



**Mercy  
Ships<sup>®</sup>**

Bringing Hope and Healing...

# Formulary 2009-2011



**An Essential Medicines Dosing Guide  
Based on the WHO Model Formulary**

**TABLE OF CONTENTS:**

PREFACE	(i)
BIBLIOGRAPHY & ACKNOWLEDGEMENTS	(ii)
INTRODUCTION TO ESSENTIAL MEDICINES	(iii)
PRESCRIPTION WRITING GUIDELINES	(iv)
1 GASTROINTESTINAL SYSTEM_____	1
1.01 ANTACIDS, ANTIULCER MEDICINES_____	1
1.01a Antacids_____	2
1.01b H <sub>2</sub> -Antagonists, Proton Pump Inhibitors_____	3
1.02 ANTIEMETICS_____	4
1.03 ANTIHAEMORRHOIDALS_____	6
1.04 ANTISPASMODICS_____	6
1.05 LAXATIVES_____	7
1.06 MEDICINES USED IN DIARRHOEA_____	10
WHO Recommendations for treatment of dehydration-----	10
2 CARDIO-VASCULAR SYSTEM_____	12
2.01 DIURETICS_____	12
WHO notes on Management of Angina-----	16
WHO notes on Management of Hypertension-----	17
WHO notes on Management of Heart Failure-----	19
2.02 ANGIOTENSIN CONVERTING ENZYME INHIBITORS_____	21
2.03 BETA-BLOCKERS_____	21
2.04 CALCIUM CHANNEL BLOCKERS_____	22
2.05 VASODILATOR ANTIHYPERTENSIVES_____	24
2.06 NITRATES_____	25
WHO notes on Management of Arrhythmias-----	26
2.07 CARDIAC GLYCOSIDES_____	28
2.08 OTHER ANTIARRHYTHMIAS_____	29
2.09 INOTROPIC & VASOCONSTRICTOR SYMPATHOMIMETICS_____	31
2.10 ANTICOAGULANTS & HAEMOSTATICS_____	33
WHO notes on Management of Myocardial Infarction-----	34
WHO notes on Management of Stroke-----	35
2.11 ANTIHYPERLIPIDAEMIC AGENTS_____	38
3 RESPIRATORY SYSTEM_____	40
BNF notes on Treatment of Acute Severe Asthma-----	40

	WHO notes on Treatment of Chronic Asthma-----	43
3.01	ANTIASTHMATICS_____	45
3.01a	Beta <sub>2</sub> -Agonists_____	45
3.01b	Other Bronchodilators_____	46
3.02	CORTICOSTEROIDS_____	46
	WHO notes on Management of Anaphylaxis-----	48
3.03	ANTIHISTAMINES & ANTIALLERGICS_____	49
3.04	COUGH & COLD PREPARATIONS_____	52
4	CENTRAL NERVOUS SYSTEM_____	53
4.01	HYPNOTICS & ANXIOLYTICS_____	53
4.02	ANTIPSYCHOTIC MEDICINES_____	55
4.03	ANTIDEPRESSANTS_____	59
4.03a	Tricyclic Antidepressants (TCA)_____	60
4.03b	Selective Serotonin Reuptake Inhibitors (SSRIs)_____	60
4.04	ANTIEPILEPTICS_____	61
4.05	ANTIMIGRAINE MEDICINES_____	64
5	MUSCULOSKELETAL SYSTEM_____	66
5.01	NON-OPIOID ANALGESICS (NSAIDs & PARACETAMOL)_____	66
5.02	OPIOID ANALGESICS_____	70
5.03	MEDICINES USED IN GOUT_____	73
6	ANTI-INFECTIVES_____	75
6.01	ANTIBACTERIALS_____	76
6.01a	Penicillins_____	77
6.01b	Cephalosporins & Imipenem_____	81
6.01c	Quinolones_____	85
6.01d	Macrolides_____	86
6.01e	Tetracyclines_____	87
6.01f	Aminoglycosides_____	88
6.01g	Other Antibacterials_____	90
6.02	ANTIFUNGALS_____	94
6.03	ANTIMALARIALS_____	98
	WHO notes on Management of Malaria-----	98
6.04	OTHER ANTIPROTOZOALS_____	106
6.05	ANTHELMINTICS_____	108
6.06	ANTIVIRALS_____	113

7	ENDOCRINE SYSTEM_____	115
7.01	CORTICOSTEROIDS_____	115
7.02	THYROID AND ANTITHYROID MEDICINES_____	119
7.03	INSULINS_____	122
7.04	ORAL HYPOGLYCAEMIC AGENTS_____	125
7.05	SEX HORMONES & RELATED MEDICINES_____	127
7.06	DRUGS FOR URINARY INCONTINENCE_____	131
8	VITAMINS, MINERALS & PARENTERAL SOLUTIONS_____	132
8.01	VITAMINS_____	132
8.02	ELECTROLYTES & MINERALS_____	136
8.03	PARENTERAL SOLUTIONS_____	141
8.04	PLASMA SUBSTITUTES_____	145
8.05	IRRIGATION SOLUTIONS_____	146
9	EYE_____	147
9.01	ANTI-INFECTIVE EYE PREPARATIONS_____	147
9.02	CORTICOSTEROID EYE PREPARATIONS_____	150
9.03	MIOTICS & ANTIGLAUCOMA MEDICINES_____	151
9.04	MYDRIATICS & CYCLOPLEGICS_____	154
9.05	PERI-OPERATIVE EYE PREPARATIONS_____	155
10	EAR, NOSE & THROAT_____	158
10.01	EAR PREPARATIONS_____	158
10.02	TOPICAL NASAL PREPARATIONS_____	159
10.03	MEDICINES FOR ORAL ULCERATION & INFLAMMATION_____	160
11	DERMATOLOGICALS_____	161
11.01	TOPICAL ANTIFUNGALS_____	161
11.02	TOPICAL ANTIBACTERIALS_____	163
11.03	TOPICAL ANTI-INFLAMMATORY & ANTIPRURITICS_____	164
11.04	SCABICIDES & PEDICULICIDES_____	167
11.05	PREPARATIONS FOR WARTS & CALLUSES_____	169
11.06	ANTISEPTICS & DISINFECTANTS_____	170
11.07	OTHER TOPICAL PREPARATIONS_____	171

12	IMMUNOLOGICALS_____	173
12.01	ANTISERA & IMMUNOGLOBULINS_____	173
12.02	VACCINES_____	175
12.03	GENERAL IMMUNISATION SCHEDULE (BNF)_____	185
13	ANAESTHETICS_____	186
13.01	INHALATIONAL & IV ANAESTHETICS_____	186
13.02	LOCAL ANAESTHETICS_____	190
13.03	VASOCONSTRICTORS USED IN SURGERY_____	194
13.04	MUSCLE RELAXANTS USED IN SURGERY_____	195
13.05	ANTIMUSCARINICS/ANTICHOLINESTERASES_____	197
13.06	PERI-OPERATIVE MEDICATION_____	199
14	ANTIDOTES & DIAGNOSTIC AGENTS_____	202
14.01	ANTIDOTES_____	202
14.02	DIAGNOSTIC AGENTS_____	208
APPENDIX I	GENERAL INFO ON PRESCRIBING IN CHILDREN	212
APPENDIX II	GENERAL INFO ON PRESCRIBING IN PREGNANCY/LACTATION	216
	WHO Table of meds to be avoided or use with caution in pregnancy	218
	WHO Table of drugs to be avoided or use with caution in lactation	225
APPENDIX III	GENERAL INFO ON PRESCRIBING IN THE ELDERLY	231
INDEX		234
M/V AFRICA MERCY MEDICAL LABORATORY TEST LIST (revised 10/2008)		I
TABLE OF VALUES, CONVERSIONS & UNITS		II
ABBREVIATIONS		III