



**Mercy
Ships[®]**

Bringing Hope and Healing...

Formulary 2009-2011



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

EAR, NOSE & THROAT

10.01 EAR PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Ciprofloxacin Eye Drops 0.3%, 5ml (Ciloxan) <i>[Contains benzalkonium chloride]</i>		NOT for Child < 1 yo. May be used for ear application: <i>Apply</i> 2 drops 3 times daily, reduce frequency when relief is obtained.
Ciprofloxacin 0.3% with Dexamethasone 0.1% Ear Drops 10ml (Ciprodex) <i>[Contains benzalkonium chloride]</i>	D	NOT for Child <1yo. Otitis media and externa: <i>Apply</i> 3-4 drops into the canal of the affected ear(s) twice daily for 7 days.
Gentamicin Eye Drops 0.3%, 10ml <i>[Contains benzalconium chloride]</i>	IDA EML	May be used for ear application: Bacterial infection in otitis externa, <i>Apply</i> 3-4 drops 3-4 times daily and at night, reduce frequency when relief is obtained.
Olive Oil Ear Drops		Ear wax removal: <i>Apply</i> 3-4 drops 3-4 times daily. [Note. In house preparation, expiry 14 days.]
Prednisolone Eye Drops 1% (Pred-Forte) <i>[Contains benzalconium chloride]</i>	EML	For ear application for eczematous inflammation in otitis externa: <i>Apply</i> 1-2 drops 2-4 times daily.

COMMENT/CAUTIONS:

- Exclude underlying chronic otitis media before starting treatment for otitis externa (many recover with thorough cleansing or gentle syringing).
- Acute otitis media in children: most uncomplicated cases resolve without antibacterials (just paracetamol for pain); if there is no improvement with topical treatment after 72 hours, consider systemic antibacterial. For chronic otitis media, ciprofloxacin eye drops may be used if needed (unlicensed).
- The patient should be encouraged to lie with affected ear uppermost for about 10 minutes after the eardrops have been applied to ensure droplet penetration to the affected skin. Warm ear drops to room temperature before use unless otherwise directed.

Cont. next page

COMMENT/CAUTIONS (CONT.):

- Preparations containing aminoglycosides (e.g. gentamicin/neomycin) or polymyxins should be used cautiously if the eardrum is perforated, due to an increased risk of drug-induced deafness. Prolonged use should be avoided.
- DISCARD ALL ANTIBACTERIAL EAR PREPARATIONS 4 WEEKS AFTER OPENING FOR OUTPATIENTS AND 7 DAYS AFTER OPENING FOR INPATIENTS.

10.02 TOPICAL NASAL PREPARATIONS

GENERIC (TRADE) NAME	CAT.	INDICATION/DOSE
Beclomethasone Dipropionate Aqueous Nasal Spray 50micrograms/dose (0.05% w/w) (Beconase) <i>[Contains benzalkonium chloride]</i>		Adult & Child > 6 yo: 100micrograms (2 sprays) <i>into each nostril</i> twice daily or 50 micrograms (1 spray) <i>into each nostril</i> 3-4 times daily; max 400 micrograms (8 sprays)/DAY.
Xylometazoline Nasal Drops or Nasal Spray 0.05% & 0.1% (Otraspray, Otrivine) [Sympathomimetic]	MSL	Adult & child > 12 yo: <i>Apply</i> 1 spray or <i>instil</i> 2-3 drops of 0.1% <i>into each nostril</i> 2-3 times daily when needed for 3 days; Child over 3 months <i>instil</i> 1-2 drops of 0.05% <i>into each nostril</i> 1-2 times daily when needed; max duration 1 week.

COMMENT/CAUTIONS:

- Sodium chloride 0.9% given as nasal drops may relieve nasal congestion by helping to liquefy mucous secretions. Inhalation of warm moist air is also useful, adding menthol or eucalyptus may encourage its use.
- **Corticosteroids** must be used regularly for allergic or vasomotor rhinitis.
- **Xylometazoline:** more potent with long duration, may cause rebound nasal congestion, may cause a hypertensive crisis if used with a monoamine-oxidase inhibitor.
- DISCARD ALL NASAL PREPARATIONS 3 MONTHS AFTER OPENING FOR OUTPATIENTS & 1 MONTH AFTER OPENING FOR INPATIENTS.

NOTE. For other decongestant preparations, see Chapter 03 Respiratory System Section 3.03 Antihistamines.

10.03 MEDICINES FOR ORAL ULCERATION & INFLAMMATION

GENERIC (TRADE NAME)	CAT.	INDICATION/DOSE
Chlorhexidine gluconate 0.1% oral rinse 125ml & 250ml	IDA	15ml <i>to use as oral rinse or gargle</i> for 30 seconds, twice daily. [Note. In-house preparation, expiry 7 days after dilution. To dilute, take 40ml of 5% concentrate or 10ml of 20% concentrate and top up with water to 2000ml, then repack in 300ml bottles if needed.]
Choline salicylate 8.7% & Cetalkonium 0.01% Gel 15g (Bonjela)	D	<i>Apply</i> to sore area with gentle massage not more often than every 3 hours, max 6 applications daily: Adult ½ inch of gel, child > 4 month old ¼ inch of gel.
Throat & Cough Lozenges (various)	D	See individual product leaflet for details.

COMMENT/CAUTIONS:

- Throat & Cough Lozenges: may irritate and cause sore tongue and lips, some preparations with local anaesthetics for pain-relief may cause sensitisation.
- Use choline salicylate (Bonjela) gel sparingly in children to avoid salicylate poisoning, may cause transient stinging when applied, do not apply to dentures – leave at least 30 minutes before re-insertion of dentures.