

# Cook Islands Essential Medicines List 2016

Updated July 2016

## Presentation

Medicine form strength	Supply source	Notes, conditions of supply, guidance on use
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## POLICY

Only medicines listed in the EML are recommended for use and are available in the Ministry of Health pharmacies and hospitals.

For medicines not listed on the EML practitioners have the following options:

- changing to an EML-listed alternative
- provide a prescription to enable the patient to purchase their supply from a community pharmacy
- completing the on the Ministry's www

Where an EML-alternative medicine is not available practitioners may apply for a 'named patient' supply by completing the Special Request for the Supply of a non-EML Medicine for an Individual Patient form on the Ministry's website. This should be forwarded to the Chief Pharmacist for consideration by a Standing Committee of the Pharmacy and Therapeutics Committee. Patients approved by the Standing Committee for a 'named patient' supply can have prescriptions for their medicine filled at their nominated Ministry of Health Pharmacy. There are also some medicines listed in the EML for which a 'named patient' application is required.

Health practitioner can request the addition or removal of a medicine to the EML by using the form on the Ministry's website. This should be forwarded to the Chief Pharmacist for consideration at the next Pharmacy and Therapeutics Committee.

Medicines listed in the Cook Islands EML have been approved by the Pharmacy and Therapeutics Committee for use in the Ministry of Health hospitals, clinics and pharmacies in the Cook Islands.

## INDEX

The indexing scheme of the WHO EML has been maintained for ease of updating and comparison. Medicines listed under different headings are approved and recommended for use for that condition. They can be located by scrolling to a particular section or by search using the 'CTRL f' function. Individual medicines may appear under more than one category

### **section Therapeutic Use and Medicine Classification**

- 1.0 Anaesthetics
- 2.0 Medicines for Pain and Palliative Care
- 3.0 Anti-allergy Medicines and Medicines for Anaphylaxis
- 4.0 Antidotes and Medicines for Poisoning
- 5.0 Anticonvulsants and Antiepileptic Medicines
- 6.0 Anti-infective Medicines
- 7.0 Anti-migraine Medicines
- 8.0 Anti-neoplastics and Immunosuppressant Medicines
- 9.0 Anti-Parkinson's Medicines
- 10.0 Medicines affecting the Blood
- 11.0 Blood products and Plasma Substitutes
- 12.0 Cardiovascular Medicines
- 13.0 Dermatological Medicines (topical)
- 14.0 Diagnostic Agents
- 15.0 Disinfectants and Antiseptics
- 16.0 Diuretics
- 17.0 Gastrointestinal Medicines
- 18.0 Hormones and Contraception
- 19.0 Immunological Preparations (vaccines and antisera)
- 20.0 Muscle Relaxants for use in surgery
- 21.0 Ophthalmic Preparations
- 22.0 Oxytocic and Anti-oxytocic Medicines
- 23.0 Peritoneal Dialysis
- 24.0 Medicines for Psychiatric and Behavioural Disorders
- 25.0 Respiratory Tract Medicines
- 26.0 Electrolytes and Fluid Balance Preparations
- 27.0 Vitamins and Mineral Preparations
- 28.0 Ear, Nose and Throat Medicines
- 29.0 Neonatal Care Medicines
- 30.0 Rheumatology Medicines
- 31.0 Urinary Tract Medicines
- 32.0 Miscellaneous

<b>1.0 ANAESTHETICS</b>		
<b>1.10 General Anaesthetics and Oxygen</b>		
1.11 Inhalational Anaesthetics and Medicines		
Isoflurane inhalation liq 250ml	IDA, NZ	
Sevoflurane inhalation liq 250mL	NZ	
Nitrous oxide inhalation	NZ	
Oxygen inhalation (OXYGEN "G" SIZE Gas 1)	NZ	
Soda lime (sodium hydroxide)	NZ	
1.12 Injectable Anaesthetics		
Ketamine inj 500 mg/10mL	IDA, NZ	
Propofol inj 200 mg/20 mL	NZ	
Thiopental inj 1g	Aust, IDA (50s)	Emergency use only;
<b>1.2 Local Anaesthetics</b>		
Bupivacaine inj 0.5%, 20mL	IDA, NZ	
Bupivacaine spinal (heavy) inj 0.5%, 4 mL	IDA, NZ	
Ethyl chloride 100mL	NZ	
Lidocaine inj 2%, 20 mL	IDA, NZ	
Lidocaine gel 2%, 30 mL	NZ	For male catheterisation on recommendation of a doctor.
Lidocaine spray 10% 50mL		For theatre only.
Lidocaine HCl 2%+epinephrine (adrenaline) 1:80,000 dental cartridge	IDA 1.8ml; NZ 2.2ml	
Lignocaine + adrenaline inj 1% + 1:100,000, 5mL dental	NZ	
<b>1.3 Preoperative medication and sedation for short-term procedures</b>		
Midazolam inj 15mg/3ml or 5mg/5mL	NZ 15mg/3mL; IDA 5mg/5mL	
Morphine inj 10mg/mL	IDA, NZ	
Fentanyl inj 100mcg/2mL	IDA, NZ	Theatre and HDU use only;
Atropine inj 1mg /1mL (1:1000) or 600mcg/1mL	NZ 1mg; IDA600mcg	

<b>2 MEDICINES FOR PAIN AND PALLIATIVE CARE</b>		
<b>2.1 Non-opioids analgesics and Non-steroidal Anti-inflammatory medicines</b>		
Ibuprofen oral liq 100mg/5ml	IDA; NZ	
Ibuprofen tabs 200mg, 400mg		
Diclofenac inj 75mg/3mL	IDA; NZ	Use in hospital clinics and for renal colic only
Diclofenac suppositories 25mg; 50mg	NZ	For use in Theatre only
Mefenamic acid caps 250mg	NZ	Use in women only
Naproxen tabs 250mg	IDA	Replacement for diclofenac, lower cardiac risk
Paracetamol oral liq 120mg/5ml; 250mg/5ml	NZ	

Paracetamol suppos 125mg (or 120mg); 500mg	NZ	
Paracetamol tabs 500mg	IDA, NZ	
Amitriptyline tabs 25mg; 50mg	IDA; NZ	
<b>2.2 Opioid Analgesics</b>		
Codeine phosphate tabs 30mg	IDA, NZ	
Morphine inj 10mg/1ml	NZ	
Morphine sulphate oral liq 2mg/mL	NZ	
Morphine sulphate SR tabs 10mg, 30mg	NZ	
Morphine sulphate tabs immediate release 10mg	NZ	
Pethidine inj 50mg/1mL	NZ	Restricted to obstetrics
Tramadol inj 100mg/2ml -	IDA, NZ	For use in post-operative and O&G pain management when other analgesics contraindicated or ineffective; available only in Theatre and Maternity ward
Tramadol caps 50mg	IDA, NZ	For use in hospital in-patients and Ministry outpatients when other analgesics contraindicated or proven as ineffective
<b>2.3 Medicines for other common symptoms in Palliative Care</b>		
Amitriptyline tabs 25 mg; 50mg	IDA, NZ	
Dexamethasone inj 4mg/mL or 5mg/mL	IDA 5mg/1ml; NZ 4mg/ml	
Dexamethasone tabs 4mg	NZ	
Diazepam inj 10mg/2ml	IDA, NZ	
Diazepam rectal solution: use diazepam inj solution 10mg/2mL rectally	IDA, NZ	
Diazepam tabs 5 mg	IDA 5mg; NZ	
Docusate + sennosides B tabs 50mg + 8mg	NZ	
Fluoxetine caps 20mg	NZ	
Haloperidol inj 5mg/1mL	IDA,NZ	
Haloperidol tabs 500mcg; 5mg	IDA 5mg; NZ	
Hyoscine butylbromide inj 20mg/mL	IDA, NZ	
Hyoscine hydrobromide inj 400mcg/mL	NZ	
Lactulose oral liq 10g/15ml	NZ	
Loperamide tabs 2mg	IDA, NZ	
Metoclopramide inj 10mg/2mL	IDA, NZ	
Metoclopramide tabs 10 mg	IDA, NZ	
Midazolam inj 15mg/3mL	NZ	
Ondansetron inj 4mg/2ml	IDA; NZ	

### 3. ANTIALLERGIC MEDICINES AND MEDICINES FOR ANAPHYLAXIS

Dexamethasone inj 4mg/mL or 5mg/mL	IDA 5mg/1ml; NZ 4mg/ml	
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Adrenaline (epinephrine) inj 1:1000 = 1mg/1ml	IDA; NZ	
Hydrocortisone inj 100mg	IDA, NZ	
Ephedrine sulfate inj 30mg/1mL	IDA	
Promethazine tabs 10mg; 25mg; inj 50mg/2mL; oral liq 5mg/5mL	IDA tabs 25mg, inj, NZ	
Loratidine tabs 10mg	IDA	
Prednisolone oral liq 5mg/1ml	NZ	For paediatric patients only;
Prednisone tabs 5mg; 20mg	NZ	

#### 4. ANTIDOTES AND MEDICINES FOR POISONING

##### 4.1 Non-specific Treatments

Charcoal, activated liq 200mg/1ml	NZ	
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##### 4.2 Specific Antidotes

*For dosing recommendations see TOXINZ website*

Acetylcysteine inj 2g/10mL	NZ	
Atropine inj 600 mcg/1mL	NZ	Also use for organophosphate poisoning in place of pralidoxime
Calcium gluconate inj 1g/10mL (10%)	IDA, NZ	
Naloxone inj 400mcg/1mL	IDA, NZ	
Deferoxamine (desferrioxamine) inj 500mg	NZ	

#### 5. ANTICONVULSANTS AND ANTI-EPILEPTICS

Carbamazepine oral liq 100mg/5mL	NZ	
Carbamazepine tabs 200mg	IDA, NZ	
Carbamazepine CR tabs 200mg	NZ	
Diazepam rectal solution: use diazepam inj 10mg/2mL and administer rectally	NZ	
Levetiracetam tablets 500mg	NZ	On the recommendation of a Starship specialist only; tablets can be dispersed in water (drug is very soluble) and smaller doses measured for children.
Midazolam inj 15mg/3mL or 5mg/5mL	NZ 15mg/3mL; IDA 5mg/5mL	
Magnesium sulfate inj 49.5% 5mL	NZ	For eclampsia and severe pre-eclampsia
Phenobarbital tabs 30mg	IDA, NZ	
Phenobarbital sodium inj 200mg/1mL	IDA; NZ S29; Aus	
Phenytoin caps 100mg	NZ	Do not change suppliers; bioavailability issues
Phenytoin oral liq 30mg/5mL	NZ	
Phenytoin sodium inj 250mg/5mL		

Sodium valproate oral liq 200mg/5mL	NZ	
Sodium valproate tabs EC 200mg, EC 500mg	IDA NZ	

## 6. ANTI-INFECTIVE MEDICINES

### 6.1 Anthelmintics

#### 6.1.1 Intestinal anthelmintic

Albendazole chewable tab 400mg	IDA, WHO	
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#### 6.1.2 Antifilarial

Albendazole chewable tabs 400mg	IDA	
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Diethylcarbamazine tabs 50mg	WHO	
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### 6.2 Antibacterials

*This section is under review*

#### 6.2.1 Beta Lactam medicines

Amoxicillin pwd for oral liq 125mg/5mL; 250mg/5mL	NZ, IDA	
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Amoxicillin caps 250mg; 500mg	NZ, IDA	
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Amoxicillin + clavulanic acid oral liq 125mg/5mL	NZ, IDA	
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Amoxicillin+clavulanic acid tabs 625mg	NZ, IDA	
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Amoxicillin+clavulanic acid inj 600mg	NZ, IDA	
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Ampicillin powder for inj 500mg, 1g	IDA	
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Benzathine benzylpenicillin inj 900mg/5ml vial (1.2 MIU)	NZ, IDA	
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Benzylpenicillin inj 600mg(1 MIU)	NZ, IDA	
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Cefaclor oral liq 125mg/5mL	NZ	
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Cefaclor caps 250mg	NZ	
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Cephalexin caps 500mg	IDA	See Antibiotic Guidelines; ordered on request
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Cefazolin inj 1g/10mL	NZ	For surgical prophylaxis also see Antibiotic Guidelines;
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Cefotaxime sodium inj 500mg	NZ	Neonatal use only on recommendation of Starship specialist; stock 1 course of 15 amps
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Ceftazidime inj 1g RESTRICTED	NZ	contact pharmacy
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Ceftriaxone inj 250mg, 1g	IDA, NZ	see Antibiotic Guidelines
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Cefuroxime inj 750mg	NZ	see Antibiotic Guidelines
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Flucloxacillin caps 250mg, 500mg	NZ	
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Flucloxacillin inj 500 mg	INZ	
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Flucloxacillin oral liq 125mg/5mL	INZ	
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Meropenem inj 500mg, 1g RESTRICTED	NZ	
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Phenoxyethylpenicillin (penicillin VK) oral liq 125mg/5mL	NZ	
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Phenoxyethylpenicillin (penicillin VK) tabs 250mg	IDA tabs (NZ caps)	
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#### 6.2.1.1 Beta lactam adjunct

Probenecid tabs 500mg	IDA, NZ	See Antibiotics Guidelines
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6.2.2 Other antibacterials		
Azithromycin tabs 500mg	IDA, NZ	
Chloramphenicol caps 250mg; oral liq 125mg/5mL	IDA	See Antibiotics Guidelines; ordered on request; ordered on request
Chloramphenicol oral liq 125mg/5mL	IDA	See Antibiotics Guidelines
Chloramphenicol inj 1g		See Antibiotics Guidelines
Ciprofloxacin tabs 500mg	IDA, NZ	See Antibiotics Guidelines
Doxycycline tabs 100mg	IDA; NZ	For child 8 years and over
Gentamicin inj 20mg/mL; 80mg/2ml	IDA; NZ	Treat for maximum 48 hours recommended see Antibiotic Guidelines
Metronidazole infus 500mg/100ml	IDA; NZ	
Metronidazole tabs 200mg, 400mg	IDA200mg, NZ	
Metronidazole tabs oral liq 125mg/5mL or 200mg/5mL	IDA 125mg/5mL; NZ 200mg/5mL	
Nitrofurantoin tabs 100mg	IDA; NZ	
Rifampicin caps 150mg, 300mg;	NZ	See Antibiotic Guidelines
Rifampicin oral liq 100mg/5mL	NZ	
Roxithromycin tabs 150mg	NZ	See Antibiotic Guidelines
Sulfamethoxazole + trimethoprim (co-trimoxazole) oral liq (200 mg + 40 mg)/5 ml	IDA; NZ	
Sulfamethoxazole + trimethoprim (co-trimoxazole) tabs 400 mg + 80 mg	IDA; NZ	
Clindamycin inj 600mg/4ml	NZ	NZ specialist recommendation only; see Antibiotics Guidelines
Trimethoprim tabs 300mg	NZ	Urinary tract infections – see Antibiotic Guidelines
Vancomycin inj 500 mg	NZ	See Antibiotic Guidelines
6.2.3 Antileprosy medicines (in combination)		
Clofazimine caps 100mg	NZ S29	MDT –Combi packs available from WHO; ordered on request
Dapsone tabs 100mg	IDA; NZ	ordered on request
Rifampicin caps 150mg, 300mg	NZ	
6.2.4 Anti-tuberculosis medicines		
<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>		
Ethambutol tabs 400mg	NZ	For paediatric mixture see NZ Formulary, Extemporaneous Preparations
Isoniazid tabs 100mg	NZ	Also give pyridoxime 25mg daily to prevent neuropathy) For paediatric mixture see NZ Formulary, Extemporaneous Preparations
Pyrazinamide tabs 500mg	NZ	
Rifampicin oral liq 100mg/5mL	NZ	
Rifampicin caps 150mg, 300mg	NZ	

<b>6.3 Antifungal medicines</b>		
Clotrimazole vaginal cream: 1%	NZ	
Clotrimazole vaginal tab 500mg	IDA; NZ	
Clotrimazole cream: 1%	IDA; NZ	
Fluconazole caps 50mg	NZ	Resistant ringworm in outer islands; 150mg once weekly for 4 weeks
Griseofulvin tabs 125mg, 500mg	IDA	Use to be reviewed
Terbinafine tabs 250mg	NZ	See Antibiotic Guidelines
Itraconazole caps 100 mg	IDA, NZ	see Antibiotic Guidelines; urgent order
Nystatin oral liq 100 000IU/ml	IDA; NZ	
<b>6.4 Antiviral medicines</b>		
<b>6.4.1 Antiherpes medicines</b>		
Aciclovir inj 250mg/10mL	NZ	For life-threatening infections only; see Antibiotics Guidelines. Minimum stock level + urgent order through CITC Pharmacy of rest of course
Aciclovir dispersible tab 200mg; 800mg	IDA; NZ	
<b>6.4.2 Antiretrovirals</b>		
<i>For named patients only on recommendations of an overseas specialist; use application form on Ministry website</i>		
Available through SPC, Suva		
Needle Stick injury kit: contact Dr May Aung		
<b>6.4.3 Other antivirals</b>		
Oseltamivir tabs 75mg	NZ	For moderate/severe disease or those at risk- see Antibiotic Guidelines; contact pharmacy
<b>6.5 Antiprotozoal medicines</b>		
<b>6.5.1 Antiamoebic and anti giardiasis medicines</b>		
Metronidazole infus 500mg/100ml	IDA; NZ	
Metronidazole tab 200mg; 400mg	IDA 200mg; NZ	
<b>6.5.3 Antimalarial medicines</b>		
<b>6.5.3.1 For malaria curative treatment</b>		
<i>Check NZ Formulary for country-specific recommendations;</i>		
Doxycycline tab 100mg	IDA;NZ	Children 8 years and over
Mefloquine tab 250mg	NZ	
Quinine tab 300mg	IDA; NZ	Not to be used for treatment of skeletal muscle cramps (risks outweigh benefit)
<b>6.5.3.2 For malaria prophylaxis</b>		
<i>Check NZ Formulary for country-specific recommendations</i>		
Doxycycline tab 100mg	IDA; NZ	Available to government employees travelling on government business only
Mefloquine tab 250mg	NZ	Available to government employees travelling on government business only
<b>6.5.4 Antipneumocystosis (PCP) and antitoxoplasmosis medicines</b>		



*Other medicines recommended by a NZ specialist can be obtained for named patients using the application form on Ministry website*

Sulfamethoxazole + trimethoprim (co-trimoxazole) oral liquid, (200 mg + 40 mg)/5 ml	IDA; NZ	
Sulfamethoxazole + trimethoprim (co-trimoxazole) tab 400mg+80mg	IDA; NZ	

## **7. ANTI-MIGRAINE MEDICINES**

### **7.1. For treatment of acute migraine attack**

Aspirin (acetylsalicylic acid) tabs 300mg	IDA; NZ	
Ibuprofen tabs 200mg,400mg	IDA; NZ	
Paracetamol oral liq 120mg/5ml; 250mg/5mL	INZ	
Paracetamol tabs 500mg	IDA; NZ	
Sumatriptan tabs 50mg	NZ	Use by medical department doctors only; not to be used for patients with ischaemic cardiovascular disease

### **7.2. For migraine prophylaxis**

Metoprolol tabs CR 47.5mg	NZ	
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## **8. ANTINEOPLASTICS AND IMMUNOSUPPRESSIVES**

### **8.1 Immunosuppressive medicines**

Azathioprine tabs 50mg	NZ	Supply for named patients use application form available on the Ministry's website application required
Hydroxychloroquine tabs 200mg	NZ	for rheumatoid arthritis treatment by medicine department doctors or on recommendation of dermatologist only; supply for 'named patients' use application form available on the Ministry's website
Methotrexate tabs 2.5mg	IDA; NZ	Prescribing in rheumatoid arthritis by medical doctors only; use with weekly folic acid 5mg given on separate day; monthly FBC, LFTs

### **8.2 Cytotoxic and adjuvant medicines**

*For named patients only on recommendations of NZ specialist; use application form on Ministry website*

### **8.3 Hormones and antihormones**

*For named patients only on recommendations of NZ specialist*

Tamoxifen tabs 20mg	IDA; NZ	
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## **9. ANTI-PARKINSON'S MEDICINES**

Benzotropine inj 1mg/1ml	NZ	
Benzotropine tabs 2mg	NZ	
Levodopa+carbidopa tabs 100mg+25mg; 250mg+25mg	NZ	

<b>10. MEDICINES AFFECTING THE BLOOD</b>		
<b>10.1 Anti-anaemia medicines</b>		
Ferrous sulfate oral liq 150mg/5mL	NZ	
Ferrous sulfate tabs 200mg (65mg elemental iron)	IDA	NZ SR 325mg is less effective
Ferrous sulfate + folic acid tabs 200mg (65mg elemental iron) + 400mcg	IDA	NZ product is different strength
Folic acid tabs 5mg	IDA; NZ	
Hydroxocobalamin inj 1mg/ml	NZ	
Iron (ferrous) polymaltose 100mg/2mL	NZ	
<b>10.2 Medicines affecting coagulation</b>		
Enoxaparin inj 100mg	NZ	For treatment of pulmonary embolism and acute coronary syndrome only
Heparin 5000iu/0.2mL, 25,000iu/5mL	IDA 25,000iu/5mL = (5mg/mL); NZ	5000iu/0.2mL for subcutaneous administration; 25,000iu/5mL (5mg/mL) for infusion preparation
Phytomenadione (vitamin K) inj 10mg/1ml	IDA; NZ	
Phytomenadione tabs no longer available - use injection solution 10mg/1mL orally		
Phytomenadione (vitamin K) oral drops 2mg/0.2mL	NZ	Paediatric use only; use injection solution and give orally
Protamine sulfate inj 50mg/5ml	IDA; NZ	Emergency medicine, 1 patient may require up to 10 amps;
Tranexamic acid inj 1g/10ml	NZ	Emergency use for O&G patients and in ED
Tranexamic acid tabs 500mg	NZ	For use in O&G and in surgery for patients unable to have blood transfusion
Warfarin tabs 1mg; 3mg; 5mg	NZ	INR monitoring required
<b>10.3 Other medicines for haemoglobinopathies</b>		
<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>		

<b>11. BLOOD PRODUCTS AND PLASMA SUBSTITUTES</b>		
<i>Contact laboratory</i>		
<b>11.3 Plasma substitute</b>		
Polygeline (succinylated gelatine) infus 4%	IDA; NZ	

<b>12. CARDIOVASCULAR MEDICINES</b>		
<b>12.1 Antianginal medicines</b>		
Glyceryl trinitrate sublingual spray 400mcg	NZ	
Isosorbide dinitrate 10mg	IDA	
Isosorbide mononitrate modified release	NZ	

60mg		
Metoprolol CR 47.5mg; CR 95mg	NZ	
Metoprolol inj 5mg/5mL	NZ	
Nifedipine modified release 10mg, 20mg		Immediate release nifedipine only for obstetric patients
<b>12.2 Antiarrhythmic medicines and medicines for cardiac arrest</b>		
Adenosine inj 6mg/2mL	NZ	
Adrenaline (epinephrine) 1:1000 1mL	IDA; NZ	
Amiodarone inj 150mg/3mL	NZ	Use glass bottles or rigid PVC containers and giving set only- see NZ Formulary on Ministry www
Amiodarone tab 200mg	NZ	Strength change; tablets scored for halving if needed
Digoxin inj 500mcg/2mL	IDA; NZ	
Digoxin tab 62.5mcg, 250mcg	NZ	Use NZ supplier only, bioavailability issue
Diltiazem tabs immediate release 60mg; modified release 120mg; modified release 180mg	NZ	
Lidocaine 100mg/5mL inj	NZ	For theatre and emergency trolley or tray in Emergency Department only; check label carefully, possible confusion with local anaesthetic strengths
Metoprolol CR 47.5mg; CR 95mg	NZ	
Metoprolol inj 5mg/5mL	NZ	
Sotalol immediate release tabs 80mg	NZ	Supply for 'named patients' use application form available on the Ministry's website
Verapamil inj 5mg/2mL	NZ	
Verapamil tabs CR 240mg	NZ	Supply for 'named patients' using application form available on the Ministry's website
<b>12.3 Antihypertensive medicines</b>		
Atenolol tabs 50mg, 100mg	IDA, NZ	
Bendroflumethiazide (bendrofluazide) tabs 2.5mg	NZ	
Candesartan tabs 8mg; 16mg	NZ	supply for 'named patients' using application form available on the Ministry's website; for patients unable to tolerate ACE inhibitors
Doxazosin tabs 2mg	NZ	
Enalapril tabs 5mg; 10mg; 20mg	IDA 5mg; NZ	
Felodipine modified release 2.5mg; 5mg; 10mg	NZ	
Hydralazine inj 20mg	IDA; NZ	
Hydralazine tabs 25mg	IDA; NZ	
Labetolol inj 25mg/5mL	NZ	
Labetolol tabs 50mg		
Methyldopa tab 250mg	IDA	Approved for obstetric patients; for all other patients supplied for 'named patients' using application form available on the Ministry's website

Metoprolol CR 47.5mg; CR 95mg	NZ	
Nifedipine modified release 10mg, modified release 20mg	IDA; NZ	Immediate release nifedipine only for obstetric patients
<b>12.4 Medicines used in heart failure</b>		
Metoprolol CR 47.5mg	NZ	
Digoxin tab 62.5mcg, 250mcg	IDA 250mcg; NZ	for heart failure with atrial fibrillation
Enalapril 5mg, 10mg,	IDA 5mg; NZ	
Candesartan tabs 8mg; 16mg	NZ	supply for 'named patients' using application form available on the Ministry's website; for patients unable to tolerate ACE inhibitors
Furosemide inj 20mg/2mL	IDA; NZ	
Furosemide tab 40mg	IDA; NZ	
Bendroflumethiazide (bendrofluazide) tabs 2.5mg	NZ	
Spironolactone tab 25mg	IDA; NZ	
Dopamine inj 200mg/5mL	IDA; NZ	
<b>12.5 Medicines for acute coronary syndromes including unstable angina and myocardial infarctions</b>		
12.5.1 Antiplatelet agents		
Aspirin tab 100mg, 300mg	IDA; NZ	
Clopidogrel tab 75mg	NZ	
12.5.2 Thrombolytics		
Streptokinase powder for inj 1.5MIU	Fiji	
12.5.3 Anticoagulants		
Heparin 25,000iu/5mL (5000iu/1mL)	IDA; NZ	for infusion preparation
Enoxaparin inj 100mg	NZ	Adjust dose to ideal body weight
<b>12.6 Lipid-lowering agents</b>		
Atorvastatin 20mg	NZ	
Simvastatin 20mg	IDA	
Bezafibrate tabs modified release 400mg	NZ	Not for use in moderate to severe renal impairment

<b>13. DERMATOLOGICAL MEDICINES (topical)</b>		
<b>13.1 Topical Antifungal medicines</b>		
Clotrimazole cream 1%	NZ	
Whitfields Ointment (benzoic acid + salicylic acid, 6% + 3%)	NZ	
<b>13.2 Topical Anti-infective medicines</b>		
Neomycin + bacitracin, oint 0.5% + 500iu/g	IDA	(Soframycin equivalent)

Potassium permanganate crystals	NZ	Dilute with boiled cooled water to pale pink solution and use as a soak
Silver sulfadiazine cream 1%	IDA; NZ	For burns; for children 2 months and over
<b>13.3 Topical Anti-inflammatory and antipruritic medicines</b>		
Betamethasone cream 0.1%	IDA	
Calamine lotion	IDA	
Hydrocortisone base or acetate cream 1%	IDA; NZ	
<b>13.4 Medicines affecting skin differentiation and proliferation</b> <i>Not provided by Ministry of Health pharmacies and pharmacy store</i>		
<b>13.5 Scabicides and pediculicides</b>		
Permethrin lotion 1%	NZ	
Ivermetin tabs 3 mg	NZ	Available on recommendation of NZ specialist only; cost \$7/tablet; available on request
<b>13.6 Psoriasis</b>		
Calcipotriol cream or ointment 0.005% 100g	NZ	Named patient supply on recommendation of a dermatologist; maximum 100g /week; available on request

<b>14.0 DIAGNOSTIC AGENTS</b>		
<b>14.1 Ophthalmic Preparations</b>		
Fluorescein sodium ophthalmic 0.6mg or 1mg strips	NZ	Available on request
Tetracaine (amethocaine) eye drops 0.5% 0.5mL; 1% 0.5mL	NZ	
<b>14.2 Radiocontrast media and diagnostics</b> <i>contact Radiology</i>		
Ultrasound diagnostic gel 5L	NZ	

<b>15. DISINFECTANTS AND ANTISEPTICS</b>		
<b>15.1 Antiseptics for use on skin</b>		
Cetrimide + chlorhexidine solution, 15% + 1.5%	IDA	For O&G use
Ethanol solution 70%	IDA; NZ	
Povidone iodine solution 10% (1% available iodine)	IDA; NZ	Also known as PVP iodine
<b>15.2 Disinfectants</b> <i>Under revision</i>		
15.2.1 For instruments and disinfectants		
Chlorine solution (0.1% available chlorine)		(Domestos contains 10% available chlorine, dilute 1 part to 100 parts)

Glutaraldehyde + activator 2%	IDA	
15.2.2 Skin preparations		
Isopropyl alcohol skin swipes	IDA	

<b>16. DIURETICS</b>		
Bendroflumethiazide (bendrofluazide) tabs 2.5mg	NZ	
Furosemide inj 20 mg/2 ml	IDA;NZ	
Furosemide tab 40mg	IDA; NZ	
Mannitol infus 20%	IDA, Baxters NZ	

<b>17. GASTROINTESTINAL MEDICINES</b>		
<b>17.1 Antiulcer medicines</b>		
Magnesium hydroxide+ aluminium hydroxide + simethicone oral liq (Mylanta Plain)	NZ	
Magnesium hydroxide+ aluminium hydroxide + simethicone tabs (Mylanta Original)	NZ	
Omeprazole capsules 20mg	IDA; NZ	
Omeprazole inj 40mg	NZ	
Ranitidine Tab 150 mg	IDA; NZ	
Sodium alginate + magnesium alginate, 225mg + 87.5mg (Gaviscon Infant)	NZ	For reflux in babies only; mix powder with boiled and cooled water
Omeprazole capsules 20mg + amoxicillin capsules 500mg dose or metronidazole 400mg	See individual agents	H. pylori eradication – see Antibiotic Guidelines
<b>17.2 Antiemetic medicines</b>		
Dexamethasone inj 4 mg/1 ml or 5mg/1mL	NZ 4mg IDA 5mg	
Dexamethasone tabs 4mg	NZ	
Metoclopramide inj 10 mg/2 ml	IDA, NZ	also recommended for migraine
Metoclopramide tab 10 mg	IDA, NZ	
Ondansetron inj 4 mg/2ml	IDA; NZ	For use only in severe, intractable post-op vomiting by surgeon, obstetrician and in palliative care
Prochlorperazine intramuscular inj 12.5mg	NZ	
Prochlorperazine tabs 5mg	NZ	
Prochlorperazine suppos 25mg	NZ	
<b>17.3 Gastro-intestinal Anti-inflammatory medicines</b>		
<i>If required apply for named patients, use form on the Ministry website</i>		

<b>17.4 Laxatives</b>		
Bisacodyl suppos 5mg; 10mg	NZ	
Bisacodyl tabs 5mg	IDA, NZ	
Docusate sodium + sennoside B tabs 50mg/8mg		Use for in-patients only when stool softener and stimulant required
Lactulose oral liq 10mg/15mL	NZ	
Macrogol 3350 + electrolytes 13.125g powder for dilution	NZ	Klean-Prep available from radiology for bowel evacuation and for adult faecal compaction
Sodium citrate (Microlax) enema 5mL	NZ	
<b>17.5 Medicines used in diarrhoea</b>		
<b>17.5.1 Oral rehydration</b>		
Oral rehydration salts for dilution in 1L	IDA; NZ	
<b>17.5.2 Medicines for diarrhoea in children</b>		
Zinc sulfate tabs dispersable 20 mg	IDA	use with oral rehydration, recommended by WHO
<b>17.5.3 Gastro-intestinal Anti-motility agents</b>		
Loperamide tabs or caps 2mg	NZ	Not for use in child under 12 years; maximum treatment 2 days ( 16 tablets)
<b>17.6 Treatment for Haemorrhoids</b>		
Cinchocaine + fluocortolone esters, rectal oint 0.5% + 0.187% (Ultraproct) 30g	NZ	
Cinchocaine + fluocortolone esters, suppos 1mg + 1.24mg (Ultraproct)	NZ	
<b>17.7 Gastro-intestinal Anti-Spasmodic Medicines</b>		
Hyoscine butylbromide inj 20mg/ml	IDA; NZ	
Hyoscine butylbromide tab 10mg	IDA; NZ	

<b>18. HORMONES AND CONTRACEPTION</b>		
<b>18.1 Adrenal hormones and synthetic substitutes</b>		
<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>		
<b>18.2 Androgens</b>		
<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>		
<b>18.3 Contraceptives</b>		
<b>18.3.1 Oral hormonal contraceptives</b>		
Levonorgestrel + ethinylestradiol + ferrous fumerate tabs 150 mcg + 30 mcg + 75mg (Microgynon ED)	UNFPA	
Levonorgestrel tab 30 mcg (Microlut)	UNFPA	
Levonorgestrel tab 750 mcg (pack of two)	UNFPA	

<b>18.3.2 Injectable hormonal contraceptives</b>		
Medroxyprogesterone acetate depot inj 150 mg/1mL (Depo-Provera)	UNFPA	
<b>18.3.3 Intrauterine devices</b>		
IUCD copper T 380A	UNFPA	
<b>18.3.4 Barrier methods</b>		
Male condoms	UNFPA	
<b>18.3.5 Implantable contraceptives</b>		
Levonorgestrel implant 75mg, 2 rods	UNFPA	
<b>18.4 Estrogens</b>		
Ethinylestradiol tabs 10mcg	NZ	Use by gynaecology doctors only
Oestriol vaginal cream 0.1%	NZ	
<b>18.5 Insulins and other medicines used for diabetes</b>		
Gliclazide tabs 80 mg	NZ	
Glucagon Inj 1 mg/ml	NZ	
Insulin neutral inj 100 IU/1ml x 10mL	NZ	
Insulin isophane inj 100 IU/1ml x 10mL	NZ	
Insulin neutral + insulin isophane inj 30/70 x 10mL	NZ	
Metformin tab 500 mg	IDA; NZ	
<b>18.6 Ovulation inducers</b>		
<i>Only for use by gynaecology doctors as named patient supply: use application form on Ministry website</i>		
<b>18.7 Progestogens</b>		
Norethisterone tabs 5mg	IDA; NZ	
<b>18.8 Thyroid hormones and antithyroid medicines</b>		
Levothyroxine tab 50mcg; 100mcg	IDA 100mcg; NZ	
Carbimazole tab 5mg	NZ	<i>Named patient supply: use application form on Ministry website; requires regular full blood count</i>

<b>19. IMMUNOLOGICAL PREPARATIONS</b>		
<b>19.1 Diagnostic agents</b>		
Tuberculin, purified protein derivative (PPD) inj		Contact laboratory
<b>19.2 Sera and immunoglobulin</b>		
Immunoglobulin RHO (anti-D) inj 250IU	NZ	
Hepatitis B immunoglobulin 100IU/mL	NZ	



<b>19.3 Vaccines</b>		
BCG vaccine	UNICEF	
Diphtheria, pertussis, tetanus (DPT) vaccine	UNICEF	
Diphtheria, pertussis, tetanus, Hepatitis B, haemophilus influenzae type b (Pentavalent) vaccine	UNICEF	
Hepatitis B vaccine	UNICEF	
Human papillomavirus vaccine	UNICEF	
Influenza vaccine (current NZ recommended product)	NZ	
Mumps, measles, rubella (MMR) vaccine	UNICEF	
Poliomyelitis vaccine inj (IPV)	UNICEF	
Tetanus toxoid vaccine	UNICEF	

<b>20. MUSCLE RELAXANTS FOR USE IN SURGERY</b>		
Atracurium inj 25mg/2.5mL	NZ	
Neostigmine inj 2.5 mg/1mL	NZ	
Suxamethonium inj 100 mg/2 mL	IDA; NZ	
Pancuronium inj 4mg/2mL	IDA; NZ	

<b>21. OPHTHALMOLOGICAL PREPARATIONS</b>		
<b>21.1 Anti-infective agents for the Eye</b>		
Aciclovir eye oint 3%, 4.5g	NZ	
Chloramphenicol eye drop 0.5% 10mL	IDA, NZ	
<b>21.2 Anti-inflammatory agents for the Eye</b>		
Dexamethasone 0.1% eye drops 5mL	NZ	Recommendation and use by eye specialist or eye doctor only; supply for 'named patients', use application form available on the Ministry's website
<b>21.3 Local anaesthetics for the Eye</b>		
Tetracaine (amethocaine) 0.5% eye drops 0.5mL	NZ	
<b>21.4 Miotics and antiglaucoma medicines</b>		
Acetazolamide tabs 250mg	NZ Healthcare Logistics	<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>
Latanoprost eye drops 50 mcg/mL, 2.5mL	NZ	<i>For named patients only on recommendations of an eye doctor; use application form on Ministry website</i>
Pilocarpine 1% eye drops 15mL	NZ	
Timolol 0.25% eye drops 5mL	IDA, NZ	

<b>21.5 Mydriatics</b>		
Atropine 1% eye drops 15mL	NZ	Child use only if 3 months and older
Tropicamide 0.5% eye drops 15mL	NZ	For child under 3 months only

<b>22. OXYTOCICS AND ANTIOXYTOCICS</b>		
<b>22.1 Oxytocics</b>		
Misoprostol tab 200mcg	NZ	
Oxytocin inj 10 IU/1mL	IDA; NZ	
Oxytocin + ergometrine inj 5IU + 0.5mg/1mL	NZ	
Carboprost trometamol 250mcg	NZ	
<b>22.2 Antioxytocics (tocolytics)</b>		
Nifedipine immediate release caps 5 mg	NZ S29	Obstetric use only; capsules should be opened and swallowed for a rapid onset
Glyceryl trinitrate sublingual spray 400mcg	NZ	

<b>23. PERITONEAL DIALYSIS SOLUTION</b>		
<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>		

<b>24. MEDICINES FOR PSYCHIATRIC AND BEHAVIOURAL DISORDERS</b>		
<b>24.1 Medicines used in psychotic disorders</b>		
Haloperidol inj 5 mg/1mL	IDA; NZ	Also recommended for aggression
Haloperidol depot inj 50 mg/5mL	NZ 50mg, 100mg	
Haloperidol tabs 500 mcg; 5 mg	IDA 5mg; NZ	
Risperidone tabs 1 mg; 2mg; 4mg	NZ	Also recommended for aggression in Alzheimers patients
Olanzapine tabs 10mg	NZ	
<b>24.2 Medicines used in mood disorders</b>		
<b>24.2.1 Medicines used in depressive disorders</b>		
Amitriptyline tabs 25mg; 50mg	IDA; NZ	
Fluoxetine cap 20 mg	NZ	
Paroxetine tabs 20mg	NZ	
<b>24.2.2 Medicines used in bipolar disorders</b>		
Lithium carbonate tab 250 mg	NZ	
Sodium valproate tab EC 200 mg; EC 500 mg;	IDA; NZ	
<b>24.3 Medicines for anxiety disorders</b>		

Diazepam tab 5 mg	IDA; NZ	(Oral liquid no longer available, recommend give crushed tablets)
<b>24.4 Medicines used for obsessive compulsive disorders</b>		
Fluoxetine cap 20 mg	NZ	
<b>24.5 Medicines for disorders due to psychoactive substance use</b>		
Nicotine replacement therapy (NRT) chewing gum 2 mg; 4 mg	NZ	
Nicotine replacement therapy (NRT) transdermal patch 7 mg/24 hours; 14mg/24 hours; 21 mg/24 hours	NZ	
Nicotine replacement therapy (NRT) lozenges 1mg; 2 mg	NZ	
Methadone oral liq 2 mg/1 mL	NZ	<i>For named patients only; use application form on Ministry website</i>
<b>24.5 Medicines for ADHD</b>		
Methylphenidate tabs 10mg	NZ	<i>For named patients only on recommendations of NZ specialist; use application form on Ministry website</i>
<b>24.6 Hypnotics</b>		
<i>Not recommended</i>		

<b>25. RESPIRATORY TRACT MEDICINES</b>		
<b>25.1 Antiasthmatic and medicines for chronic obstructive pulmonary disease</b>		
Beclometasone metered dose aerosol 50 mcg; 250mcg	IDA	
Adrenaline (epinephrine) inj 1:1000 (1mg/1ml)	IDA; NZ	
Salbutamol inj for infusion 5mg/5ml	NZ	
Salbutamol MDI (aerosol) 100 mcg	IDA; NZ	
Salbutamol nebuliser soln 2.5mg/2.5mL; 5 mg/2.5mL	NZ	
Ipratropium + salbutamol MDI 20mcg + 100mcg	NZ	
Aminophylline inj 250mg/10mL	IDA; NZ	
Theophylline modified release tab 250mg	NZ	use in COPD only; check for interactions; supply for 'named patients' only, use form on Ministry website
Spacer for use in MDI; adult; paediatric	NZ	

<b>26. ELECTROLYTE AND FLUID BALANCE PREPARATIONS</b>		
Oral rehydration salts for dilution to 1 litre	IDA; NZ	WHO recommendation to use with zinc sulphate tablets 20mg
Potassium chloride modified release tabs 600mg	NZ	

Polystyrene sulphate sodium powder (Resonium A)	NZ	
<b>26.2 Parenteral Solutions</b>		
Compound sodium lactate (Hartmann's solution) inj 1000mL	IDA; NZ	
Glucose (dextrose) 10% 500mL hypertonic injection	IDA; NZ	
Glucose (dextrose) 4.3% with sodium chloride 0.18% inj 1000mL	NZ	Theatre use only; hyponatraemia risk in children and elderly
Glucose (dextrose) 5% isotonic inj 500mL; 1000mL	IDA; NZ	
Glucose (dextrose) 50% hypertonic inj	IDA; NZ	
Potassium chloride 7.5% inj for infusion 10mL	NZ	
Sodium bicarbonate inj 8.4% 10mL	IDA; NZ	
Sodium chloride 0.9% isotonic inj 10mL, 500mL, 1000mL	IDA; NZ	
Sodium chloride 3% hypertonic infusion 1000mL	NZ	RESTRICTED
<b>26.3 Miscellaneous Solutions</b>		
Water for injection 10mL ampoule	IDA	
Water for irrigation 1000mL	NZ	Before using check to see if 0.9% sodium chloride inj could be used instead (cheaper)

<b>27. VITAMINS AND MINERAL PREPARATIONS</b>		
Calcium carbonate tab 1250mg (elemental calcium 500mg)	NZ	
Calcium gluconate 1000mg/10mL (10%) inj	IDA; NZ	
Hydroxocobalamin inj 1mg/ml (vitamin B12)	NZ	
Pyridoxine 25mg tablet	NZ	For use with isoniazid
Thiamine (vitamin B6) 50 mg tablet	IDA; NZ	
Thiamine inj 200mg/2mL	NZ S29	Emergency medicine for use in Medical Ward
Multivitamins tab	NZ	

<b>28. EAR, NOSE AND THROAT MEDICINES</b>		
Docusate 0.5% eardrops 10mL	NZ	Less irritant alternative to Cerumol
Xylometazoline 0.05% nasal drops; 0.1% nasal spray (Otrivine)	NZ	Child: use in 3 months and older
Framycetin + gramicidin+ dexamethasone eye/ear drops 5mg/mL+ 50mcg/mL+ 500mcg/mL (Sofradex)	NZ	
Ciprofloxacin 2mg/mL + hydrocortisone 10 mg/mL eardrops	NZ	See Antibiotics Guidelines, will be urgently ordered on request
Tobramycin eye drops 0.3% for use in ear	NZ	See Antibiotics Guidelines, will be urgently

		ordered on request
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## 29. NEONATAL CARE MEDICINES

### 29.1 Medicines administered to the neonate (neonatal intensive care medicines)

*Not used in the Cook Islands*

### 29.2 Medicines administered to the mother

Dexamethasone inj 4mg/mL	NZ	
Betamethasone acetate + betamethasone sodium phosphate inj 3/3.9 mg (Celestone)	NZ	
Salbutamol inj for infusion 5mg/5mL	NZ	
Bromocriptine tabs 2.5mg	NZ	

## 30. RHEUMATOLOGY MEDICINES

*Also see 8.1 Immunosuppressant Medicines for disease modifying treatments for rheumatoid arthritis*

### 30.1 Medicines used to treat gout

#### 30.1.1 Medicines for acute gout

Colchicine tab 0.5mg	NZ	Acute attack: 2 tablets to start then 1 tab three time daily for first day then one twice daily for up to 7 days; Chronic treatment: 1 tab daily; see NZ Formulary for dosing in renal impairment
Diclofenac inj 75mg/3mL	IDA; NZ	Use in hospital clinics and for renal colic only
Diclofenac tab 50mg	IDA; NZ	maximum treatment for 14 days
Ibuprofen tab 400mg	IDA; NZ	
Naproxen tabs 250mg	IDA	
Prednisone (or prednisolone) tabs 5mg Prednisone 20mg	IDA prednisolone; NZ prednisone	20mg -40mg daily for up to 5 days; 5mg for maximum of 2 weeks

#### 30.1.2 Medicine for gout prophylaxis

Allopurinol tab 100mg; 300mg	IDA 100mg; NZ	
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## 31 MEDICINES FOR URINARY TRACT CONDITIONS

### 31.1 Urinary Alkalinisation

Sodium citrotartrate powder for oral liq (Ural)	NZ	
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### 31.2 Benign Prostatic Hypertrophy

Doxazosin tabs 2mg	NZ	
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### 31.3 Urinary Incontinence

Oxybutynin tabs 5mg	NZ	For use by gynaecology department only; 'named patient' supply only, use application form available on the Ministry website
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<b>32 MISCELLANEOUS</b>		
<b>32.1 Lubricants</b>		
Lubricating jelly	IDA; NZ	
ECG electrode jelly	NZ	