

## **Preparing for a Medical Missions Trip in Central America:**

1. Copies of all medical personal (doctors, nurses, pharmacists, dentists, ophthalmologist, optometrist, EMT, paramedic, and any others) must be sent to OEM no less than one month before the team's arrival date. It must be a current license and can be scanned to [openeyes2@peoplepc.com](mailto:openeyes2@peoplepc.com).
2. All medicines should be brought from the U.S. There are several companies which will provide medicines free or at a low cost. These companies include: King's Pharmaceutical, Brother's Brother, Map.org. There are others available and you can use whomever or ever how many you choose. Please note the list following this note of especially needed medicines.
3. At least one month before your arrival, please send by e-mail the list of all medications you will be bringing with you including the name, mgs, quantity, and the expiration date, as well as a list of all people on the team.
4. If your trip is to Nicaragua or Costa Rica, please send a scanned and notarized copy of the donation letter from any of the above companies you used or from your church or organization stating all of the medicines were donated and are to be used on the dates of the clinics and in what cities or churches they will be used. (OEM will let you know the exact dates, times, and places after your trip is scheduled.) Also you must include the amount of money the medications is worth.
5. All included in #1,3, and 4 and a letter from OEM will be taken to the Department of Health at least 3 weeks before your arrival to have clearance with the government to facilitate your entrance into the country with medical supplies.
6. When you arrive at the airport, please have copies of all medical licenses, and the list of medicines as stated in #3.
7. Also include a list of medicines located in each suitcase on top inside of the suitcase and one with the information you have with all other data i.e. suitcase #1 list of medicines in the suitcase and have a list in your folder.
8. DO NOT remove medicines from their original containers. Do not prepackage in plastic bags, etc. They must be in their original containers.
9. OEM has forms to fill out for the patients with blood pressure, symptoms, etc and a place to add prescriptions and treatments.
10. OEM has small plastic bags which tie to package the p.o. medications and small empty bottles in which to divide any liquid medications. You are welcome to bring small Ziploc bags if you have room to pack them.
11. Clinics normally start at 9 AM. Patients register, get blood pressure taken, are evangelized, (names and addresses are taken of those who accept Christ and given to the local church), see the doctor, and then go to the pharmacy to have prescriptions filled.

12. Please bring prescription labels with the following information to place on each medication. Need at least:

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|----------|--|
| 1000 ea. | A. Tomar ___ pastilla cada ___ horas<br>Take ___ pill every ___ hours<br>Tos/ Gripe/ Fiebre/ Dolor/ Alergia/ Infeccion<br>Cough/ Cold/ Fever/ Pain/ Allergy/ Infection                   |
| 1000 ea. | B. Masticar _1_ pastille diaria con comida- Vitaminas para ninos<br>Chew _1_ pill everyday with food- Childrens vitamins   |
| 1000 ea. | C. Masticar _1_ pastilla diaria- Parasitos<br>Chew _1_ pill everyday- parasites  |
| 1000 ea. | D. Tomar 1 pastilla diaria con comida- Vitaminas para adultos<br>Take 1 pill everyday with food- adult vitamins  |
| 500 ea.  | E. Tomar ___ cc o cucharadita cada ___ horas<br>Take ___ cc or teaspoon every ___ hours<br>Tos/ Gripe/ Fiebre/ Dolor/ Alergia/ Infeccion<br>Cough/ Cold/ Fever/ Pain/ Allergy/ Infection |
| 250 ea.  | F. Poner ___ gotas en ___ ojos o oidos ___ veces al dia<br>Put ___ drops in ___ eyes or ears ___ times a day<br>Alergia/ Allergy Infeccion/ Infection                                    |

Please bring a box of blank labels as well to make other labels as needed.

13. Medicines will be prepackaged on the day of arrival or the day before the clinic starts.
14. Scrubs can be worn for the medical clinic, as well as capris for women and walking shorts for men.
15. Medical personal should bring stethoscope and ophthalmoscope/otescope.
16. Other needs include hand sanitizer, ink pens, sharpies, large examination gloves, BP cuff and a few thermometers.
17. Many medicines can be bought over the counter in Central America, but vitamins and antibiotics can be very expensive. Albendazole for parasites is much cheaper in Central America. Many teams bring extra money to replenish any needed medication.

**List of medications needed:**

1. Children's chewable and liquid vitamins (these are very expensive in Central America)
2. Adult Vitamins (are very expensive in Central America)
3. Pre-natal Vitamins (are very expensive in Central America)
4. Ferrous Sulfate
5. Antihypertensive
6. Cough/cold
7. Allergy (including Benadryl)
8. Ibuprofen for adult/children/infant
9. Tylenol: adult/children/infant
10. Antibiotics (p.o. and liquid: URI, UTI, skin)
11. Antifungal cream: finger/toenail, feet, vaginal
12. Parasites
13. Eye drops
14. Allergy/infection
15. ear drops: pain/infection
16. Sunscreen
17. Lotion/creams (dry skin)
18. Acne
19. Vaginal creams (infection/itching)
20. Scabies/lice
21. Shampoo for dandruff
22. Diabetes
23. Cough drops/ sore throat lozenges
24. Toothpaste/ toothbrushes
25. Sunglasses
26. Any other medications and supplies you have available.

If you have any questions please contact Arlene DuPont at [openeyes2@peoplepc.com](mailto:openeyes2@peoplepc.com)