5 Oestrogens

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ethinylestradiol	Tablets	10mcg	Gynaecology doctors use only
Oestriol	Vaginal cream	0.1%	

18.6 Ovulation inducers

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

18.7 Progestogens

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Norethisterone	Tablets	5mg	

18.8 Thyroid hormones and antithyroid medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Levothyroxine	Tablets	50mcg	
		100mcg	
Carbimazole	Tablets	5mg	

19 IMMUNOLOGICAL PREPARATIONS

19.1 Diagnostic agents

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Tuberculin, purified protein derivative	Injection		PPD Contact Laboratory

19.2 Sera and immunoglobulin

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Immunoglobulin RHO (anti-D)	Injection	250IU	
Hepatitis B immunoglobulin	Injection	100IU/1mL	

19.3 Vaccines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
BCG	Injection		
Diphtheria, pertussis, tetanus	Injection		DPT
Diphtheria, pertussis, tetanus, hepatitis B, haemophilus influenza type b	Injection		Pentavalent
Hepatitis B	Injection		
Human papillomavirus	Injection		HPV
Influenza	Injection		See Appendix 1 for the criteria for Ministry-funded influenza vaccine
Measles, mumps, rubella	Injection		MMR
Poliomyelitis	Injection		IPV
	Oral drops		OPV
Tetanus toxoid	Injection		

20 MUSCLE RELAXANTS

20.1 Muscle relaxants for use in surgery

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Atracurium	Injection	25mg/2.5mL	
		50mg/5mL	
Neostigmine	Injection	2.5mg/1mL	
Pancuronium	Injection	4mg/2mL	
Suxamethonium	Injection	100mg/2mL	

20.2 Other muscle relaxants

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Orphenadrine citrate	Tablets	100mg	Surgeon use only

21 OPHTHALMOLOGICAL PREPARATIONS

21.1 Anti-infective agents for the eye

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Aciclovir	Eye ointment	3%	
Chloramphenicol	Eye drops	0.5%	
	Eye ointment	1%	
Tobramycin	Eye drops	0.3%	May be used in the ear

21.2 Anti-inflammatory agents for the eye

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Dexamethasone	Eye drops	0.1%	Eye doctor use only

21.3 Local anaesthetics for the eye

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Tetracaine (amethocaine)	Eye drops	0.5%	Minims (single use)

21.4 Lubricants for the eye

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Lanolin + liquid paraffin	Eye ointment	3% + 3%	HDU or Theatre use only

21.5 Miotics and antiglaucoma medicines

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Pilocarpine	Eye drops	1%	
Timolol	Eye drops	0.25%	

21.6 Mydriatics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Atropine	Eye drops	1%	Not for use in a child under 3 months
Tropicamide	Eye drops	0.5%	Only for use in a child under 3 months

22 OXYTOCICS AND ANTIOXYTOCICS

22.1 Oxytocics

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Carboprost	Injection	250mcg/1mL	
Misoprostol	Tablets	200mcg	
Oxytocin	Injection	10IU/1mL	
Oxytocin + ergometrine	Injection	5IU + 0.5mg/1mL	

22.2 Antioxytocics (tocolytics)

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Nifedipine	Capsules	5mg	Obstetrics use only Capsules should be chewed before swallowing for rapid onset
Glyceryl trinitrate	Sublingual spray	400mcg/puff	
Salbutamol	Injection	5mg/5mL	For infusion

23 PERITONEAL DIALYSIS SOLUTION

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

24 MEDICINES FOR PSYCHIATRIC AND BEHAVIOURAL DISORDERS

24.1 Medicines used in psychotic disorders

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Haloperidol	Injection	5mg/1mL	
	Injection, depot	50mg/5mL	
	Tablets	0.5mg	
5mg			
Olanzapine	Tablets	10mg	
Risperidone	Tablets	1mg	
		2mg	
		4mg	

24.2 Medicines used in mood disorders

24.2.1 Medicines used in depressive disorders

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Amitriptyline	Tablets	25mg	
Fluoxetine	Capsules	20mg	
Paroxetine	Tablets	20mg	

24.2.2 Medicines used in bipolar disorders

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Lithium carbonate	Tablets	250mg	
Sodium valproate	Tablets, enteric coated	200mg	
		500mg	

24.3 Medicines for anxiety disorders

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Diazepam	Tablets	5mg	

24.4 Medicines used for obsessive compulsive disorders

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Fluoxetine	Capsules	20mg	

24.5 Medicines for disorders due to psychoactive substance use

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Nicotine	Chewing gum	2mg	Available only from a Doctor or Public Health Nurse who has been trained in smoking cessation
		4mg	
	Lozenges	1mg	
		2mg	
	Transdermal patch	7mg/24hours	
		14mg/24hours	
		21mg/24hours	

24.6 Medicines for ADHD

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

24.7 Hypnotics

Not provided by Ministry of Health pharmacies or pharmacy warehouse. Approval for named-patient supply required.

25 RESPIRATORY TRACT MEDICINES

25.1 Antiasthma and medicines for chronic obstructive pulmonary disease

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Adrenaline (epinephrine)	Injection	1mg/1mL	
Aminophylline	Injection	250mg/10mL	
Beclometasone	Metered dose inhaler	50mcg/puff	
		100mcg/puff	
		250mcg/puff	
Ipratropium	Metered dose inhaler	20mcg/puff	
	Nebules	500mcg/2mL	
Ipratropium + salbutamol	Metered dose inhaler	20mcg + 100mcg/puff	
	Nebules	500mcg + 2.5mg/2.5mL	
Salbutamol	Injection	5mg/5mL	For infusion
	Metered dose inhalers	100mcg/puff	
	Nebules	5mg/2.5mL	
Salmeterol	Powder for inhalation	50mcg/puff	

26 ELECTROLYTE AND FLUID BALANCE PREPARATIONS

26.1 Oral preparations

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Oral rehydration salts	Powder sachet	Various	Either Enerlyte® or ORS® brands.
Potassium chloride	SR tablets	600mg	
Sodium polystyrene sulfate	Powder	999.3mg/g	Resonium A®

26.2 Parenteral Solutions

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Compound sodium lactate: sodium lactate + sodium chloride + potassium chloride + calcium chloride dihydrate	Infusion	0.322% + 0.6% + 0.04% + 0.027%, 100mL	Hartmann's solution
Glucose	Infusion	5%, 1000mL	Isotonic
		10%, 500mL	Hypertonic
	Injection	50%, 10mL	
Glucose + sodium chloride	Infusion	4.3% + 0.18%, 1000mL	Bart's solution
Potassium chloride	Injection	7.5%, 10mL	Must be diluted prior to use
Sodium bicarbonate	Injection	8.4%, 10mL	
Sodium chloride	Injection	0.9%, 10mL	
	Infusion	0.9%, 1000mL	
	Infusion	3%, 1000mL	Hypertonic

26.3 Miscellaneous Solutions

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Water	Injection	10mL	

27 VITAMINS AND MINERAL PREPARATIONS

Generally, only one form of iron tablets will be stocked at one time, either ferrous fumarate OR ferrous sulphate, with or without folic acid.

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Calcium carbonate	Tablets	1250mg	500mg elemental calcium
Calcium gluconate	Injection	1000mg/10mL (10%)	
Ferrous fumarate	Tablets	200mg	Equivalent to 65mg elemental iron
Ferrous fumarate + folic acid	Tablets	310mg + 0.35mg	Equivalent to 100mg elemental iron
Ferrous sulfate	Oral liquid	150mg/5mL	Equivalent to 30mg/5mL elemental iron
	Tablets	200mg	Equivalent to 65mg elemental iron
Ferrous sulphate + folic acid	Tablets	200mg + 0.4mg	Equivalent to 65mg elemental iron
Folic acid	Tablets	5mg	
Hydroxocobalamin	Injection	30mg/30mL	Vitamin B12
Iron (ferrous) polymaltose	Injection	100mg/2mL	
Multivitamins: ascorbic acid + cholecalciferol + nicotinamide + retinol + riboflavin + thiamine	Tablets	15mg + 7.5mcg + 7.5mg + 860mcg + 500mcg + 1.234mg	
Pyridoxine	Tablet	25mg	Vitamin B6
Thiamine	Injection	200mg/2mL	Vitamin B1
	Tablet	50mg	

28 EAR, NOSE AND THROAT MEDICINES

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Ciprofloxacin + hydrocortisone	Ear drops	0.2% + 1%	
Docusate	Ear drops	0.5%	e.g. Waxsol® brand
Flumetasone + clioquinol	Ear drops	0.02% + 1%	Locorten-Vioform®
Tobramycin	Eye drops	0.3%	May be used in the ear
Xylometazoline	Nasal spray	0.5%	Paediatric
		1%	Adult

29 NEONATAL CARE MEDICINES

29.1 Medicines administered to the neonate (neonatal intensive care medicines)

Not provided by Ministry of Health pharmacies or pharmacy warehouse.

29.2 Medicines administered to the mother

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Betamethasone acetate + betamethasone sodium phosphate	Injection	3mg/1mL + 3.9mg/1mL	
Bromocriptine	Tablets	2.5mg	
Dexamethasone	Injection	4mg/1mL	

30 RHEUMATOLOGY MEDICINES

See also 8.1 Immunosuppressive medicines for disease modifying treatments for rheumatoid arthritis

30.1 Medicines used to treat gout

30.1.1 Medicines for acute gout

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Colchicine	Tablets	0.5mg	
Diclofenac	Injection	75mg/3mL	
	Tablets, enteric coated	50mg	
	Tablets, modified release	100mg	
Ibuprofen	Tablets	200mg	
Naproxen	Tablets	250mg	
Prednisone	Tablets	5mg	
		20mg	

30.1.2 Medicine for gout prophylaxis

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Allopurinol	Tablets	100mg	
		300mg	
Probenecid	Tablets	500mg	

31 MEDICINES FOR URINARY TRACT CONDITIONS

31.1 Urinary Alkalinisation

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Sodium citrate + citric acid + sodium bicarbonate + tartaric acid	Powder sachet	630mg + 720mg + 1.76g + 890mg per 4g sachet	e.g. Ural®

31.2 Benign Prostatic Hypertrophy

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Doxazosin	Tablets	2mg	
Finasteride	Tablets	5mg	Surgeon use only

31.3 Urinary Incontinence

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Oxybutynin	Tablets	5mg	Gynaecology doctors or Surgeon use only

32 MISCELLANEOUS

32.1 Lubricants

MEDICINE	FORM	STRENGTH/SIZE	NOTES
Lubricating jelly	Gel		
ECG electrode jelly	Gel		

APPENDIX 1: CRITERIA FOR MINISTRY-FUNDED INFLUENZA VACCINE

Influenza vaccine will be funded by the Cook Islands Ministry of Health for Category I health service users¹ if prescribed on a prescription form presented to a Ministry of Health dispensary, and the following clinical conditions are met:

- A. People who have been diagnosed with any of the following medical conditions:
1. Cardiovascular diseases
 - a. Ischaemic heart disease
 - b. Congestive heart failure
 - c. Rheumatic heart disease
 - d. Congenital heart diseases
 - e. Cerebrovascular disease
 2. Chronic respiratory diseases
 - a. Taking regular preventative therapy
 - b. With impaired lung function confirmed by spirometry
 3. Diabetes and being treated with insulin (i.e. not if only on oral hypoglycaemics)
 4. Renal failure
 5. Other conditions:
 - a. Autoimmune diseases
 - b. Immune suppression/immune deficiency/HIV
 - c. Transplant recipients
 - d. Haemoglobinopathies
 - e. Splenectomy
 - f. Down syndrome

OR

- B. Anyone who, at the discretion of the treating Doctor, has sufficient clinical reason to justify a subsidised influenza vaccination

¹ Refer to the current National Health Services Fee Schedule

INDEX

A

Acetylcysteine	12
Aciclovir	17, 43
Adenosine	25
Adrenaline	11, 25, 48
Albendazole	14
Allopurinol	53
Aluminium hydroxide + magnesium hydroxide+ simethicone..	34
Amethocaine	
Tetracaine.....	See
Aminophylline	48
Amiodarone	25
Amitriptyline.....	9, 10, 46
Amoxicillin	14
Amoxicillin + clavulanic acid	14
Ampicillin.....	14
Aspirin	19, 28
Atenolol	27
Atorvastatin	28
Atracurium.....	42
Atropine.....	8, 12, 43
Azithromycin	15

B

Bart's	
Glucose + sodium chloride.....	See
BCG	40
Beclomethasone	48
Bendrofluazide	
Bendroflumethiazide	See
Bendroflumethiazide	27, 33
Benzathine penicillin	14
Benztropine	21
Benzylpenicillin	14
Betamethasone	30
Betamethasone acetate + betamethasone sodium phosphate	52
Bezafibrate	28
Bisacodyl.....	35
Bromocriptine	52
Bupivacaine	7

C

Calamine	30
Calcium carbonate.....	50
Calcium gluconate	12, 50
Candesartan	27
Carbamazepine.....	13
Carbimazole.....	39
Carboprost.....	44
Cefalexin	14
Cefazolin	14
Cefotaxime	14
Ceftazidime.....	14
Ceftriaxone	14
Charcoal, activated	12
Chloramphenicol	15, 43
Chlorine Solution	32
Cidex®	
ortho-Phthalaldehyde	See

Cinchocaine + fluocortolone esters	36
Ciprofloxacin	15
Ciprofloxacin + hydrocortisone	51
Clindamycin	15
Clofazimine	16
Clopidogrel.....	28
Clotrimazole.....	17, 30
Codeine phosphate.....	9
Colchicine.....	53
Coloxyl With Senna®	
Docusate sodium + sennoside B	See
Compound sodium lactate.....	49
Copper T 380A	38
Co-trimoxazole.....	15, 18

D

Dapsone	16
Deferoxamine	
Desferrioxamine.....	See
Depo-Provera®	
Medroxyprogesterone acetate	See
Desferrioxamine	12
Dexamethasone	10, 11, 34, 43, 52
Diazepam	10, 13, 46
Diclofenac	9, 53
Diethylcarbamazine	14
Digoxin	25, 28
Diltiazem	25, 27
Diphtheria, pertussis, tetanus.....	40
Diphtheria, pertussis, tetanus, hepatitis B, haemophilus influenzae type b	40
Docusate	51
Docusate + sennosides B	10
Docusate sodium + sennoside B	35
Dopamine	28
Doxazosin.....	27, 54
Doxycycline.....	15, 18
Dulcolax®	
Bisacodyl	See

E

ECG electrode jelly.....	55
Enalapril	27, 28
Enerlyte®	
Oral rehydration salts	See
Enoxaparin	22, 28
Ephedrine.....	11
Epinephrine	
Adrenaline.....	See
Erythromycin	15
Ethambutol	17
Ethanol.....	32
Ethinylestradiol.....	39
Ethyl chloride	7

F

Felodipine	27
Fentanyl	8
Ferrous fumarate	22, 50
Ferrous fumarate + folic acid	22, 50

Ferrous sulfate.....	22, 50
Ferrous sulphate + folic acid.....	22, 50
Finasteride.....	54
Flucloxacillin.....	15
Fluconazole.....	17
Flumetasone + clioquinol.....	51
Fluorescein sodium.....	31
Fluoxetine.....	10, 46
Folic acid.....	20, 22, 50
Furosemide.....	28, 33

G

Gaviscon	
Sodium alginate + magnesium alginate.....	<i>See</i>
Gelofusine®	
Succinylated gelatine.....	<i>See</i>
Gentamicin.....	15
Gliclazide.....	39
Glucagon.....	39
Glucose.....	49
Glucose + sodium chloride.....	49
Glyceryl trinitrate.....	25, 44
Glycoprep-C + PicoPrep.....	35
Griseofulvin.....	17

H

Haloperidol.....	10, 46
Hartmann's	
Compound sodium lactate.....	<i>See</i>
Heparin.....	22, 28
Hepatitis B.....	40
Hepatitis B immunoglobulin.....	40
Human papillomavirus.....	40
Hydralazine.....	27
Hydrocortisone.....	11, 30
Hydroxocobalamin.....	22, 50
Hydroxychloroquine.....	20
Hyoscine butylbromide.....	10, 37
Hyoscine hydrobromide.....	10

I

Ibuprofen.....	9, 19, 53
Immunoglobulin RHO (anti-D).....	40
Influenza.....	40, 56
Insulin, biphasic isophane.....	39
Insulin, isophane.....	39
Insulin, neutral.....	39
Ipratropium.....	48
Ipratropium + salbutamol.....	48
Iron (ferrous) polymaltose.....	22, 50
Isoflurane.....	7
Isoniazid.....	17
Isopropyl alcohol.....	32
Isosorbide dinitrate.....	25
Isosorbide mononitrate.....	25
Ivermectin.....	30

K

Ketamine.....	7
---------------	---

L

Labetalol.....	27
----------------	----

Lactulose.....	10, 35
Lanolin + liquid paraffin.....	43
Laxsol®	
Docusate sodium + sennoside B.....	<i>See</i>
Lax-Tab®	
Bisacodyl.....	<i>See</i>
Levetiracetam.....	13
Levodopa + carbidopa.....	21
Levonorgestrel.....	38
Levonorgestrel + ethinyloestradiol + ferrous fumarate.....	38
Levothyroxine.....	39
Lidocaine.....	7, 25
Lidocaine + adrenaline.....	7
Lithium carbonate.....	46
Locorten-Vioform®	
Flumetasone + clioquinol.....	<i>See</i>
Loperamide.....	10, 36
Loratadine.....	11
Lubricating jelly.....	55

M

Macrogol-3350 + potassium chloride + sodium bicarbonate + sodium chloride.....	35
Magnesium sulfate.....	13
Male condoms.....	38
Mannitol.....	33
Measles, mumps, rubella.....	40
Medroxyprogesterone acetate.....	38
Mefenamic acid.....	9
Mefloquine.....	18
Meropenem.....	15
Metformin.....	39
Methotrexate.....	20
Methyldopa.....	27
Metoclopramide.....	10, 34
Metoprolol.....	19, 25, 27, 28
Metronidazole.....	15, 17
Microgynon ED®	
Levonorgestrel + ethinyloestradiol + ferrous fumarate ...	<i>See</i>
Microlax®	
Sodium citrate + sodium lauryl sulfoacetate + sorbitol ...	<i>See</i>
Microlut®	
Levonorgestrel.....	<i>See</i>
Midazolam.....	7, 10, 13
Misoprostol.....	44
Mixtard®	
Insulin, biphasic isophane.....	<i>See</i>
Morphine.....	8, 9
Movicol®	
Macrogol-3350 + potassium chloride + sodium bicarbonate + sodium chloride.....	<i>See</i>
Multivitamins.....	50
Mylanta	
Aluminium hydroxide + magnesium hydroxide+ simethicone.....	<i>See</i>

N

Naloxone.....	12
Naproxen.....	9, 53
Neostigmine.....	42
Nicotine.....	46
Nifedipine.....	25, 27
Nifedipine Capsules.....	44
Nitrofurantoin.....	15
Nitrous oxide.....	7
Norethisterone.....	39

Nystatin 17

O

Oestriol 39
Olanzapine 46
Omeprazole 34
Omeprazole+ amoxicillin + metronidazole 34
Ondansetron 10, 34
Oral rehydration salts 35, 49
Orphenadrine citrate 42
ORS®
 Oral rehydration salts See
ortho-Phthalaldehyde 32
Oxybutynin 54
Oxygen 7
Oxytocin 44
Oxytocin + ergometrine 44

P

Pancuronium 42
Paracetamol 9, 19
Paroxetine 46
Permethrin 30
Pethidine 9
Phenobarbitone 13
Phenoxyethylpenicillin 15
Phenytoin 13
Phytomenadione 22
Pilocarpine 43
Poliomyelitis 40
Potassium chloride 49
Potassium permanganate 30
Povidone iodine 32
Prednisolone 11
Prednisone 11, 53
Prepkit-C®
 Glycoprep-C + PicoPrep See
Probenecid 15, 53
Prochlorperazine 34
Promethazine 11
Propofol 7
Protamine sulphate 22
Pyrazinamide 17
Pyridoxine 17, 50

Q

Quinine 18

R

Resonium A®
 Sodium polystyrene sulfate See
Rifampicin 15, 16, 17
Risperidone 46
Roxithromycin 15

S

Salbutamol 44, 48
Salmeterol 48
Sevoflurane 7
Silver sulfadiazine 30
Simvastatin 29
Soda lime 7

Sodium alginate + magnesium alginate 34
Sodium bicarbonate 49
Sodium chloride 49
Sodium citrate + citric acid + sodium bicarbonate + tartaric acid 54
Sodium citrate + sodium lauryl sulfoacetate + sorbitol 35
Sodium polystyrene sulfate 49
Sodium valproate 13, 46
Spironolactone 28
Streptokinase 28
Succinylated gelatine 24
Sumatriptan 19
Suxamethonium 42

T

Tamoxifen 20
Terbinafine 17
Tetanus toxoid 41
Tetracaine 31, 43
Thiamine 50
Thiopental 7
Timolol 43
Tobramycin 43, 51
Tramadol 9
Tranexamic acid 22
Trimethoprim 16
Tropicamide 43
Tuberculin, purified protein derivative 40

U

Ultraproct®
 Cinchocaine + fluocortolone esters See
Ultrasound Gel 31
Ural®
 Sodium citrate + citric acid + sodium bicarbonate + tartaric acid See

V

Vancomycin 16
Verapamil 26
Vitamin B1
 Thiamine See
Vitamin B12
 Hydroxocobalamin See
Vitamin B6
 Pyridoxine See
Vitamin K
 Phytomenadione See

W

Warfarin 22
Water 49
Waxsol®
 Docusate See

X

Xylometazoline 51

Z

Zinc sulfate 36

