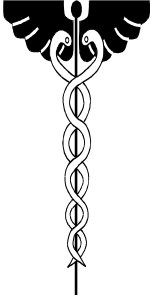


# HYPERBARIC MEDICAL CENTER

Sharm El Sheikh - Egypt, Tel. +20 69 660922 - 3, Fax: +20 69 661011  
Emergency: (+2) 0122 212 42 92 or (+2) 0122 333 13 25,  
E-mail: sharmchamber@gmail.com



## FIRST AID BOX CONTENTS: SAFARI BOATS

### BEFORE DEPARTURE:

- Check that your First Aid Box is replenished and ready to go (check the inventory list!!)!!
- Check your OXYGEN KIT!!

### قبل المغادره:

تأكد من صندوق الأسعافات الأوليه كامل و لا يحتاج إلي إستعاضه نواقص!! (راجع القائمه!!)  
راجع اسطوانه و منظم و أقمعه الأوكسوجين!!

### BEFORE DISPENSING ANY MEDICINE:

- Ask patient if he/she is allergic to any medication!
- If patient is a female between 15 years and 50 years of age, ask her if she **could be pregnant!**
- If you have a physician or nurse onboard, ask them if they could examine the patient.
- If in doubt regarding ANYTHING, contact us immediately at any time on **012 22 212 42 92 or 0122 333 13 25.**

We wish you all safe diving!

### قبل صرف الدواء:

اسأل المريض إذا كان يعاني من اي حساسيه للدواء!  
إذا كانت المريضة أنثي في سن الحمل (15 إلي 50 عاما) فيجب سؤالها عما إذا كان من الممكن ان تكون حاملا!

إذا كان هناك ضمن المجموعه طبيب او ممرضه فيرجي أن تطلب منهم إجراء فحص مبدئي للمريض!  
إذا كان لديك اي شكوك بخصوص التصرف مع الحاله فيرجي الأتصال بنا فوراً علي الأرقام التاليه:

**01222124292 أو 01223331325**

نتمني للجميع غوصاً آمناً...

### INSTRUMENTS

1. Sharp scissors ( X 2)
2. Tweezers
3. Needle holder
4. Toothed forceps ( x 2)
5. Mosquito artery forceps ( X 3)
6. Splints, various sizes
7. Surgical gloves, sizes 7& 8

## BANDAGES & DISPOSABLE

1. 6 X <b>Sterile gauze</b> pads (4" x 4 ")	
2. 2 X <b>Combi dressing</b>	
3. 3 X <b>Crepe bandages</b>	
4. 4 X <b>Rolls of gauze</b>	
5. 2 X <b>Adhesive tapes</b>	
6. <b>10cc Syringes + needle x 4</b>	
7. <b>5cc Syringes + needle x 4</b>	
8. 3 X <b>Suturing silk packs</b>	With attached <b>cutting needle</b> : 3-0, 4-0, 5-0
9. 2 X <b>Triangular bandages</b> :	Useful for a multitude of bandaging techniques
10. 4 X <b>Emergency blankets</b> :	To be used in cases of shock or hypothermia
11. 2 X <b>packs of Fucidine gauze</b> :	To be used on burns and wounds to prevent dressing from sticking to the wound area, it also contains an antibiotic ointment.
12. 1 <b>Cotton roll</b> (large)	

## MEDICATION & DISINFECTANTS

1. 1 <b>Betadine</b> solution	
2. 1 <b>Betadine</b> ointment	To be used as a skin and wound disinfectant, solution can be used without dilution and could be diluted to rinse thoroughly deep or larger wounds. Ointment can be used on dressings or directly applied to skin.
3. <b>Dermazine</b> ointment	Used to cover burns, preferably 2 <sup>nd</sup> degree burns, the bullae full of fluid should be carefully removed or at least incised to drain the fluid.
4. <b>Lucacorten</b> ointment	For all kinds of allergic skin reactions.
5. <b>Polyderm</b> ointment	Antibiotic, antifungal, steroid
6. <b>Vinegar</b> , 2 litres	The best non-surgical method to deal with sea urchin stings! Put the affected limb in hot water for 5 minutes, then put in vinegar, completely covering the affected area, for 5 to 6 hours. Repeat if necessary and give antibiotic coverage if needed.
7. 1 X litre <b>Weak ammonia</b> solution:	A very good solution for fire coral stings!! Pour freely over the affected area, then dab it gently with a large soaked piece of cotton. (as unappetizing as it sounds, if you run out of the solution, <b>you can always use urine!!</b> )
8. 10 X <b>Tongue depressors</b>	
9. 1 X <b>Boric acid</b> eye wash	
10. 5 X <b>RHINOPRO</b> tablet strips	A potent and generally well tolerated, non sedating, antihistaminic, used with congested Eustachian tubes and middle ear barotrauma, taken 1 tab. every 12 hours, consult physician before allowing diving!!
11. 3 X <b>Dexaron plus</b> or <b>Otal</b> ear/eye drops:	Used for external and middle ear inflammatory conditions as well as eye allergic and infectious conditions, 2 drops 5 times daily.
12. 2 X <b>Brufen</b> 400mg tab. (box with 30 tablets)	Potent anti-inflammatory, for middle ear barotrauma, good for joint and muscular pain in general, 3 tabs. daily always after meals with plenty of water. <b>DO NOT</b> give to patients with gastric ulcers or hyperacidity.
13.. 1 X <b>Buscupan Plus</b> tab. (box with 20 tablets)	1 tab. when needed or 3 to 4 tab daily. Taken after meals for abdominal colic and spasms.
14. 10 X <b>Rehydran</b> boxes: (10 X 10 =100 sachets)	Essential electrolyte salts, give always to conscious patients of diving accidents with oxygen, to any case suspected of dehydration

	(diarrhea / vomiting / sun stroke, alcohol the night before!...), as well as headaches and muscular aches: 7 ½ sachets dissolved in 1 ½ litres of room temp. water – you can add lemon and cool it for taste!!
15. 5 X <b>Entocid-H</b> tabs. boxes: (H stands for Hyoscine, an antispasmodic, you can purchase Entocid without 'H')	For diarrheas (with and without some colic), intestinal disinfectant, start early!! Initial dose 3 to 4 tab. at once (according to weight), then 2 tab. 3 x daily after meals for 6 days.
16. 1X <b>Rowatinex</b> caps:	Medication for renal problems and colic, take 2 caps 3 x daily 1 hour <b>BEFORE</b> meals.
17. 1 X <b>Rowaprxin</b> supp:	Fast acting spasmolytic for abdominal cramps. Give as needed, <b>DO NOT exceed 4/day.</b>
18. 1 X <b>Anusol sup.</b> + <b>Lignocaine 5%</b> ointment	Temporary relief for pains of haemorrhoids, up to 4 suppositories daily.
19. 1 <b>Primperan</b> tab and supp:	To control nausea, give in either form 15 to 20 minutes before meals.
20. 4 x <b>Solu-Cortef</b> vials, 100mg & 250mg:	Deep IM injection for cases of shock, poisonous fish stings – <b>consult physician first!!</b>
21. 2 x <b>Tavegyl</b> amp:	In cases of allergic reactions, poisonous fish stings, etc., deep IM inj.
22. 2 <b>Cortigen B-6</b> amp.:	Persistent vomiting, deep IM inj. –consult physician.
23. 3 x <b>1000cc lactated Ringer's solution</b>	IV infusion –consult physician.
24. 1 x <b>1000cc normal saline sol</b>	IV infusion –consult physician.
25. 1 x <b>1000cc 5% Glucose</b>	IV infusion –consult physician.
26. 4 x <b>I.V. infusion sets</b>	
27. 4 x <b>20 G catheters</b>	
28. 1 x <b>Voltaren</b> supp	
29. 1 <b>Voltaren 50 mg</b> tab:	Potent anti-inflammatory, do not give with gastric ulceration or hyperacidity!! 1 tab 3 X daily after or immediately before meals with a glass of water.
30. 3 X <b>Rennie</b> tab. / <b>Glycodal</b> tab:	Antacid tab, 2 tab to be chewed or sucked upon after meals or when needed.
31. 2 X <b>Paracetamol</b> tab:	Safe antipyretic, gets fever down, advice: if fever orally above 38.5 Celsius, put patient under shower or in the sea (accompanied) until the fever drops down to 38.5 then start the paracetamol or any other antipyretics.
32. 4 X <b>Stugeron</b> tab:	To treat motion- & sea sickness, 1 tab at least 1 hour <b>before</b> sailing initially, then up to 2 tab daily.
33. 1 X <b>Spasmo-cannulase</b> tab:	For indigestion, take 1 tab during the meal or right after
34. 1 X <b>TAVANIC 500mg</b> tabs	Antibiotic, 1 tab daily, <b>consult physician</b>
35. 1 X <b>Ciprobay 500 mg</b> tabs:	Antibiotic, <b>consult physician</b>
36. 1 X <b>Seprine D.S.</b> (or forte) tab	Sulfa compound, give 1 tab every 12 hours for 5 days for urinary tract infections, check if there is an allergy to the drug!!
37. 1 X <b>Sirdalud 4 mg</b> tab:	Muscle-relaxant, given in combination with Voltaren for lower back pain, <b>cannot dive when taking it!!</b> Dose to be observed vigorously: ½ tab. in the morning and 1 tab. before sleeping, <b>consult physician!!</b>
38. 1 X <b>Xylocaine</b> vial	infiltration anaesthesia
39. 1 X <b>Angised</b> tab. or <b>Nitroglycerine</b> spray	For anginal cardiac pain, have handy, 1 tab. sublingually, will cause a strong headache!! <b>Contact physician!!</b>
40. 2 X <b>Terramycin opht.</b> Oint.	
41. 2 X <b>Isomephenicol / Tobradex</b> eye drops	Both 40. & 41 for eye infections.

**CHECK WITH YOUR DIVE GUESTS THAT NONE IS ON MEDICATION PRIOR TO DIVING...IF THEY ARE, CONTACT US FOR ADVICE BEFORE ALLOWING THEM INTO THE WATER...SAFE DIVING!!**

تأكد من ان غطاسيك لا يتعاطون اي أدويه أو عقاقير قبل السماح لهم بالغوص...و إذا كان احدهم يتعاطي اي أدويه فيجب الاتصال بالمركز لمناقشه حاله و الأدوية قبل السماح بالغوص...غوص سالم!!

**HYPERBARIC MEDICAL CENTER (the chamber):**  
01222 12 42 92 – Dr. Adel Taher  
0122 333 13 25 - Dr. Ahmed Sakr

**SEARCH & RESCUE Sharm el-Sheikh (24/7): 012 313 41 58**

**DENTAL EMERGENCIES**

**Dr. Ahmed Zakaria, SINAI CLINIC,**  
069 3 666 850 or 851

**Dr. Karim El Baz,**  
0122 168 6603

**SINAI CLINIC/HOSPITA (24/7)**

0693 666 850 / 1

*Items included in this list contain instruments and medication that can only be used by a medically trained person. The intent of including them on the list is based on the fact, that in over 50 % of the cases, a medically trained person is onboard or on a neighboring boat and could use these life saving measures if available, or consult with the chamber by radio or mobile phone and we will give advice.*