



INTERNATIONAL SHIP REGISTRY OF GABON
COMMISSIONAIRE OF MARITIME AFFAIRS

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To : Owners/Operators, Masters, Flag State Surveyors, Recognized Organizations.

Subject : Lists of Medicines/ Equipment and carriage requirements on Gabon Flagged Vessels

This circular is issued to guide all Gabon Flagged vessels with the requirements for the types and amounts of medicines, medical supplies and equipment that should be considered for a ship's medicine chest and requirements for their re-supply, replacement and disposal.

1 Carriage Requirements for Medicines and Medical Supplies

1.1 All Vessels.

1.1.1 All Gabon Flagged vessels to maintain their medicine chests so that the inventory (types, dosage and quantities of medicines, medical supplies and equipment) is appropriate to the particular vessel's route and operation and number of persons).

1.1.2 All vessels greater than 500 gross tons must, in addition to any other requirement, provide commercially available first aid kits for their engine room and galley.

1.2 Vessels with a Doctor on Board

Vessels, including passenger ships, carrying 100 or more persons and ordinarily engaged on international voyages of more than three (3) days' duration are required to carry a qualified medical doctor responsible for providing medical care.

1.3 Vessels without a Doctor on Board

For vessels without a doctor on board, please refer Table B Medicine Chest Inventory Guidelines below. The types, amounts and quantities indicated by these tables are expected to vary based on the vessel route, operation and the number of persons on board. This Administration strongly advocates medicine chest be established by the ship owner or operator in consultation with a qualified medical practitioner or pharmacist.



Table A

Gabon Ship-Specific Medicine Chest Inventory Guidelines for Vessels ***Without a Doctor*** On Board

Vessel	Category
All Oceangoing ships	Category I
Vessels with voyages not more than 24 hours from port of call	Category II
Yachts	Category II
Ro-Ro Passenger Ships not normally carrying a medical doctor	Category II and Emergency Medical Kit per MSC/Circ. 1042

2.0 Medicines for Ship's Carrying Dangerous Cargoes

2.1 Ships, including ferries, carrying dangerous cargoes or their residues, must, in addition, comply with the International Maritime Dangerous Goods (IMDG) Code and the guidance in the latest edition of Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG).

2.1.1 For a listing of medicines and supplies, refer to MFAG, which is required to be maintained on board and can be found in the IMDG Code Supplement.

2.1.2 Medicines and equipment already available in the IMGS list may be counted toward the MFAG numerical requirement, if appropriate. They should be stored and registered together with the regular medicines and medical supplies carried on board.

2.2 Controlled Drugs

2.2.1 There are 3 categories of Controlled drugs;

- Class A includes heroin, morphine, and opium;
- Class B includes barbiturates and codeine; and
- Class C includes, among other drugs, anabolic steroids

2.2.2 Ship Managers are encouraged to be acquainted with the controlled drug distribution laws in countries where their ships are trading since some countries do not allow the sale of controlled drugs to ships not registered in that country.

Controlled drugs must be kept in the Master's safe or behind a double-lock system.

2.3 Supply, Labelling, Replacement and Storage

1. Clear indicative labels with generic names and formulaic composition of active ingredients.
2. In case above information is not available Anatomical Therapeutic Chemical equivalent to be provided.
3. Labels in English language and another language which is understood by the crew.
4. Medicines with expiration dates are to be replaced as soon as possible after the expiration date, and in any case within three (3) months of expiry.



5. expired medicines should be removed from the vessel and disposed off safely as per regulations of the receiving port.
6. Store all medicines as per manufacturer's instructions under lock and key, except items for First-Aid kits.

2.4 Disposal of Medicines and Medical Supplies

Medicines and medical supplies are to be disposed of properly in accordance with all applicable local and national laws and regulations of the State in which disposal is occurring and any applicable international requirements.

Disposal of Non-Controlled Medications and Medical Supplies, Expired medicines and medical supplies should be:

- a. returned to the supplier where possible; or
- b. sent to an approved shoreside contractor for disposal

Disposal of Controlled Drugs, There are various methods for disposing of controlled drugs lawfully. They include:

- 1) giving them to a person who may lawfully supply them, such as a qualified doctor or pharmacist; 2) incineration;
- 3) waste encapsulation; and
- 4) Inertization.

2.5 Recordkeeping Requirements

2.5.1 Inventory of Medicines

A list of medicines and medical supplies must be maintained on board all Gabon flagged vessels. The list must be regularly updated and contain for each item the expiry date, storage conditions, quantities remaining after purchase or use and disposal information. All items contained in the medicine chest should have an expiration date and should be re-supplied as necessary by the expiry date.

2.5.2 The entire process from unpacking throughout the final destruction of the controlled drug must be witnessed by at least two (2) persons and documented in the Controlled Drugs Register

2.6 Seafarer Injury and Illness Medical Record

2.6.1 Report of Seafarer medical sickness to filled up by Master must be kept confidential and is to be used only to facilitate the treatment of seafarers. As such, it is to be:

- used to transmit information in the evacuation of a seafarer;
- provided to shoreside medical personnel either filled out in part or full, as applicable, or forwarded to shoreside medical personnel as a blank form to be completed and returned to the vessel upon examination of the seafarer;
- provided in copy to the seafarer upon request;
- kept with the seafarer's medical records while on board the vessel or ashore by the Shipowner when the seafarer leaves the ship; and
- forwarded as a copy to the Office of this Maritime Administrator when a Report of Personal Injury or Loss of Life is filed.



2.6.3 The Seafarer Injury and Illness Medical Record must be kept by the Shipowner for a period of two (2) years.

2.7 Training

The Administrator requires vessels which do not carry a medical doctor to have on board:

- one (1) certified seafarer “Medical Care Person in Charge” responsible for medical care and administering medicine as part of their regular duties; and
- one (1) certified seafarer “Medical First Aid Provider” designated to undertake the duties of providing immediate first aid in case of injury or illness aboard ship.



Table B

Recommended Quantities of Medicines for Ships Without a Doctor On Board Gabon Maritime Administration recommends use of International Medical Guide for Ships, 3rd Edition.

Name	Form	Dose	Ship Category		Indication Notes/ persons*
			I	II	
Acetylsalicylic acid	Tab	300mg	50	50	pain, fever, blood clots
Aciclovir	Tab	400mg	70+	35+	herpes simples/zoster
Adrenaline	Amp	1 mg/ml	10+	5+	Anaphylaxis
Amoxicillin + clavulanic acid	Tab	875mg/125mg	20	10	infections
Artemether	Amp	80 mg/ml	12+	12+	malaria treatment
Artemether + Lumefantrine	Tab	20mg/ 120mg	24+	24+	malaria treatment/ double if crew size >30*
Atropine	Amp	1.2mg/ml	10+	5+	mi/ organophosphate poisoning
Azithromycin	Tab	500mg	10+	5+	Infections
Ceftriaxone	Amp	1g	15	5+	Infections
Cetirizine	Tab	10mg	30+	30+	hay fever/ hives/ dermatitis
Charcoal, activated	Powder		120g+	120g+	poisoning
Ciprofloxacin	Tab	250mg	20+	10+	Infections/ double if crew size >30*
Cloves, oil of	Liq		10ml	10ml+	toothache
Dexamethasone	Amp	4mg/ ml	3	1	severe asthma/ anaphylaxis
Diazepam	Tab	5mg	50+	20+	alcohol withdrawal
Docusate with senna	Tab	50mg/8mg	30+		constipation
Doxycycline	Tab	100mg	10		infections
Ethanol, hand cleanser	Gel	70%	500ml	500ml	hand cleaning
Ethanol	Liq	70%	500ml	100ml	disinfect instruments
Fluorescein	Eye strips	1%	20+	20+	detect corneal damage
Frusamide	Amp	40mg/4ml	5+	5+	pulmonary oedema
Glucagon	Amp	1mg	1+	1+	hypoglycaemia
Haloperidol	Amp	5mg/ml	5	5+	psychosis/ severe agitation
Hydrocortisone	Crm	1%	2x30g	1x30g	allergy/ inflammatory skin
Ibuprofen	Tab	400mg	100	50	inflammation/ pain
Isosorbide dinitrate	Tab	5mg	10	10	angina/ mi
Lignocaine	Amp	1%, 5ml	5	5	suturing/minor surgery
Loperamide	Tab	2mg	30	30	Diarrhea
Mebendazole	Tab	100mg	6+	6+	intestinal worms
Metoprolol	Tab	100mg	60+	-	htn/af/angina/migraine
Metronidazole	Tab	500mg	30+	20+	Infections
Miconazole	Crm	2%	2x30g	1x30g	fungal skin infections/ double qty's if females on board*
Midazolam	Amp	5mg/ml	10+	5+	epileptic fits



Misoprostol	Tab	200ug	3+	3+	post-partum haemorrhage/ only if females onboard
Morphine	Amp	10mg/ml	10	10	severe pain
Morphine	Liq	1mg/ml	100ml+	100ml+	severe pain in patients able to eat and drink/ double if crew size >30*
Naloxone	Amp	0.4mg/ml	10+		opiate overdose
Omeprazole	Tab	20mg	30+	30+	reflux, peptic ulcers/ double if crew size >30
Ondanestron	Tab	4mg	10	10	vomiting, sea-sickness
Oral rehydration solution	Powder	Sachet	151(75)	101(50)	dehydration due to diarrhoea/ qty's in bracket are nos of sachets based on sachets made up to 200ml*
Oxymetazoline	Nasal drop	0.5%	2	1	nasal obstruction/drain sinuses/ one bottle per patient*
Paracetamol	Tab	500mg	100	50	pain and fever
Permethrin	Lot	1%	200ml+	100ml+	lice/ double if crew size >30*
Permethrin	Lot	5%	300ml+	100ml+	Scabies/ 100ml per patient*
Povidone iodine	Liq	10%	100ml	100ml	disinfect skin/wounds
Povidone iodine	Oint	10%	1x25g	1x25g	disinfect skin/wounds
Prednisone	Tab	25mg	30+	30+	asthma/inflammatory conditions
Salbutamol	inh	100ug/dose	1	1	asthma/bronchitis/emphysema/ one inhaler per patient*
Sodium chloride	liq	0.9%, 1litre	5+	-	fluid replacement
Tetracaine (amethocaine)	eye drop	0.50%, 1ml	20+	-	eye examination
Tetracycline	eye ointment	1% minor	2	1	eye infections/ one tube per patient*
Vitamin K	amp	10mg/ml	2+	2+	reverse warfarin or similar
Water for injection	amp	5ml	15	5+	reconstitute injection
Zidovudine + lamivudine	tab	300mg/150mg	56+	56+	needle-stick injury prophylaxis
Zinc Oxide	Paste/ ointment	20%	200g+	100g+	irritated skin/ 4x25g or 3x30g tubes per 100g*



Table C Supplies and Equipment

Category	Recommended Item	Quantity
RESUSCITATION EQUIPMENT		
Appliance for the administration of oxygen	Portable oxygen set, complete, containing:	1
	• 1 oxygen cylinder, 2 1/200 bar	1
	1 spare oxygen cylinder, 2 1/200 bar	1
	Pressure regulating unit and flow meter with tubes such that ship's industrial oxygen can also be used	1
	3 disposable face masks of choice; including simple face mask and non-rebreathing mask	3
Oropharyngeal airway	Guedel airway (Mayo-tube): sizes medium and large	2
Mechanical aspirator	Manual aspirator to clear upper airways, including 2 catheters	1
Bag and mask resuscitator	Ambubag (or equivalent); supplied with large, medium and small masks	1
Cannula for mouth-to-mouth resuscitation	Brook Airway, Lifeway, pocket face mask or equivalent	1
DRESSING MATERIAL AND SUTURING EQUIPMENT		
Adhesive dressings	Assorted wound-plaster or plaster strips, water-resistant	200
Eye pads	Eye pads	3
Sterile gauze compresses	Sterile gauze compresses, 5x5 cm, sterile	100
	Sterile gauze compresses, 10x10 cm, sterile	100
Gauze roll	Gauze roll, 5cm and 90cm or 60cm x 100 m, non-sterile	1
Gauze dressing with non-adherent surface	Non-adherent gauze dressing, square, 10 cm	100
Vaseline gauze	Paraffin gauze dressing, 10 x 10 cm, sterile	50
Bandage	Elastic fixation bandage, 4 m x 6 cm	3
Sterile compression bandages	First-aid absorbent gauze-covered cotton pad sewn into a cotton bandage (ambulance dressing), small/medium/large	5
Tubular gauze for finger bandage	Tubular gauze bandage for finger bandage with applicator, 5 m	1
Adhesive elastic bandage, 4 m x 6 cm	Adhesive elastic bandage, 4 m x 6 cm	10
Triangular sling	Triangular sling	5
Sterile sheet for burn victims	Sterile sheet for burn patients	1
Honey or burn kit for dressing burns	1 kg	1
Adhesive sutures or zinc oxide bandages	Adhesive tape, waterproof, skin-friendly, 5 x 1.25 cm	10
Q-tips	Q-tips (wooden)	100
Safety pins	Safety pins (stainless steel) 12 pcs	50
Butterfly sutures	Butterfly sutures, Steristrips® or Leukostrip®, sterile	20
Skin adhesive	2-octyl cyanoacrylate liquid, 0.5 ml	2
Suturing equipment	Sutures, absorbable with curved non-traumatic needs, 1-O, 3-O, & 4-O or 5-O	10 each 10
Gloves	Disposable examination gloves	50



	Surgical gloves sizes, 6.5, 7.5, 8.5, sterile, in pairs	3 of each size
INSTRUMENTS		
Disposable scalpels	Scalpel, sterile, disposable	20
Stainless-steel instrument box	Instrument box (stainless steel)	1
Scissors	Operating scissors, straight (stainless steel)	1
	Bandage scissors (stainless steel)	1
Forceps	Splinter forceps, pointed (stainless steel)	3
	Teeth tissue forceps (stainless steel)	1
Needle holder	Mayo-Hegar, 1800 mm, straight	1
Haemostatic clamp	Lahlstead mosquito, 125 mm, stainless steel	3
Disposable razors	Razor, disposable	50
EXAMINATION AND MONITORING EQUIPMENT		
Disposable tongue depressors	Tongue depressors, disposable	100
Reactive strips for urine analysis	Reactive strips for urine analysis: blood/glucose/protein/nitrite/leukocytes, 50 paper strips	100
Microscope slides	Microscope slides	100
Stethoscope	Stethoscope	1
Aneroid sphygmomanometer	Sphygmomanometer (blood pressure set), preferably automatic	1
Standard thermometer	Thermometer	1
Rectal thermometer	Thermometer	1
Hypothermic thermometer Thermometer 32°-34°, digital if possible	Thermometer 32°-34°, digital if possible	1
Penlight	Penlight + blue cover	1
Magnifying glass	a x 8 loupe	1
EQUIPMENT FOR INJECTION, INFUSION, AND CATHETERIZATION		
Equipment for injection	Syringes, Luer connection, 2 ml, sterile, disposable	50
	Syringes, Luer connection, 5 ml, sterile, disposable	50
	Hypodermic subcutaneous needle, Luer connection, 16 x 0.5 mm, sterile, disposable	20
	Hypodermic intramuscular needle, Luer connection, 40 x 08 mm, sterile, disposable	20
	Needles, 19G, blunt, “drawing up” type	20
Equipment for infusion	Intravenous infusion cannula 16G (1.2 mm) and 22G (0.8 mm), Luer-lock connection, sterile non-recap type	10 each
	Intravenous giving set, Luer-lock connection, sterile	3
	Tourniquet, blood-taking type to be used with intravenous infusion cannula	1
Bladder drainage equipment	Penile sheath set with condom catheter, tube, and bag	2
	Short-term urine catheter with soft-eye straight tip Thieman No. 12 and No. 16 or equivalent, sterile, individually packed, prelubricated or with additional lignocaine/chlorhexidine lubricant	2
	Urine collecting bag and tube	2
GENERAL MEDICAL AND NURSING EQUIPMENT		
Eye protection	Plastic goggles or full-face masks	2



Plastic apron	Disposable	20
Kidney dish	Kidney dish, stainless steel, 825 ml	2
Plastic backed towels	Towels, plastic backed, absorbent 600 x 500 mm	10
Safety box	Safety box for sharps disposal, 5 l	1
Mask	Mask, duckbill type, disposable	50
Tape Measure	Tape measure, vinyl coated, 1.5 m	1
Draw sheets	Draw sheet, plastic 90 x 180 cm	2
Bedpan	Bedpan, stainless steel	1
Hot-water bottle	Hot-water bag	1
Urine bottle	Urinal, male (plastic)	1
Ice bag	Cold-Hotpack Maxi	1
Aluminum foil blanket	Aluminum foil blanket	1
Condoms	Male condoms	100
Wash bottle	Plastic wash bottles, 250 ml	1
Plastic bottle	Bottle, 1 litre, plastic with screw top	3
Dressing tray	Stainless steel dressing tray, 300 x 200 x 30 mm	1
Plastic apron	Apron, protection, plastic, disposable	20
Bowl	Bowl, stainless steel, 180 ml	3
Specimen jars	Jars, plastic, with lids and labels, 100 ml	10
Plaster-of Paris bandage	Bandages, POP, 5 cm and 10 cm x 2.7m	12 each
Stockinet	Sizes for arm and leg splints, 10 m roll	1 each
Cotton wool	Cotton wool roll, 500 g	10
Alcohol swabs	70 % alcohol swabs for skin cleansing prior to injection	200
Nail Brush	Nail Brush	1
Thermometer for refrigerator	Thermometer for refrigerator	1
Mortuary transfer bag	Mortuary transfer bag	1
IMMOBILIZATION AND TRANSPORTATION EQUIPMENT		
Malleable splints	Malleable finger splint	1
	Malleable forearm/hand splint	2
	Malleable splint leg	2
Cervical rigid collar	Cervical rigid collar variable size for neck immobilization	1
Stretcher	Stretcher equipment allowing immobilization and crane/helicopter lifting	1

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