

Oxford University Cave Club Cuvicente Expedition 1987

CAVER - HEAL THYSELF !

A guide to the medicines herein

WARNING - A lot of the stuff in this box is powerful juju indeed. Refer to the "Drugs - how to use them" sheet **Before** taking anything other than aspirin! Items marked ** are quite drastic and should only be taken in dire emergency, after consulting a doctor. If it's that bad, maybe you should be in hospital.

AILMENT

DRUG

SHITS

Codeine Phosphate
Lomotil
Rehidrat (replaces lost fluid)

PAIN

Aspirin
Paracetamol (Panadol)

Watch it ! Aspirin causes gut bleeding and overdose of Paracetamol is **very nasty** indeed.

Codeine Phosphate (?)
Feldene **

FESTERS

Try Savlon FIRST
Daktarin **

RASHES

Try Savlon FIRST
Eurax

BURNS

Cold water, use burn bags, or leave exposed to harden.
Keep clean (Savlon).

NASTY EYES

Polyfax

HAY FEVER

Piriton
Phenergan

ANTIBIOTICS

None of these to be used trivially.
Bactrim
Dalacin **
Flagyl **
Floaxapen **
Hismanal **

ECZEMA

Betnovate ** (see Dan if no Doc.)

CAN'T SLEEP

Alcohol ? Oh, all right, try
Mogadon

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DRUGS - HOW TO USE THEM

BACTRIM For Cystitis. One tablet twice daily, for five to seven days. Two tabs for bad goes. *Especially useful for deflowered virgins!*

BETNOVATE, BETNOVATE-C Powerful steroid ointment. Do not use except under qualified supervision. Do not use for rashes. Do not use for burns. *Great for sunburn - but don't tell the doctor!*

CODEINE PHOSPHATE For shits. As Lomotil. Also - it's a good painkiller - better than aspirin / paracetamol (but it bungs you up!). *Ideal for 20hr pushing trips*

DAKTARIN For athletes foot. Wash ~~feet~~ *socks* thoroughly and dust with powder or cream with cream. *Then burn socks*

REHIDRAT For the shits. Make up and drink to replace lost fluid.

If you run out, make your own:

1 litre boiled water

1 tablespoon sugar

1 teaspoon salt

Cheers!

Also great for hangovers

ERYTHROMYCIN For **really** bad sore throats. One tablet 3x /day for five days.

EURAX Use for itchy rashes, **NOT** if they're oozing or blistered.

FELDENE For **severe** pain. Take one per day.

FLOXAPEN Anti-microbial. For infected wounds and boils. One capsule 4x /day. If infection is not better after three days go onto Bactrim.

FLAGYL Specialised antibiotic, qualified use only. One tablet 3x /day, for 7-10 days. **NO ALCOHOL.**

For:- certain types of diarrhoea or vaginitis (thrush). *- see under Bactrim.*

HISMANAL An antihistamine. One tablet /day.

LOMOTIL For shits, if it's **really** inconvenient. If you've got the shits, something in there wants to come out. Use with caution and not for long periods (ie. more than a few days).

PIRITON, PHENERGAN Antihistamines (for hay fever).

Use piriton first, then (if it doesn't work) phenergan.

Phenergan is also good for a night's sleep, if you don't mind sleeping the day after as well.

DO NOT MIX WITH DRINKING OR DRIVING

POLYFAX Eye ointment. Apply to inside of eyelids 3x /day.

POLYCROL FORTE For indigestion. Take one.

MOGADON

Sleeping pills. Take a half or one and not before driving!

Alternatively, need log book.

*If you're really clever
{ apply to inside of eyes.
{ Ask Gregson for advice*

OXFORD UNIVERSITY EXPEDITIONS

IMPORTANT INSTRUCTIONS

DIARRHOEA. Much of the diarrhoea encountered in foreign parts is due to change of diet. Some is due to infection. Prevention is important and half the battle is won by taking simple precautions. Travellers often show a remarkable lack of common sense. Spanish pears may be luscious, but if a Spaniard eats 8 large Spanish pears he will get diarrhoea, so eat fruit in moderation. If you do eat fresh vegetables or fruit make sure that these are washed in water purified with Sterotabs (or Puritabs). Salads that include green lettuce are particularly hazardous. Vegetables are often manured with human dung, and those with a large surface (such as lettuce) are particularly dangerous. You have a little free acid in your stomach, it will cope with a few nasty germs, but not with a lot. Cucumber and tomato salads are relatively safe. If you get diarrhoea, take codeine phosphate, two 30 mg tablets every 4 hours until the diarrhoea has stopped, or take Lomotil, 4 tablets at once, and then 2 tablets four hourly until the diarrhoea has stopped. You may have been given Imodium (loperamide): take two capsules at once, and then one every time you have a motion until you seize up. If none of these stop the diarrhoea and you are feeling ill, and particularly if you are passing stools with blood and mucus, take Septrin or Bactrim (cotrimoxazole) two tablets twice a day for five days. You may have been given trimethoprim instead of cotrimoxazole. You should take 200 mg twice a day. You may have been given Amoxil (amoxycillin) 250 mg capsules. Take two, four times a day for five days. If this does not clear the diarrhoea you must seek medical help. Septrin or Bactrim should not be taken by people that are hypersensitive to sulphonamide. Amoxil should not be taken by people who are hypersensitive to penicillin.

OTHER INFECTIONS. Do not use antimicrobials recklessly. If you have boils and a raised temperature, or infected wounds, or you think you have pneumonia or bronchitis it is reasonable to take a drug. For boils and infected wounds use first clindamycin. The capsules are 150 mg. Take one capsule four times a day. If you are no better at the end of 72 hours, take Septrin (or Bactrim) two tablets (or capsules) twice a day for five days. (Remember that the latter must not be given to people who are hypersensitive to sulpha drugs). Do not give both drugs at once. If you are in doubt you must seek medical advice.

Some of you may be given flucloxacillin (Floxapen). This is also useful for infected wounds and boils. Take one capsule (250 mg) four times a day. If the infection is not better after three days go on to Septrin or Bactrim as above.

HEAT EXHAUSTION AND SUNSTROKE. Keep your water and salt requirements in balance (see other sheet).

ANTI-HISTAMINES. These drugs suppress allergic reactions of various sorts and are useful in suppressing nettle-rash, itchy skin conditions, hay fever, and to some extent mild asthmatic wheeze. Remember that they all, but to a varying extent, tend to make you sleepy. Do not drive if you are at all drowsy. You may have two drugs, Pro-Actadil and Phenergan. Each tablet of the former is of 10 mg, the latter 10 mg or 25 mg. Some may be given Piriton, *Hismanal 1/day*

1-4 times/day
PRO-ACTADIL is suitable for use in the day time. One once a day may be adequate but one may be taken at night and morning if necessary.

PHENERGAN the most powerful antihistamine, is likely to make you sleepy, so take preferably at night. Do not take if you are driving. The 25 mg tablet is very potent. *1 per time*

PIRITON 4 mg tablets. A useful drug for moderate allergy. Take one every four to six hours.

ECZEMA. With irritating skin conditions, use Betnovate cream locally or Eurax, Vioform and hydrocortisone cream. Both contain steroid and an antiseptic.

DISINFECTANTS. For cuts and scratches use tincture of iodine unless you are hypersensitive to iodine. Bigger cuts may be washed out with Savlon. A sachet of Savlon concentrate will make a pint of disinfectant ready for use.

MOTION SICKNESS. Marzine tablets, 1 every two to four hours, or Dramamine tablets, 1 every two to four hours, help most people.

SORE THROATS. Most are not due to bacteria and a soothing gargle with some soluble Aspirin (Disprin) usually takes the worst agony away. If the throat is dark red and very sore it is possible you may have a bacterial infection and if you have a fever, take clindamycin (150 mg capsule) or erythromycin 1 ~~hour~~ times a day for five days.

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SLEEPING TABLETS. You have been given Mogadon (nitrazepan) 5 mg or Rohypnol (flunitrazepam) 1 mg. (1/2) One will send the average adult off to sleep. If one does not work you can safely take two or even three.

N.B. Keep these tablets safely and ensure that they do not fall into the hands of children or irresponsible people.

HEADACHES AND OTHER PAINS AND ACHES. You have been given paracetamol tablets. Take one or two tablets every four hours.

As an alternative use soluble aspirin, 2 tablets, which may be taken every four hours. Cut the dose if you get ringing in the ears.

For severe pain: take Feldene (piroxicam) one a day.

INDIGESTION. Use Gaviscon tablets, chew or suck one or two as often as necessary. Polycril Forte (one)

SUNBURN. Avoid going into blazing sunshine or working by the sea unless you have used Uvistat ointment on the exposed part of your body, and pomade (lipscreen) on your lips.

MOSQUITOES AND FLIES. If you are in an area where there are tsetse flies, black flies (simulium damnosum), or a lot of anopheles or aedes, you must use a mosquito net. Both in the Tropics and Arctic and Antarctic mosquitoes can be a nuisance. They will descend in their millions from nowhere and you should have a good mosquito repellent. The best is a mixture of 2-ethyl-1-3-hexandiol (94 G/l), 56.4 ml and N, N-diethyl-m-tolumide (99.7 G/l) 6.3 ml and industrial methylated spirit 66 O.P. to 1 litres. It can be bought in America and Sweden. The Swedish variety is known as Djungel Olja 3 x 6. Do not put it in the eyes or in the mouth.

In some parts of the Arctic tiny flies can be a great nuisance, crawling into the ears, eyes, mouth and nose. Insect repellent does not work on them, but the local population usually will be able to advise you. In Greenland you should go to the Royal Greenland Trading Company (KGH) and buy a very fine mesh shopping bag, put it over your head and wear mittens. This works. Do not put a polythene bag over your head: you stand a reasonable chance of asphyxiating very rapidly.

TYPHUS. If you are going to areas where you are likely to encounter rickettsial disease (epidemic typhus, tick typhus, scrub typhus, Rocky Mountain spotted fever) you may be given a supply of tetracycline. If you get a fever (particularly following a tick bite) take two, 4 times a day for a week, and then one, 4 times a day for a further week.

INFECTED OR RED EYES are usually due to a conjunctivitis caused by a bacterium. Optrex is not very useful. Use Polyfax or tetracycline eye ointment 3 or 4 times a day. Put a little snake of cream on the turned down lower eyelid. Put the upper eyelid over it and massage gently. This should clear the infection in the course of a couple of days.

ATHLETES FOOT. This can be particularly tiresome if you have sweaty feet. Wash your feet thoroughly and dust the feet and socks with Mycil or Daktarin or some similar antifungal dusting powder.

FLEAS AND LICE. Dust your clothes and sleeping bag with flea powder (kills pests on pets and undergraduates!). Go to the nearest pet shop and ask for dog flea powder. Hunt for fleas and lice on you. If badly bitten use Betnovate or Synalar cream or Eurax cream.

TAPEWORMS AND ROUNDWORMS. For tapeworm take Yomesan (niclomaside 500 mg) four tablets, chew well and wash down with water. ~~A cascara tablet should be taken as a purgative. For roundworm take Vermox (mebendazole 100 mg) one night and morning for three days.~~

AMOEBIASIS. If you think you have got amoebiasis (bloody diarrhoea) take tinidazole 2 gms (four tablets) every morning for three days and then Furamide, one tablet (of 500 mgs) three times a day for five days, or Flagyl (metronidazole) 800 mg three times a day for four days instead of tinidazole. AVOID MILK AND MILK PRODUCTS FOR SIX WEEKS. No alcohol whilst you are taking tinidazole or metronidazole

(ONE)

ie Flagyl

HIGH ALTITUDE. Note that above 8-10,000 feet the contents of full tubes of ointment will shoot out under pressure. Unscrew cap with care. You may be given Diamox 500 mg twice a day to counteract mountain sickness.

GENERAL NOTE.

It is important that drugs not used are handed in to me for use of future expeditions, or burnt. They could be dangerous particularly for children and in foreign parts any expedition refuse is often avidly collected by the locals. If you have a deserving local medical centre, by all means give remaining drugs to them. We want the drug cases back.

Bent Juel-Jensen.
University of Oxford.
Trinity 1986.