

## **Basic Medical Supplies and Lots**

Compiled Dr. Mary Pernicone:

Lists for kits can be as simple or as complex as you personally desire, but the following should serve as a basic outline of a practical, well-supplied First Aid Kit:

### **Medications:**

#### **IMPORTANT NOTE OF CAUTION**

You should never take any medication against the recommendations of your physician, or against the recommendations listed on the product.

DO NOT USE medications if you have any known drug allergies that would contraindicate your taking the drug, or if you have certain medical conditions that would contraindicate your taking the drug.

If you have any questions concerning a drug, you should consult with a pharmacist or other health professional before taking any medication. Never exceed the recommended dose of any medication.

Remember, children require smaller doses of medications than adults require and, again, NEVER exceed the recommended doses as listed on the packaging materials of any medication.

In case of accidental overdose, seek immediate medical attention by calling 9-1-1 and then call Poison Control at 1-800-222-1222

#### **A. Pain Relievers**

1. Acetaminophen (e.g. Tylenol) - Easier on the stomach, especially in those who suffer from gastro esophageal reflux , peptic ulcer disease, bleeding tendencies, or who have a know sensitivity to aspirin or aspirin-like compounds.

Typical ADULT dose for mild pain, headache, or fever:

- 325 mg/Regular Strength Tablet/capsule/caplet: 1-2 tablets, by mouth, every 4 hours as needed to relieve the pain or headache
- 500 mg/Extra Strength Tablet/capsule/caplet: 1-2 tablets, by mouth, every 4-6 hours as needed to relieve the pain or headache.

2. Ibuprofen (e.g. Motrin, Nuprin, Advil, etc.) - Excellent choice to relieve headaches, musculoskeletal and back aches, menstrual cramps, fever, cold and flu symptoms, and toothache.

Typical ADULT dose for mild pain, headache, or fever:

- 200 mg/Tablet/capsule/caplet: 2 tablets, by mouth, every 4 hours as needed for relief of symptoms. Prescription strengths of higher doses are available from your doctor.



3. Aspirin - Another choice to relieve headaches, musculoskeletal and back aches, menstrual cramps, fever, cold and flu symptoms, and toothache. Some doctors prescribe one aspirin a day for patients who have known coronary artery disease to reduce their risk of suffering a second heart attack.

Typical ADULT dose:

- 325 mg/Tablet/capsule/caplet: 2 tablets, by mouth, every 4 hours as needed for relief of symptoms.

## **B. Indigestion Relievers**

1. Antacids (e.g. TUMS, Roloids, Maalox, Mylanta, etc.) - Help immediately to relieve symptoms of mild indigestion, heartburn, and sour stomach. The doses generally are 2 tablets as needed to relieve the symptoms.
2. H2 Blocking Agents (e.g. Pepsid, Zantac, etc.) - Help to prevent and to relieve symptoms of mild indigestion, heartburn, and sour stomach. The doses generally are 1 tablet/capsule every 12 hrs as needed to relieve the symptoms.
3. Proton-Pump Inhibitors (e.g. Prevacid, Prilosec OTC, etc.) - Help to prevent and to relieve symptoms of mild indigestion, heartburn, and sour stomach, but these generally take a few doses to become effective, generally requiring concurrent antacid consumption until the medication becomes effective. The doses generally are only 1 tablet/capsule every day for 14 days.

## **C. Antiseptics**

1. ISOPROPYL Alcohol / Rubbing Alcohol - Serves as an excellent cleanser, disinfectant, and skin-drying agent. CAUTION: this is highly flammable, AND should never be consumed by mouth. Also, rubbing alcohol burns when applied to irritated or broken skin.
2. Antiseptic Soap-Antibacterial soap (e.g. Hibiclens, Dial Soap, Betadine Scrub, etc.) One of the best and most well-tolerated antiseptics is good, old-fashion soap and water.
3. Antimicrobial Hand Wipes-to clean hands well before and after applying first aid.

## **D. Ointments**

Apply these using a clean cotton swab or gauze, as touching the end of the tube with a bare finger tip may contaminate the ointment within the tube and/or the wound to which the ointment is applied.

1. Bacitracin Ointment- serves to fight infection in minor abrasions. Apply 3 times a day and/or at dressing changes.
2. Neosporin/Neomycin Ointment-serves to fight infection in minor abrasions. Apply 3 times a day and/or at dressing changes. NOTE: up to 25% of people develop



hypersensitivity (a rash) or drug allergy to Neosporin and must stop its use.

3. Lanacaine / Lanabiotic -serves to fight infection in minor abrasions. This has the advantage of also relieving minor discomfort and relieving stinging in insect bites and wounds. Apply 3 times a day and/or at dressing changes.
4. Triple-Antibiotic-serves to fight infection in minor abrasions. Apply 3 times a day and/or at dressing changes.
5. Hydrocortisone Cream-1%-Cortaid -serves to decrease or stop itching and burning from insect bites and stings and from contact dermatitis. May apply as directed on the tube.

## **Bandages and Bandage Supplies**

### **A. Latex-free Powder-free Gloves**

2-3 pairs; for personal protection when applying first aid to others, and also for protection against further contamination of wounds

### **B. Instruments**

At least one of each:

1. Tweezers - for removing splinters, debris, etc. from wounds
2. Flashlight - can be as simple as a penlight, or as complex as a wind-up (battery-less) flashlight.
3. Safety Pins - 2 large, 4 small
4. Needle - for facilitating splinter removal
5. Wire Clipper / Cutter - for clipping off a fishhook
6. Wooden Tongue Blade - may be used to expose things for closer examination (i.e. holding clothing, tissue, etc. out of the way); may also be used for use as a finger splint.
7. Sterile Saline Irrigation - small bottles are available in any store where Band-Aids and gauzes are sold, but, in a pinch, pure saline contact lens solution will work fine.
8. Lighter or Matches (Strike-Anywhere, Water/Wind-Proof are best)

### **C. Band-Aids**

Sterile, in individual packages, and in several sizes and shapes. Butterfly wound-closing Band-Aids and steri-strip wound closing bandages are generally discouraged because most wounds in the emergency setting should NOT be approximated unless managed in a



professional setting.

**D. Gauzes**

Sterile, in individual packages. Assemble the following, at a minimum:

1. Gauze Rolls - 2 rolls each of 2" wide and 4" wide
2. Gauze Pads - 6 packages each of 2" and 4" widths  
Do not confuse "Gauze Topper Pads" with Gauze pads. Toppers have cotton inside the gauze and are not as versatile as true gauze mesh. Topper gauze is useful in padding a dressing, serving to absorb more fluid/blood into a dressing, and such, but is not the best gauze item for a standard kit.
3. Eye Gauze Pads- at least 6 sterile pads.
4. Cotton Swabs and cotton balls - 6 of each, to help clean wounds, and to apply medications/antiseptics

**E. Bandage Sheers**

The funny looking scissors with a bent nose

**F. 1" Paper Tape & 1" Cloth Adhesive Tape**

One roll of each

**G. 2" and 4" Ace Wraps**

One of each. These are excellent for gently holding temporary dressings, ice-packs, or splints in place so that adhesive tape does not have to be applied to delicate skin. Also, the ribbed upper half of a sock (with the foot cut off) serves as an alternate means to hold dressings and such in place.

**H. Triangular Bandage (TB)**

Versatile and compact. May be purchased prepackaged or constructed out of any soft material (e.g. pillow case, sheet, large T-shirt, over-sized bandana, etc.) 36" x 36" x 51" is a good template size. Many Uses: SLING, tourniquet, splint binder, ice-pack barrier, etc.

To Make a SLING: Place the longest side of the TB under the arm, and tie the two corners of the long side together at the back of the neck, this "slings" the arm on that side. Tuck/safety-pin the third corner to brace/secure the elbow in the sling.

