

Pharmacy Procedure & Policy, Within the Trip Timeline

Before the trip happens:

AO operates with a standard list of medicines (formulary), which is made available to the team beforehand. A written version of the list and all other docs regarding pharmacy operation is kept in the pharmacy.

All meds are kept in the boat pharmacy.

AO uses black totes to store and transport meds from the boat pharmacy to the villages and back. Each tote has the correct meds, according to its label.

Totes are labeled I, II, III, IV, V. As you face the number side of the tote, the tote will be filled starting on the left and moving to the right. In the villages, set up totes labeled I on the left, followed by II, III, IV, and V. The clear trays will have medications of odd-shaped containers or a category of medication (Eye, Ear etc);

The pharmacy is organized by medication category. Within each category, medications are arranged alphabetically by chemical name. The following categories are used:

- Antibiotic
- Vitamin
- Ophthalmic
- Optic
- Nasal
- Vaginal
- Topical
- Parasite and Worm
- Pain & Fever
- General (A to Z)

Beginning of the trip (after arrival, while the boat is cruising to the first village):

An interpreter for the pharmacy will already be assigned.

Totes should already be restocked on the prior trip, but just to make sure, double-check with the pharmacy team.

Pharmacy shelves should already be restocked with medicine

American teams are welcome to donate medications to the pharmacy. Doctors may bring specific medications they like to use. Only place items on our formulary on the pharmacy shelves or in a tote, according to the categories printed for each. For any medication not on formulary, place in a NON-FORMULARY TRAY;

During the trip:

Every day, after returning from the village (or as needed), restock the totes with meds from the pharmacy shelves;

Medications commonly used can be pre-counted in the village and placed in zip-lock bags to aid the dispensing process. Each bag needs to be labeled with a Sharpie with the name of medication, strength, and quantity in the bag (Acetaminophen, Ibuprofen, vitamins, etc.).

At the end of trip, pre-counted bags of medication can be left in the tote AS LONG AS THE EXPIRATION DATE OF THE MEDICATION IS ALSO PLACED ON THE ZIPLOCK BAG;

Do not mix any NON-FORMULARY medications with FORMULARY medications. Do NOT PLACE ON PHARMACY SHELVES OR IN BLACK VILLAGE TOTES. PLACE ONLY IN NON-FORMULARY MEDICATION TRAY.

Villagers will bring prescription forms from the doctors and dentists to the pharmacy. Greet them with a smile and a verbal greeting. The form will have the patient's name, gender, and birth date or age. This will help determine which vitamin or medication dose to give. If there is any issue in reading the prescription form, first ask your interpreter; if still not sure, check with the practitioner

General Guideline for dispensing medication:

1. Many medications have multiple strengths. Verify if the strength is correct.
2. For adult vitamins, dispense 30 tablets.
3. For children's vitamins, 30 Chewables or one bottle of liquid (8 oz). Give 1 bottle per family.
4. For prenatal vitamins, dispense 30 tablets; first trimester 90 (or 100 if well stocked);
5. Acetaminophen or Paracetamol: 30 tablets or 1 bottle drops;
6. Ibuprofen 200mg 30 tablets, Drops 1 bottle (if written 400mg, give 60 tablets, 600mg give 90, and alert the interpreter);
7. For bottles of 24 or 36, do not count, dispense in original container;
8. Medication that comes in a bottle of 56, dispense 28 in a bag, and dispense 28 in a bottle.
9. Creams: dispense one tube unless the prescriber specifically indicates more.
10. Maintenance medications in boxes of 30 leave in the box.
11. Torsilax dispense in quantities of 10 tablets;
12. Eye, Ear or Nasal Medications dispense 1 bottle, 1 tube, or container;

After the trip (while the boat is cruising back to Manaus):

DO NOT EMPTY THE BLACK TOTES. Restock all used medications and supplies, and leave them organized for the next trip.

After Black Totes are restocked at the conclusion of the last village, please help the Pharmacy Interpreter take an inventory of medications on the pharmacy shelves.

Any medication pre-counted in a ziplock bag at the end of the trip should have the following written with a black Sharpie on the bag: Medication name, Strength, Quantity, Expiration Date (usually Adult Vitamin and Ibuprofen 200mg).

All prescription forms should be added to the pharmacy folder for archiving.

Pharmacy (totes, boxes, and shelves) should all be left organized and clean for the next trip.

Pharmacy Sign-up Genius

In the case the team is willing to take medicine from the US to Brazil, the items on this list below can be purchased without a prescription, and we would welcome any supplies you could bring for dispensing in the villages we minister to. The quantity suggestion is in anticipation of what will be needed for your trip. Some items (Acetaminophen, Ibuprofen, and Adult Vitamin + Minerals) are sometimes less expensive at a wholesale club like Sam's, Costco, or BJ's and come in 400-to 600-tablet sizes. This is helpful since we have limited space in the Pharmacy; however, whatever you provide is greatly appreciated.

#	MEDICATIONS	SUGGESTED QUANTITY
1	Acetaminophen 500mg Tablets	
2	Ibuprofen 200mg Tablets	
3	Artificial Tears (Lubricant Eye Drops)	
4	Visine Eye Drops	
5	Saline Nasal Spray	
6	Adult Vitamin + Minerals (not gender specific)	
7	Children's Chewable Vitamins + Iron Tablets	
8	Prenatal Vitamins	
9	Hydrocortisone 1% Cream 30g	
10	Miconazole 2% Cream 30g	
11	Triple Antibiotic Ointment 30g	
12	Antacid Tablets (Tums)	
13	Loperamide 2mg Tablets	
14	Famotidine 20mg Tablets	
15	Zip Lock Bags (Sandwich Size)	

Observations:

1. Please buy items with an expiration date greater than 1 Year.
2. Please Restrict Donations to Items On The Above Formulary List.
3. Please NO GUMMIES! They are heat-sensitive and melt.

Totes Organization

Medications are spread in five different black and yellow totes, like the one below:



Each tote has a label on the lid, identifying the tote number and all the medication it should contain. The tote body also has its number. Lid and body shall always match.

On the following pages, we list all medications and materials that go in each tote, with each medication name in English and in Portuguese.

Tote I:

TOTE I		
#	MEDICATION (ENGLISH)	MEDICATION (PORTUGUESE)
	SUPPLIES	MATERIAL
1	2 Counting Trays	2 Contadores de Comprimidos
2	2 Spatulas or Tongue Depressors	2 Espátulas ou Abaixadores de Língua
3	3 Black Sharpies	3 Pincéis Pretos
4	2 Boxes of Ziploc Bags (Sandwich)	2 Caixas de Sacos Plásticos Zip Lock
5	White Bags For Patient Medications	Sacolas Plásticas Brancas
	MEDICATIONS	MEDICAMENTOS
6	Acetaminophen 325mg Tablet	Acetaminophen 325mg Tablet
7	Acetaminophen 500mg Tablet	Paracetamol 500mg Comprimido
8	Paracetamol 200mg/ml Drops	Paracetamol 200mg/ml Solução
9	ASA 100mg	Ácido Acetilsalicílico 100mg Comprimido
10	Dipirona 500mg Tablet	Dipirona Monoidratada 500mg Comprimido
11	Ibuprofen 200mg Tablet	Ibuprofeno 200mg Comprimido
12	Ibuprofen 50mg/ml Drops	Ibuprofeno 50mg/ml Suspensão
13	Children's Liquid Vitamin (under age 2)	Vitamina Infantil (menor de 2 anos)
14	Children's Chewable Vitamin + Iron	Vitamina + Ferro (mastigável, infantil)
15	Adult Vitamin + Minerals	Polivitamínico (Adulto)
16	Prenatal Vitamins	Vitamina Prenatal
17	B-Complex	Complexo B
18	Vitamin C Liquid	Vitamina C Líquido
19	Vitamin C 1000mg	Vitamina C 1000mg
20	Folic Acid 5mg	Ácido Fólico 5mg
21	Ferrous Sulfate 125mg/ml	Sulfato Ferroso (125 mg/ml, Líquido)
	ON CLEAR TRAY (ANTIBIOTICS)	NA BANDEJA PLÁSTICA (ANTIBIÓTICOS)
22	Amoxicillin 250mg/5ml	Amoxicilina 250mg/5ml
23	Amoxicillin 500mg	Amoxicilina 500mg
24	Azithromycin 500mg	Azitromicina 500mg
25	Cephalexin 500mg	Cefalexina 500mg
26	Cephalexin 250mg/5ml 100ml	Cefalexina 250mg/5ml 100ml Pó Suspensão Oral
27	Ciprofloxacin 500mg	Ciprofloxacino 500mg
28	Doxycycline 100mg	Doxiciclina 100mg
29	Metronidazole 250mg	Metronidazol 250mg
30	Metronidazole Suspension	Benzoilmetronidazol 40mg/ml Suspensão
31	Sulfamethoxazole/TMP SS	Sulfametoxazol 400mg + Trimetoprima 80mg
32	Sulfamethoxazole/TMP DS	Sulfametoxazol 800mg + Trimetoprima 160mg
33	Sulfamethoxazole/TMP Suspension	Sulfametoxazol 200mg/5ml + Trimetoprima 40mg/5ml

Tote II:

TOTE II		
#	MEDICATION (ENGLISH)	MEDICATION (PORTUGUESE)
	MEDICATIONS	MEDICAMENTOS
1	Acetylcistene 20mg/ml	Acetilcisteína 20mg/ml Líquido
2	Aerodini Inhaler	Sulfato de Salbutamol 100mcg Spray
3	Ambroxyl Adult 30mg/5ml	Cloridrato de Ambroxol 30mg/5ml Líquido Adulto
4	Ambroxyl Child 15mg/5ml	Cloridrato de Ambroxol 15mg/5ml Líquido Infantil
5	Amlodipine 5mg Tablet	Besilato de Anlodipino 5mg Comprimido
6	Atenolol 25mg Tablet	Atenolol 25mg Comprimido
8	Buscopan Tablets	Butilbrometo de Escopolamina Comprimido
9	Buscopan Compound 400mg	Butilbrometo de Escopolamina 10mg + Dipirona 250 Comprimido
10	Captopril 25mg Tablet	Captopril 25mg Comprimido
11	Cinarzina 75mg Tablets	Cinarizina 75mg Comprimido
12	Metoclopramide Hydrochloride 10mg Tablet	Cloridrato de Metoclopramida 10mg Comprimido
13	Metoclopramide Hydrochloride 4mg/ml 10ml	Cloridrato de Metoclopramida 4mg/ml 10ml Líqui
14	Dexamethasone 4mg Tablet	Dexametasona 4mg Comprimido
15	Diclofenac Sodium SR 75mg	Diclofenaco Sódico 75mg Comprimido
16	Diclofenac Potassium 50mg	Diclofenaco Potássico 50mg Comprimido
17	Cyclobenzaprine Hydrochloride 5mg	Cloridrato de Ciclobenzaprina 5mg
18	Dramin B6 Tablets	Dimenidrinato 50mg + Vitamina B6 10mg Comprimido
19	Dexchlorpheniramine 2mg Tabs	Maleato Dexclorfeniramina 2mg Comprimido
20	Dexchlorpheniramine 2mg/5ml	Maleato de Dexclorfeniramina 2mg/5ml Líquido
21	Dexchlorpheniramine 2mg-Betamethasone 0.25mg (Koide-D)	Maleato de Dexclorfeniramina 2mg/5ml + Betametasona 0,25mg/5ml Pediátrico
22	Enalapril 10mg Tab	Maleato Enalapril 10mg Comprimido
23	Famotidine 20mg Tab	Famotidina 20mg Comprimido
24	Fluconazole 150mg Tab	Fluconazol 150mg Comprimido
25	Furosemide 40mg Tab	Furosemida 40mg Comprimido
26	Glibenclamida 5mg	Glibenclamida 5mg Comprimido
27	Hydrochlorothiazide 25mg	Hidroclorotiazida 25mg Comprimido
28	Hydration Packets	Sal Para Reidratação Oral
29	ON CLEAR TRAY	NA BANDEJA PLÁSTICA
30	Aluminum Hydroxide 6% Susp	Hidróxido de Alumínio 6% Suspensão
31	Antacid (Tums or Gastrol)	Antiácido
32	Dramavit B6 Drops	Dimenidrinato 25mg/ml + Cloridrato de Piridoxina 5mg/ml Solução
33	Bromoprida 10mg Tablet	Bromoprida 10mg Comprimido
34	Diphenhydramine 25mg Caps	Diphenhydramine 25mg Caps

Tote III

TOTE III		
#	MEDICATION (ENGLISH)	MEDICATION (PORTUGUESE)
	MEDICATIONS	MEDICAMENTOS
1	Loratadine 10mg Tablet	Loratadina 10mg Comprimido
2	Loratadine 1mg/ml	Loratadina 1mg/ml Líquido
3	Losartana 50mg	Losartana Potássica 50mg Comprimido
4	Metformin 500mg	Metformina 500mg Comprimido
5	Metformin 850mg	Metformina 850mg Comprimido
6	Naproxen 550mg Tablet	Naproxeno 550mg Comprimido
7	Nimesulida 100mg	Nimesulida 100mg Comprimido
8	Omeprazole 20mg Capsule	Omeprazol 20mg Cápsula
9	Propranolol 40mg Tablet	Cloridrato de Propranolol 40mg Comprimido
10	Prednisone 5mg Tablet	Prednisona 5mg Comprimido
11	Prednisolone 3mg/ml	Fosfato Sódico de Prednisolona 3mg/ml Solução
12	Piroxicam 20mg Capsule	Piroxicam 20mg Comprimido
13	Simethicone 75mg/ml	Simeticona 75mg/ml Líquido
14	Simethicone 125mg	Simeticona 125mg Cápsulas
15	Simvastatin 20mg Tablet	Sinvastatina 20mg Comprimido
	ON CLEAR TRAY	NA BANDEJA PLÁSTICA
16	Loperamide 2mg Tabs	Cloridrato de Loperamida 2mg Comprimido
17	Mineral Oil (120ml)	Óleo Mineral
18	Ritmoneuran or Akalmese	Ritmoneuran or Akalmese
19	Torsilax Tablet	Torsilax Comprimido

Tote IV

TOTE IV		
#	MEDICATION (ENGLISH)	MEDICATION (PORTUGUESE)
	MEDICATIONS	MEDICAMENTOS
1	Albendazole 400mg Tablet	Albendazol 400mg Comprimido
2	Albendazole 40mg/ml Liquid	Albendazol 40mg/ml Suspensão
4	Ivermectin 6mg Tablet	Ivermectina 6mg Comprimido
5	Nystatin Suspension	Nistatina 100.000UI/ml Suspensão
6	Secnidazole 1000mg Tablet	Secnidazol 1000mg Comprimido
	OPHTHALMIC	OFTÁLMICO
7	Artificial Tears (Lubricant)	Solução Oftálmica de Carmelose Sódica 5mg/mL
8	Ciprofloxacin Drops (use eye or ear)	Cloridrato de Ciprofloxacino Solução Oftálmica 0,35%
9	Dexamethasone 0.1% Drops	Dexametasona Suspensão Oftálmica 0,1% (1 mg/mL):
10	Dexavision Drops	Dexavision Solução Oftálmica
11	Neo-Poly-Dex Drops	Dexametasona + Neomicina + Polimixina B 0,1% + 0,35% + 6000UI
12	Claroft	Cloridrato de Nafazolina 0,12 mg/mL
	OTIC (EAR)	ÓTICO (OUVIDO)
13	Lidosporin Otic Drops	Sulfato de Polimixina B 10.000 UI/ml + Lidocaína 43,4 mg/ml
14	Otocirix Drops	Cloridrato de Ciprofloxacino 2mg + Hidrocortisona 10mg
15	Cerumin	Hidroxiquinolina 0,4mg/ml + Trolamina 140mg/ml
	NASAL	NASAL
16	Neosoro Adult	Cloridrato de Nafazolina 0,5mg/ml
17	Saline Nasal Spray	Spray Nasal Salino 9mg/mL

Tote V

TOTE V		
#	MEDICATION (ENGLISH)	MEDICATION (PORTUGUESE)
	TOPIC	TÓPICO
1	Acyclovir Ointment	Aciclovir 50mg/g Creme
2	Cetaconazole Cream	Cetoconazol 20mg/g Creme
3	Cetaconazole Shampoo	Cetoconazol 20mg/ml Shampoo
4	Delametrina Topical Suspension (scabies/lice)	Deltametrina 0,2mg/ml Loção
5	Dexamethasone 1mg/g Cream	Acetato de Dexametasona 1mg/g Creme
6	Hydrocortisone Cream 1%	Acetato de Hidrocortisona 10mg/gm (1%) Creme
7	Miconazole 2% Cream	Nitrato de Miconazol 20mg Creme
8	Triple Antibiotic Cream	Sulfato de Neomicina 5mg + Bacitracina 250UI Pomada
	VAGINAL	VAGINAL
9	Metronidazole-Nystatin Vaginal Cream	Metronidazol 500mg + Nistatina 100000UI/5g Creme
10	Metronidazole Vaginal Cream	Metronidazol 100mg/g Gel
11	Nystatin Vaginal Cream	Nistatina 25000ui/g creme
12	Pregancy Test	Teste de Gravidez
	ON CLEAR TRAY	NA BANDEJA PLÁSTICA
13	Nystatin-Zinc Oxide	Nistatina 100.000UI/g + Óxido de Zinco 200mg/g Pomada
14	Pasta DeAqua Paste	Óxido de Zinco 25%
15	Sanasar Soap	Benzoato de Benzila 100mg/ml Sabonete
16	Sanasar Emulsion	Benzoato de Benzila 250mg/ml Emulsão
17	Silvadene Cream	Sulfadiazina de Prata 10mg/g Creme