



MSN 1905 (M+F) Amendment 2

SHIPS' MEDICAL STORES: Application of the Merchant Shipping and Fishing Vessels (Medical Stores) Regulations 1995 (SI 1995/1802) and the Merchant Shipping and Fishing Vessels (Medical Stores) (Amendment) Regulations 1996 (SI 1996/2821)

Notice to all Shipowners, Agents, Masters, Skippers of Fishing Vessels and all Seafarers

This notice replaces MSN 1905 (M+F) Amendment 1.

Summary

This Notice sets out the minimum requirements for medical stores for UK ships under the above Regulations and covers:

- The definitions of categories of vessel for the purposes of the Regulations
- Medical Stores required and recommended additional equipment for workers **Annex 1**
- Additional requirements for passenger vessels
- Doctor's Bag **Annex 2**
- First Aid Kits **Annex 3**
- Advice on medicines to be carried on ships
(including ferries) transporting dangerous substances **Annex 4**
- Medical guides to be carried and
Telemedical Advisory Services **Annex 5**
- Guide to use of medicines **Annex 6**
- Special Requisition form for obtaining controlled drugs **Annex 7**
- Completion of the controlled drugs register **Annex 8**

This **Amendment 2** version includes:

- Page 8 and as a continuation in Annex 1 table column 4, the header "*Recommended quantity for 10 workers*" text **unless** * added. This is to be in line with the description at the top of Annex 1 and is the same as the header in Annex 2 in Column 4.
- Page 22, for Adhesive elastic bandage, for Category A, quantity now 4, for Elasticated bandage, Category B, quantity now 4, and for Adhesive dressings, for Category C, quantity now 20.
- Page 23, under 3. Instruments, addition of text "If necessary, instruments should be sterilised as per the Ship's Captain's Medical Guide".
- Page 29 in Kit for protection against blood transmitted diseases, for Category A, an * has been added.
- Page 35, 1st paragraph, 4th sentence has been amended.
- Page 38, 2nd paragraph, starting "Medicines must be procured" has been replaced.
- Page 43, Section 3 (a), text "No more than 8 tablets in 24 hours" added.

Ref. No.		Doses/route	Type of Drug/uses	Side effects
2. Gastro Intestinal System				
(a)	Lansoprazole 30mg tab	30mg once daily	Stomach and duodenal ulcers, indigestion, acid reflux	Gastro-intestinal upset, dizziness, nausea, headache
	Ranitidine 150mg tab (availability issues)	150mg 12 hourly	If unable to obtain Lansoprazole. Stomach and duodenal ulcers, indigestion, acid reflux	Gastro-intestinal upset, dizziness, headache
	Proprietary alginate antacid of choice	As instructions on packaging	Indigestion, heart burn	See package insert
(b)	Ondansetron 4mg tab	4–8mg 8 hourly	Relief of nausea and vomiting	Constipation, headache
	Domperidone 10mg tab	10mg 8 hourly	Relief of nausea and vomiting	Dry mouth
	Prochlorperazine maleate 3mg buccal tab	3-6mg under tongue or between cheek and upper gum 12 hourly	Relief of nausea and vomiting in migraine, vertigo, seasickness or due to drugs	Dry mouth, drowsiness, blurred vision, rapid pulse
	Cyclizine 50mg/1ml inj	50mg IM 8 hourly	Nausea, vomiting, vertigo, motion sickness	May cause drowsiness. Painful injection
	Promethazine hydrochloride 25mg/1ml inj	25-50mg IM injection	Anti-histamine. Relief of nausea and vomiting, severe motion sickness and severe allergic reactions	Drowsiness, dry mouth. May cause urinary retention
(c)	Lactulose 10g/15ml	15ml 12 hourly	Laxative, stool softener	Flatulence, cramps, abdominal discomfort
	Magnesium hydroxide 79mg/1ml	30-45ml daily	Laxative	
	Bisacodyl 5mg tab	5-10mg at night	Stimulant laxative	Abdominal discomfort, nausea

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Glycerol 4mg suppository	One suppository inserted in the rectum	Lubricant laxative used to encourage passage of stools	
(d)	Loperamide 2mg cap	4mg (2 tabs) initially, then 2mg after each loose stool Max 16mg in 24 hours	Control of diarrhoea	Gastrointestinal disorders, headache, nausea
(e)	Haemorrhoid proprietary preparation	As instructions on packaging	Relief of discomfort from haemorrhoids (piles)	See package insert

3. Analgesics Anti Spasmodics

(a)	Paracetamol 500mg tab	1g 4-6 hourly. No more than 8 tablets in 24 hours	"Simple" painkiller suitable for most mild to moderate pain	Few at correct dose, very dangerous in overdose & poisonous to liver. Avoid with liver disease
	Ibuprofen 400mg tab	400mg 8 hourly	Anti-inflammatory painkiller. Mild to moderate pain, headache, joint pain, period pain	Stomach pains, nausea, wheeziness. May exacerbate asthma. Do not give if patient has indigestion or stomach/duodenal ulcer
	Naproxen 250mg tab	500mg, then 250mg 6-8 hourly	Anti-inflammatory painkiller. Mild to moderate pain, headache, joint pain, period pain. Take with or after food if possible	Stomach pains, nausea, wheeziness. May exacerbate asthma. Do not give if patient has indigestion or stomach/duodenal ulcer
	Diclofenac sodium 100mg supp	100mg (one suppository) once daily by rectum	Anti-inflammatory painkiller suitable for moderate pain, especially bone, joint and muscle pain	Nausea, diarrhoea, dizziness. May exacerbate asthma. Do not give if patient has indigestion or stomach/duodenal ulcer
(b)	Codeine Phosphate 30mg tab	30mg 6 hourly	Opiate painkiller. Moderate to severe pain	Nausea, vomiting, drowsiness, constipation. Respiratory depression in overdose. Avoid with breathing problems, head injury

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Tramadol 50mg tab	50-100mg 4-6 hourly	Opiate painkiller. Moderate to severe pain	Nausea, vomiting, drowsiness, constipation. Respiratory depression in overdose. Avoid with breathing problems, head injury, epilepsy
	Morphine Sulphate 10mg/1ml inj	5-10mg 4-6 hourly by IM inj	Very strong painkiller suitable for all severe pain. Give with anti-emetic	Nausea, vomiting, drowsiness, constipation. Respiratory depression in overdose or if used inappropriately. Avoid with breathing problems, head injury
	Naloxone 400mcg/1ml inj	100–200mcg IV or IM. Repeat 100mcg injection every 2 minutes depending on response	Reversal of opiates in overdose. Short action so may need to repeat to reverse longer acting opiates	May cause low or high blood pressure, heart arrhythmias, collapse
	Tramadol 100mg/2ml inj	50-100mg IM, or IV over 2-3 minutes, 4-6 hourly	Opiate painkiller. Moderate to severe pain	Nausea, vomiting, drowsiness, constipation. Respiratory depression in overdose. Avoid with breathing problems, head injury, epilepsy
	Methoxyflurane 3ml inh	Self administer 3-6ml as required under supervision of trained personnel only. Avoid use on consecutive days, max 15ml per week	Inhalational anaesthetic painkiller for moderate to severe pain. Only available in certain countries	Cough, dizziness, drowsiness, headache. Avoid in cardiovascular or liver disease, impaired consciousness or respiratory depression
(c)	Hyoscine butylbromide 10mg tab	10-20mg 6 hourly	Anti-spasmodic for treatment of abdominal cramps and colic	Dry mouth, blurred vision, Constipation

Ref. No.		Doses/route	Type of Drug/uses	Side effects
4. Nervous System				
(a)	Diazepam 5mg tab	5-10mg, 4 hourly up to a maximum of 30mg per day	Anti-anxiety, and sedative. Also useful in muscle spasm and low back pain	Drowsiness, light headedness, confusion, headache, respiratory depression. Avoid with strong painkillers
	Diazepam 10mg/2ml inj	5-10mg by IM injection	Muscle spasm, fits, panic attack	Drowsiness, light headedness, confusion, headache, respiratory depression
(b)	Chlorpromazine hydrochloride 25mg tab	25mg tablet 8 hourly	Severe anxiety/psychosis. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients	Drowsiness, dry mouth, retention of urine, abnormal movements
	Chlorpromazine hydrochloride 25mg/1ml inj	25mg by IM injection, 8 hourly	Severe anxiety/psychosis	Drowsiness, low blood pressure, dry mouth, tremor, abnormal movements
	Haloperidol 5mg tab	5-10mg daily	Severe anxiety/psychosis	Drowsiness, low blood pressure, dry mouth, tremor, abnormal movements
	Haloperidol 5mg/1ml inj	1mg by IM injection repeated 2-4 hourly, max 10mg per day	Severe anxiety/psychosis	Drowsiness, low blood pressure, dry mouth, tremor, abnormal movements
(c)	Cinnarizine 15mg tab	15mg 8 hourly	Nausea vomiting, motion sickness, vertigo	Drowsiness (less severe than in other motion sickness treatments)
	Promethazine teoclate 25mg tab	25mg at night for prevention, repeat 25-50mg 8 hourly if needed	Long acting antihistamine. Motion sickness	Caution in asthma. Drowsiness, urinary retention, dry mouth
	Prochlorperazine maleate 3mg buccal tab	See 2b		

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Promethazine hydrochloride 25mg/1ml inj	See 2b		
(d)	Diazepam 5mg tab	See 4a		
	Diazepam 10mg/2ml inj	See 4a		
	Diazepam 10mg/2.5ml rectal solution tube	10mg per rectum up to a maximum of 2 doses	Anti-epileptic medication used to control fits	Drowsiness, light headedness, confusion, headache, respiratory depression
5. Allergy and Anaphylaxis				
(a)	Cetirizine 10 mg tab	10mg once daily	Anti-allergy (antihistamine). Itchy rashes, hay fever or other allergic symptoms	Uncommon. Low risk of drowsiness, urinary retention, blurred vision
	Loratadine 10mg tab	10mg once daily	Anti-allergy (antihistamine). Itchy rashes, hay fever or other allergic symptoms	Drowsiness, less than in older antihistamines
	Chlorphenamine tabs <i>Use Cetirizine or Loratadine</i>		Anti-allergy (antihistamine). Itchy rashes, hay fever or other allergic symptoms	Drowsiness, dry mouth, blurred vision low risk of urinary retention
	Chlorphenamine 10mg/1ml inj	10–20 mg by IM injection. Max 40mg in 24 hours	Anti-allergy (antihistamine). Itchy rashes, hay fever or other allergic symptoms	Drowsiness, low risk of urinary retention, blurred vision
(b)	Hydrocortisone 100mg inj	100mg by IM injection, repeat 8 hourly if necessary	Steroid. Serious allergies causing severe symptoms or collapse	Few for single dose or short course. May cause indigestion, abdominal discomfort

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Prednisolone 5mg tab	5-20mg once daily, more in severe asthma	Steroid. Allergy or acute asthma	Few for single dose or short course May cause indigestion, abdominal discomfort
6. Respiratory System				
(a)	Salbutamol 100mcg/dose 200 dose inh (with spacer)	200mcg (2 puffs) 6-8 hourly using spacer if severe	Anti-bronchospasm (wheeze) drug. Asthma and other forms of wheezing	Tremor, headache, increased pulse rate
	Beclometasone 100mcg/dose 200 dose inh	200mcg (2 puffs) 6-8 hourly times daily using spacer if severe	Anti-asthma steroid taken by inhalation usually with salbutamol	Few in correct dose for short periods. Can cause oral candida (thrush)
(b)	Proprietary cough mixture	As instructions on packaging	For troublesome cough	See package insert
(c)	Paracetamol 500mg tab	See 3a		
	Proprietary cold remedy	As instructions on packaging		See package insert
7. Anti Infection				
(a)	Co-Amoxiclav 500mg/125mg tab	625mg (one tablet) 8 hourly	Antibiotic. Chest/dental/gut infections	Avoid in penicillin allergy. May cause stomach upset
	Amoxicillin 500mg cap	500-1000mg 8 hourly	Antibiotic. Ear/general infections	Avoid in penicillin allergy. May cause stomach upset
	Ciprofloxacin 500mg tab	500mg 12 hourly	Broad spectrum (general purpose) antibiotic. Gut/urinary infections	Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Caution in epilepsy

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Azithromycin 500mg tab	500mg once daily for 3 days	Antibiotic. Chest infections	May cause stomach upset, abdominal pain
	Erythromycin 500mg tab	500mg 8 hourly	General purpose antibiotic. Chest/gut/ear infections, useful in penicillin allergic patients	Nausea, diarrhoea, abdominal pain, rashes, allergic reaction
	Flucloxacillin tablets 500mg tab	500mg 6 hourly	Antibiotic. Skin infections	Avoid in penicillin allergy. May cause stomach upset
	Doxycycline 100mg cap	200mg initially then 100mg once daily	Antibiotic. Respiratory, gut, ear, skin, urine and sexually transmitted infections, malaria prophylaxis	Nausea, vomiting, diarrhoea, rashes, headache, sun sensitivity
	Metronidazole 400mg tab	400mg 8 hourly	Antibiotic and anti-protozoal. Gut/dental infections	Nausea, vomiting, altered taste, rashes. Must avoid alcohol
	Metronidazole suppositories 1g	1g per rectum 8 hourly	Antibiotic and anti-protozoal. Gut/dental infections	Nausea, vomiting, altered taste, rashes. Must avoid alcohol
	Co-Amoxiclav 1.2g inj	600-1200mg IV 8 hourly	Antibiotic. Severe chest/dental/gut infections	Avoid in penicillin allergy. May cause stomach upset
	Ceftriaxone 1g inj	1g once daily IM or IV	Broad spectrum antibiotic. Severe chest/gut infections	May cause stomach upset, abdominal pain
	Aciclovir 400mg tab	400-800mg 3-5 times daily depending on indication	Antiviral. Herpes infections (cold sores, chicken pox, shingles)	Gastro intestinal upset, dizziness, headache
	Fluconazole 50mg tab	150mg single dose or 50mg daily depending on indication	Anti-fungal. Fungal skin infections, candida (thrush)	Gastro intestinal upset, headache

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Terbinafine 250mg tab	250mg once daily	Anti-fungal. Skin and nail infections	Gastro intestinal upset, headache, joint pain
(b)	Mebendazole 100mg tab	100mg single dose or 12 hourly for 3 days depending on indication	Anti-parasitic. Threadworms, roundworm, other gut infestation	Gastrointestinal discomfort
(c)	Diphtheria with tetanus and poliomyelitis vaccine 0.5ml inj Tetanus immunoglobulin 250iu inj	0.5ml by IM or deep subcutaneous inj 250-500 iu by IM inj Always call TMAS	Prevention of tetanus Post-exposure prophylaxis and treatment for tetanus in high risk wounds	Allergic reactions, fever, local skin reaction Allergic reaction, low blood pressure
(d)	Anti-malaria medicines	As instructed depending on local recommendations	For prophylaxis, and for treatment of active disease	

8. Compounds promoting rehydration, caloric intake and plasma expansion

	Oral Rehydration Salts, as per current WHO formula sachet or Proprietary equivalent sachet	Follow instructions on sachet	Used to treat dehydration in vomiting and diarrhoea or severe illness	Nil
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9. Medicines for external use

(a)	Antiseptic solution, or wipes	Follow instructions on bottle / packaging	For cleaning skin wounds and disinfection	
	Aciclovir 5% cream 2g	5 times a day for 5-10 days. Start at first sign of attack	Antiviral. Cold sores (herpes)	May cause stinging, dry skin. Avoid eye contact

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Fusidic acid 2% cream/ointment 15g	Apply 6-8 hourly	Antibiotic. Skin infections	Rare. Avoid eye contact
	Mupirocin 2% cream/ointment 15g	Apply 8 hourly	Antibiotic. Skin infections	Skin reactions
	Hydrocortisone 1% cream 15g	Applied to affected area sparingly, no more than 8 hourly	Steroid, anti-inflammatory. Eczema type rashes, allergic rashes, insect bites.	Encourages spread of infection. Do not apply to broken skin or rashes due to skin infection e.g. ringworm. Avoid prolonged use
	Proprietary NSAID gel/ointment 30g	As instructions on packaging	Anti-inflammatory. Joint and muscle pain relief	See package insert
	Miconazole nitrate 2% cream 30g	Apply 12 hourly for 10 days	Antifungal. Fungal skin and nail infections e.g. athlete's foot, ringworm	Uncommon
	Terbinafine 1% cream 30g	Apply to affected area twice a day for 2 weeks	Antifungal. Fungal skin and nail infections e.g. athlete's foot, ringworm	Skin reactions
	Clotrimazole 500mg pessary	Insert 1 pessary (single dose). A repeat dose may be required after a week	Antifungal. Treatment of vaginal or vulval thrush	Local irritation
	Silver sulfadiazine 1% cream 50g	Applied to burn in burn bag, under dressing or alone. Apply to wound in sterile manner once daily or more frequently if discharging	Antibiotic. Prophylaxis and treatment of infection in burns	Skin reactions
	Proprietary antiseptic cream	As instructions on packaging	Prevention of skin infections	See package insert

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Permethrin 5% cream 30g	Apply cream to whole body, allow to dry and wash off after 12 hours. Repeat after one week	Scabies and crab lice infestations	Skin irritation. Avoid contact with eyes, broken or infected skin
	Malathion 0.5% 200ml	Apply cream to whole body, allow to dry and wash off after 12 hours for crab lice, 24 hours for scabies. Repeat after one week. For head lice rub into dry hair and scalp, wash off after 12 hours	Head lice, crab lice and scabies	Allergy, skin reactions. Hair may catch fire after treatment if close to naked flame. Do not use on broken skin. Avoid contact with eyes
	Proprietary barrier cream	As instructions on packaging	Applied to affected area	
	Magnesium sulphate paste 50g	Apply under dressing daily	Assist drainage of superficial skin abscesses. If no improvement, or signs of spreading infection, contact TMAS	
(b)	Chloramphenicol 1% ointment 4g	Apply 8 hourly to affected area	General purpose ear/eye/skin antibiotic. Use after foreign body/minor injury and for conjunctivitis	Transient stinging. Avoid prolonged use
	Dexamethasone 0.1% 0.5ml	1-2 drops into affected eye 4 to 6 hourly	Treatment of inflamed irritated eyes. Anti-inflammatory. Contact TMAS before using	Eye discomfort

Ref. No.		Doses/route	Type of Drug/uses	Side effects
	Tetracaine 0.5% 0.5ml	1-2 drops into affected eye, do not use repeatedly. Use eye patch to avoid eye injury whilst numbed	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye	Stings the eye for a short time
	Pilocarpine 2% 0.5ml	2 drops 6 hourly	Pupil constrictor (miotic). Used to treat raised pressure in the eye (glaucoma)	Blurred vision, headache, eye discomfort
	Fluorescein strips Fluorescein Sodium 1% 0.5ml	Moisten strip with saline solution and touch to white of eye or inside lower lid. 1-2 drops to affected eye	Staining for detection of foreign bodies and scratches or ulcers of the front of the eye (cornea)	Results in a yellow eye for several hours
	Saline sterile solution for eyewash 20ml	As required		
(c)	Combined antibiotic and steroid eye/ear drops 10ml	To the affected eye 4-6 hourly. To the affected ear 3 drops 6-8 hourly	General purpose antibiotic/ anti-inflammatory ear drops for Inflammation/infection of the outer ear or eye. Seek medical advice before using in a 'red eye' or with signs of infection	Nil in normal use. Avoid prolonged use
	Xylometazoline 0.1% 10ml Oxymetazoline 0.05% 15ml	2-3 drops/sprays 8 hourly for up to 7 days.	Nasal decongestant	Avoid prolonged use. Risk of rebound congestion
(d)	Proprietary antiseptic mouthwash 250ml	Rinse mouth with 10mls twice per day	Antiseptic mouthwash for sore throats, mouth sores etc.	See package insert

Ref. No.		Doses/route	Type of Drug/uses	Side effects
(e)	Lidocaine hydrochloride 1% 5ml inj	Inject around wound edges, 2-5mls usually sufficient, no more than 20mls in an adult	Local anaesthetic injection for numbing small wounds for treatment	Fits, heart problems in overdose or in accidental injection into a vein
	Lidocaine 2% and chlorhexidine 0.25% in lubricant gel (in applicator)	Instil 11ml from pre-filled syringe or apply to affected area	Local anaesthesia to skin, urethra, mouth. Used to numb urethra for insertion of urinary catheter	Avoid prolonged usage. Use once for insertion of urinary catheter
	Proprietary anaesthetic gel	As instructions on packaging	For dental or mouth pain e.g. mouth ulcers	See package insert
	Oil of Cloves 10ml	Apply sparingly to affected tooth as required	Natural oil with local anaesthetic properties useful in treating toothache	Nil in normal use

SPECIMEN REQUISITION FORM FOR USE WHEN OBTAINING CONTROLLED DRUGS

Controlled drugs should be obtained only from a pharmacist or other person licensed to supply drugs, and they will require an order worded along the lines below. The order must be signed by either the vessel's owner or its master. If used in the UK, the requisition form must be an approved form¹⁰. E.g. in England, form FP10CDF should be used for the purposes of requisitioning all Schedule 2 and 3 controlled drugs ([FP10CDF form](#) from NHSBSA website). Please check which requisition form is required with the authorities from whom you are ordering the controlled drugs.

<u>Requisition</u>			
To	-	(name and address of authorised supplier).
From	-	(Name of Master or Shipowner)
Vessel Name	-	(Name of vessel)
Address	-	(Address of the Ship or the Ship owner)
Please supply -			
		(name, strength and quantity of drugs in words and figures and purpose for which the drug is supplied).
The above drugs are required for the medical stores of the above vessel in compliance with the Merchant Shipping (Medical Stores) Regulations 1995.			
Signature		
Name [capital letters]		
Occupation		
Date		

It is not necessary for the owner or master to personally receive the controlled drugs from the supplier, but if the drugs are received by another person the requisition must be endorsed as follows:

<i>I empower</i> <i>to receive the above drugs on my behalf. A specimen of their signature is provided below.</i>	
<i>Specimen signature of person empowered</i>
<i>Signature of master/owner</i>

¹⁰ The Misuse of Drugs Regulations 2001 (S.I. 2001/3998) regulation 14
<https://www.legislation.gov.uk/uksi/2001/3998/contents/made>

COMPLETION OF THE CONTROLLED DRUGS REGISTER

SECTION 1 – DRUGS OBTAINED FROM AUTHORISED SUPPLIER OR CONFISCATED FROM SEAMAN

Date obtained	Suppliers Name & Address	Amount obtained	Name of drug and form in which obtained
01/01/01	H.M Kingston Chemists 24 Elliot Street Southampton	10 ampoules	Morphine Sulphate 10 mg in 1 ml in glass ampoules

SECTION 2 – DRUG DISPENSED OR DISPOSED OF

Date	Name & Address of person given drug	Right of person to have drug	Amount Supplied	Drug and form in which supplied
01/02/01	TH Laidlaw Log book ref. 21	Injured crewman (fractured humerus)	Two ampoules	Morphine sulphate 10mg in 1ml (in glass ampoules)
10/02/01	HM Kingston Chemist 24 Elliot Street Southampton	Qualified retail pharmacist	8 ampoules	Morphine sulphate 10mg in 1ml (in glass ampoules)