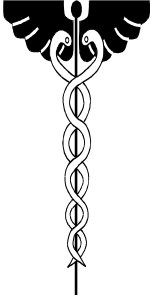


HYPERBARIC MEDICAL CENTER

Sharm El Sheikh - Egypt, Tel. +20 693 660922 - 3, Fax: +20 693 661011
Emergency: (+2) 0122 212 42 92 or (+2) 0122 333 13 25
E-mail: sharmchamber@gmail.com



N.B.: This is a list prepared for daily boats and not necessarily for individuals, although, we would suggest the same contents for the First Aid Box of any Divemaster. For individual use, just decrease the amounts!

FIRST AID BOX CONTENTS: DAILY BOATS

BEFORE DEPARTURE:

- Check that your First Aid Box is replenished and ready to go!!
- Include an **inventory list** to help you replenish what is needed.
- Check your OXYGEN KIT is complete!!

قبل المغادره:

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

BEFORE DISPENSING ANY MEDICATION:

- Ask patient if she/he 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 **0122 212 42 92 (Dr. Adel), 0122 3331325 (Dr. Ahmed) or 069/3660 922//3 (between 10:30 and 18:00) for DENTAL emergencies: Sinai Clinic : 0693 666 850/1**

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 الاتصال بنا فوراً علي الأرقام التاليه:
012233331325 أو 01222124292

نتمني للجميع غوصاً آمناً...

INSTRUMENTS

1. Sharp scissors
2. Tweezers
3. Surgical gloves, sizes 7 & 8

BANDAGES & DISPOSABLES

1. 6 **Sterile gauze** pads (4" x 4 ")
2. 2 **Combi dressing**
3. 2 **Crepe bandages**
4. 2 **Adhesive tape**
5. 2 **Triangular bandages**
6. 2 **Sufratulle (Vaseline) gauze:**
8. 1 **Cotton roll** (large)

Useful for a multitude of banding and support of limbs techniques

To be used on burns and wounds to prevent dressing from sticking to the wound area, it also contains an antibiotic ointment.

MEDICATION & DISINFECTANTS

1. 1 **Betadine** solution
2. 1 **Betadine** 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

3. **Dermazine** ointment

Used to cover burns preferably in 2nd degree burns, the bullae full of fluid should be carefully removed or at least incised to drain the fluid.

4. **Lucacorten or Betnovate or Dermacort** ointment

For all kinds of allergic skin reactions.

5. **Vinegar**, 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.

6. **Polyderm** ointment

Anti-allergic, anti-biotic and anti-fungal...ALL in one!

9. 1 x **Buscupan Plus** tab:
or **Rowaprxin forte** tab.

1 tab. when needed or 3 to 4 tab daily. Taken after meals for abdominal colic and spasms.

10. 5 x **Rehydran** boxes: (50 sachets)

Essential electrolyte salts, give always to **conscious patients** of diving accidents together with oxygen, to any case suspected of **dehydration (diarrhoea / 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!!

11. 1 strip of **MOTILIUM** tab and suppositories or **PLASIL** tab.

To control nausea, give in either form 15 to 20 minutes before meals. **DO NOT dive after taking them!**

12. 1 **VOLTAREN 50** 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.

14. 2 **PARACETAMOL** tab:

Safe antipyretic, gets fever down, advice: if fever orally above 38.5 Celsius, put patient under shower or in sea until the fever drops down to

38.5 then start the paracetamol or any other antipyretics.

15. 1 strip of **STUGERON tab:**

To treat motion- & sea sickness, 1 tab at least 1 hour before sailing initially, then up to 2 tab daily. **DO NOT use other "sea sickness" tablets if patient intends to dive!**

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 الإتصال بالمركز لمناقشه الحاله 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 (24/7): 012 313 41 58