

No. S 76

MERCHANT SHIPPING ORDER, 2002
(S 27/02)

MERCHANT SHIPPING (MEDICAL STORES) REGULATIONS, 2008

ARRANGEMENT OF REGULATIONS

Regulation

1. Citation.
2. Interpretation.
3. Application.
4. Carriage of medical stores.
5. Ships without doctors as crew members.
6. Standards of medical stores.
7. Packaging and labelling of containers.
8. Storage of medicines.
9. Administering medicines.
10. Replenishment of dated medical stores.
11. Carriage of publications.
12. Inspection of medical stores.
13. Ships carrying dangerous substances.
14. Additional medical supplies.
15. Ships operating in malarial areas.
16. Offences.
17. Exemptions.

- FIRST SCHEDULE – MEDICAL STORES FOR CATEGORY A AND CATEGORY B SHIPS
 - SECOND SCHEDULE – MEDICAL STORES FOR CATEGORY C SHIPS
 - THIRD SCHEDULE – ADDITIONAL REQUIREMENTS FOR PASSENGER SHIP
 - FOURTH SCHEDULE – MEDICINES TO BE CARRIED ON SHIPS TRANSPORTING DANGEROUS SUBSTANCES
 - FIFTH SCHEDULE – PUBLICATIONS
 - SIXTH SCHEDULE – SPECIFICATIONS OF DISINFECTANTS AND INSECTICIDES
 - SEVENTH SCHEDULE – PRECAUTIONS AGAINST MALARIA
 - EIGHTH SCHEDULE – GUIDE TO THE USE OF MEDICINES
-

**MERCHANT SHIPPING ORDER, 2002
(S 27/02)**

MERCHANT SHIPPING (MEDICAL STORES) REGULATIONS, 2008

In exercise of the power conferred by section 76 of the Merchant Shipping Order, 2002, the Minister of Communications, with the approval of His Majesty the Sultan and Yang Di-Pertuan, hereby makes the following Regulations —

Citation.

1. These Regulations may be cited as the Merchant Shipping (Medical Stores) Regulations, 2008.

Interpretation.

2. In these Regulations, unless the context otherwise requires —

"Category A ship" means a seagoing ship with no limitation on length of trips;

"Category B ship" means a seagoing ship making trips of less than 150 nautical miles from the nearest port with adequate medical equipment or a seagoing ship making trips of less than 175 nautical miles from the nearest port with adequate medical equipment and which remain continuously within range of helicopter rescue services;

"Category C ship" means a ship staying not more than 30 nautical miles from shore or a ship with no cabin accommodation other than a wheelhouse;

"crew" means all persons, including the master, employed in any capacity on board a ship;

"dangerous substances" means any chemical substance listed in the following IMO publications —

(a) the General Index of the International Maritime Dangerous Goods Code;

(b) the Index of Dangerous Chemicals Carried in Bulk; and

(c) Chapter XIX of the International Code for the Construction and Equipment of Ships Carrying Liquefied Gases in Bulk;

"IMDG Code" means the International Maritime Dangerous Goods Code published by IMO and any amendments thereof;

"IMO" means the International Maritime Organisation;

"medical practitioner" means a medical practitioner registered under the Medical Practitioners and Dentists Act (Chapter 112), and includes a Government medical officer;

"medical store" includes medicine, medical equipment and antidote;

"MFAG" means the IMO Medical First Aid Guide for Use in Accidents Involving Dangerous Goods and any amendments thereof, for use in association with the IMDG Code;

"owner", in relation to a ship, means the registered owner of the ship unless the ship has been chartered by bareboat or is managed, either wholly or in part, by a person other than the registered owner under the terms of a management agreement in which case, "owner" includes the bareboat charterer or the person managing the ship, as the case may be;

"pharmacist" means any person —

(a) whose name has been registered in the register of pharmacists maintained in pursuance of section 6 of the Pharmacists Registration Order, 2001 (S 21/01); or

(b) who holds any degree, diploma or licence in pharmacy approved by the Medical Board established by section 13(1) of the Medical Practitioners and Dentists Act (Chapter 112);

"Ship Captain's Medical Guide" means the latest edition of the publication of that name published on behalf of the Maritime and Coastguard Agency of the United Kingdom;

"tug" means a vessel constructed solely for the purpose of, and normally used for, providing external motive power for floating objects or vessels;

"voyage" means a journey from a port to the next port of call of a ship (which may be the same port).

Application.

3. These Regulations shall apply to all Brunei Darussalam ships other than —

(a) ships employed solely for service within a river;

(b) pleasure crafts, used for non-commercial purposes and not manned by professional crews;

(c) tugs operating in harbour areas.

Carriage of medical stores.

4. (1) Every Category A and Category B ships shall carry on board medical stores in accordance with the First Schedule.

(2) Every seagoing ship of Category C shall carry on board medical stores in accordance with the Second Schedule.

Ships without doctors as crew members.

5. (1) Every Category A and Category B ships carrying more than 12 passengers but without a qualified doctor as a member of the crew shall, in addition to the medical stores specified in the First and Second Schedules, carry additional requirements in accordance with Part A of the Third Schedule.

(2) All the medicines required to be carried in accordance with Part A of the Third Schedule shall be kept in a doctor's case.

(3) The doctor's case shall be locked and kept in a locked cabinet and the keys to the case and cabinet shall be kept in the possession of the master or any person nominated by him.

(4) The doctor's case should be labelled clearly as follows —

"The medicines in this case are to be used only by a qualified medical practitioner, registered general nurse, qualified paramedic or by any person under the direct supervision of a medical practitioner on board the ship."

(5) The obtaining, use and disposal of drugs from the doctor's case shall be recorded in the ship's controlled drugs register as specified in Annex 1 and Annex 2 of the Eighth Schedule.

(6) (a) Passenger ships of Category A and Category B shall carry one first aid kit for every 100 persons or fraction of that number that they are certified to carry, subject to a maximum of 3 first aid kits. One first aid kit shall be kept in the doctor's case.

(b) The first aid kit shall consist of items specified in Part B of the Third Schedule.

(7) Passenger ships of Category C shall, in addition to the medical stores required to be carried under regulation 4(2), carry a maximum of 3 first aid kits distributed round the ships and each first aid kit shall contain items specified in Part B of the Third Schedule.

Standards of medical stores.

6. All medical stores kept on board a ship in accordance with these Regulations shall conform to the standards and requirements of the British Pharmacopoeia, the European Pharmacopoeia or the United States Pharmacopoeia, and with the requirements and specifications set out in the First and Second Schedules.

Packaging and labelling of containers.

7. (1) Without prejudice to any other written law, any container of medical stores required by these Regulations to be kept on board a ship —

(a) shall have in English on a label the particulars specified in sub-regulation (3);

(b) in the case of a container of tablets or capsules, shall be capable of reclosure to prevent ingress of moisture;

(c) in the case of a container of disinfectant, shall not show deleterious reaction with the disinfectant after storage in normal conditions for 6 months;

(d) in the case of an insecticide, shall be airtight, watertight, packed in a suitable and sturdy case and, if the container is a pressure canister, have a cap or other means of protecting the valve against accidental opening when the canister is not in use; and

(e) in the case of medicine or disinfectant not in the container supplied by its manufacturer, shall be packed in a sturdy, brown-coloured or non-translucent container.

(2) Any label referred to in sub-regulation (1)*(a)* shall either be firmly affixed to the container and rendered resistant to moisture by varnish or other effective means or be an integral part of the container.

(3) The particulars required by sub-regulation (1)*(a)* to be shown on labels are —

(a) the ordering name by which the medicine or medical store is referred to in the First and Second Schedules;

(b) any storage requirements laid down in any of the publications referred to in regulation 6, or elsewhere in these Regulations;

(c) if the medical stores are perishable, the expiry date as defined in regulation 10;

(d) the name and address of the supplier of the medical stores, the product licence number and batch number;

(e) in the case of any container of a disinfectant prescribed in any of the scales set out in the First and Second Schedules, the dilution shall conform with the specifications laid down in Part 1 of the Sixth Schedule;

(f) in the case of any container of an insecticide prescribed in any of the scales set out in the First and Second Schedules, it shall conform with the specifications laid down in Part 2 of the Sixth Schedule; and

(g) in the case of a container of hypochlorite, a notice indicating that the chemical may combust spontaneously and that the hypochlorite should be stored in a cool dark place.

Storage of medicines.

8. (1) Any medicine shall be stored in accordance with the instructions on its container.

(2) Any medicine which is a controlled drug shall be stored in accordance with the requirements for controlled drugs specified in the Eighth Schedule.

(3) Subject to sub-regulation (2), any medicine under sub-regulation (1) shall, unless it is required to be kept in a refrigerator or in a first-aid satchel or box, be stored —

(a) in the medical cabinet; or

(b) in a cool, dry, locked cabinet or locked container.

Administering medicines.

9. (1) Any medicine set out in the First and Second Schedules shall, when administered, so far as possible, adhere to the guidelines specified in the Eighth Schedule. The table in the Eighth Schedule is designed to be used in conjunction with the Ship Captain's Medical Guide.

(2) Antidote carried under the requirements of regulation 13 shall, when administered, comply with the dosage recommended by the MFAG.

Replenishment of dated medical stores.

10. (1) Where —

(a) a ship is required to have on board any medical store in accordance with any of the scales set out in the First and Second Schedules; and

(b) any label required by regulation 7(1)(a) to be borne by any container of any such medical store, indicates a date after which the medical store contained in it is not to be used (hereafter called the expiry date),

that medical store shall be replaced at the earliest possible date after the expiry date, and in any event within 3 months of the expiry date.

(2) Medical stores which have passed the expiry date shall, once replacements have been obtained, or after 3 months, whichever is the earlier, be disposed of. Controlled drugs shall be disposed of in accordance with the provisions of the Misuse of Drugs Regulations (Rg 1 of Chapter 27).

Carriage of publications.

11. A ship to which these Regulations apply shall carry the publications specified in the Fifth Schedule.

Inspection of medical stores.

12. The medical stores shall be inspected at least once in every 12 months by a competent person or authority who, on being satisfied that the ship is provided with medical stores in accordance with the appropriate scale, shall issue a certificate to that effect.

Ships carrying dangerous substances.

13. (1) The master of any ship carrying a dangerous substance as whole or part of the cargo, or any residue of a dangerous substance from earlier voyages, shall ensure that the correct antidote to the dangerous substance is carried. The master shall comply with the requirements set out in the Fourth Schedule.

(2) In addition to the requirements under sub-regulation (1), the ship shall also carry the required additional quantity of such antidote and ancillary equipment as specified in the MFAG.

Additional medical supplies.

14. There shall be kept on board every ship on a voyage on which a qualified doctor is carried as a member of the crew any additional supplies which the doctor may reasonably require, having regard to the size of the crew, the number of passengers on board and the intended voyage.

Ships operating in malarial areas.

15. Ships operating in the malarial areas shall take preventive measures as specified in the Seventh Schedule.

Offences.

16. (1) If any provision of these Regulations is contravened, the owner of the ship shall be guilty of an offence and liable on conviction to a fine not exceeding \$5,000.

(2) It shall be a defence for any person charged in connection with a contravention of any provision of these Regulations to show that the deficiency was caused by medical stores being used for their proper purpose and that it has not been reasonably practicable to replace them.

(3) It shall be a defence for a person charged under these Regulations to show that he took all reasonable precautions and exercised all due diligence to avoid commission of the offence.

Exemptions.

17. The Director may exempt any person or ship or class of persons or ships from all or any of the provisions of these Regulations on such conditions as he may specify and may, subject to giving reasonable notice, alter or cancel any such exemption granted.

FIRST SCHEDULE (regulations 4(1), 5(1), 6,
7(3), 9(1) and 10(1))

MEDICAL STORES FOR CATEGORY A AND CATEGORY B SHIPS

PART A

MEDICAL SUPPLIES

NOTES:

1. In the following table, the columns are as follows —

Column 1 is the treatment which must be available to comply with these Regulations;

Column 2 is the medicine and dosage strength which the Director considers best complies with the required treatment. Owners and operators may substitute exact equivalents on the advice of a qualified medical practitioner or pharmacist, provided they are satisfied that an equivalent level of treatment is assured;

Column 3 is the quantity of medicine/equipment considered sufficient to provide treatment for a crew of 10 persons.

2. Owners and operators may, on the advice of a qualified medical practitioner or pharmacist, determine whether any additional or different quantities, products or equipment are required, taking into account the factors identified below and any other relevant considerations —

(a) the nature of the voyage and in particular —

- (i) the ports of call;
- (ii) the destination; and
- (iii) the duration;

(b) the type of work to be carried out during the voyage;

(c) the nature of the cargo;

(d) the number of crew.

For example, anti-malarial drugs may be appropriated if a ship is operating in malarial areas.

1 Treatments Requirements	2 Recommended Medicine and Dosage Strength representing best practice	3 Recommended quantity for 10 workers	
		Category A	Category B
		1 Cardio vascular	
(a) Cardio vascular analeptics - Sympathomimetics	Adrenaline/Epinephrine injection BP 0.5ml - adrenaline acid tartrate injection 1.0mg in 1 ml (1 in 1000)	5*	1*
(b) Anti-angina preparations	Glyceryl Trinitrate Spray 400 micrograms/metered 200 dose aerosol or transdermal patches 5mg x 2	1 unit	1 unit
(c) Diuretics	Frusemide/Furosemide i) 40mg tablets ii) 10mg in 1ml injection. 2ml ampoule	20* 2	5* -
(d) Anti-haemorrhagics (including uterotonics if there are women with potential for child bearing working on board)	i) Phytomenadione (Vitamin K1) paediatric injection 0.2ml (1 ampoule) ii) Ergometrine Maleate 500mg inj. Oxytocine 5 units in 1ml ampoule	1* 2*	1* 1*
(e) Anti-hypertensive	Atenolol 500mg tablets x 28	1 pack	-
2. Gastro-intestinal system			
(a) Medicines for gastric and duodenal disorders - Histamine H ₂ receptor anti-ulcer antagonist - Anti-acid mucous dressings	Cimetidine 400mg tablets 60 tablet pack Proprietary Antacid of choice	1 pack As required	- As required
(b) Anti-emetics	i) Prochlorperazine maleate 3mg buccal tablets ii) Promethazine hydrochloride 25mg per ml (1ml ampoules)	30* 10*	30* -

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

1 Treatments Requirements	2 Recommended Medicine and Dosage Strength representing best practice	3 Recommended quantity for 10 workers	
		Category A	Category B
(c) Lubricant laxatives	Glycerol Suppository 4mg mould	12	-
(d) Anti-diarrhoeals	Codeine Phosphate 30mg tablets	30	30
(e) Intestinal antiseptics	Trimethoprim 200mg tablets	20	20
(e) Haemorrhoid preparations	Proprietary preparation of choice	As required	As required
3 Analgesics and anti-spasmodics			
(a) Analgesics, anti-pyretics and anti-inflammatory agents	i) Paracetamol 500mg tablets	100	50
	ii) Diclofenac sodium 100mg suppository	10	-
(b) Powerful analgesics (see 2(d))	i) Codeine Phosphate	Use 2(d)	Use 2(d)
	ii) Morphine Sulphate 10mg in 1ml injection	10	-
(c) Anti-Spasmodics	Hyoscine hydrobromide 0.3mg tabs.	60	60
4. Nervous system			
(a) Anxiolitics	i) Diazepam injection 5mg per ml, 2ml ampoules	5*	-
	ii) Diazepam 10mg tablets	20*	-
(b) Nueroleptics	i) Chlorpromazine hydrochloride 25mg injection	5*	-
	ii) Chlorpromazine hydrochloride 25mg tablets	40*	10*
(c) Seasickness remedies	Hyoscine hydrobromide	Use 3(c)	Use 3(c)
(d) Anti-epileptics	Diazepam rectal dispenser 10mg in 2.5ml	4	4
5. Anti-allergics and anti-anaphylactics			
(a) H ₁ Anti-histamines	Loratadine 10mg tablets	30*	30*

1	2	3	
Treatments Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers	
		Category A	Category B
(b) Injectable glucocorticoids	i) Hydrocortisone injection powder for reconstitution 100mgm vial with 2ml water for injection ii) Prednisolone 5mg tablets	3	1
		10	5
6 Respiratory system			
(a) Bronchospasm preparations	i) Salbutamol inhaler 100 micrograms per metered dose. 200 dose inhaler with volumatic ii) Beclomethasone /Beclomethasone 50 micrograms per metered dose. 200 dose inhaler	1	1
		1	1
(b) Anti-tissives	Codeine phosphate tablet (cough suppressant)	Use 2(d)	Use 2(d)
(c) Medicines used for colds and sinusitis	Paracetamol	Use 3(a)	Use 3(a)
7. Anti-infection			
(a) Antibiotics (of at least 2 families) (* to be carried in Category A ships which may be more than 48 hours from medical assistance)	i) Benzylpenicillin - benzylpenicillin sodium 600mg injection (powder for reconstitution in a rubber capped and metal topped vial) and water for injection 2ml ii) Ciprofloxacin as hydrochloride 500mgm tablet • iii) Cefuroxime injection 750mgm vial and water for injection iv) Erythromycin 250mg tablets v) Doxycycline 100mg capsules	10	1
		10	10
		20	-
		40	20
		10	-
(b) Anti-bacterial sulphamide	Trimethoprim 200mg tablets	20	-
(c) Urinary antiseptics	Trimethoprin	Use 7(b)	
(d) Anti-parasitics	Mebendazole 100mg tablets 6 tablet pack	1*	1*

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

1	2	3	
Treatments Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers	
		Category A	Category B
(e) Intestinal anti-infectives	Metronidazole suppositories 1gm Metronidazole tablets 400mg tablets	10	-
(f) Anti-tetanus vaccines and immunoglobulins	Tetanus Vaccine 0.5ml ampoule Tetanus Immunoglobulin ampoule for injection	5*	1*
		1*	1*
8 Compunds promoting rehydration, caloric intake and plasma expansion			
	Sodium chloride and dextrose rehydration salts 8g sachets of Oral Rehydration Salts, Formula A. BP Oral powder in sachet to provide Na = 35mmol, K = 20mmol, Cl-37mmol, HCO ³ 18mmol and glucose 200mmol when reconstituted in a litre of water	12	12
9 Medicines for external use			
(a) Skin medicines - Antiseptic solutions - Antibiotic ointments - Anti-inflammatory and analgesic ointments - Anti-mycotic skin cream - Burn preparations	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide Cicatrín cream 15mg tube i) Hydrocortisone 1% cream 15g tube ii) Benzoic Acid Ointment BP 50mg (benzoic acid 6%; salicylic acid 3%, in emulsifying ointment 15g) Miconazole nitrate 2% topical cream 30g Silver Sulphadiazine 1% cream 50g tube	1* bottle or 1 pack wipes 1 2 3 2 2	1* bottle or 1 pack wipes 1 - 1 1 1

1	2	3	
Treatments Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers	
		Category A	Category B
	<i>Miscellaneous skin preparations</i> i) Permethrin 1% in a basis containing isopropylalcohol 20% Cream Rinse ii) Zinc ointment, BP (containing zinc oxide 15%) 25g iii) Potassium permanganate crystals 10g container	2*	-
(b) Eye medicines	<i>Antibiotic ointment</i> Framycetin sulphate 0.5% ointment 5g tube - Antibiotic and anti-inflammatory drops Betamethasone sodium phosphate 0.1% neomycin sulphate 0.5% eyedrops 5ml - Anaesthetic drops Amethocaine hydrochloride 0.5% 5ml - Hypotonic myotic drops Pilocarpine hydrochloride eyedrops 0.5% 10ml	4	1
	<i>Detection of foreign bodies</i> Fluorescein Sodium 1% eyedrops	1*	-
(c) Ear medicines	- Antibiotic solutions Antibiotic eardrops containing in each ml; neomycin 3,400 units, polymixin B sulphate 10,000 units, hydrocortisone 10mg 5ml dropper bottle - Anaesthetic and anti-inflammatory solutions Ephedrine nasal drops BR 0.5% ephedrine hydrochloride 10ml	1*	1*
(d) Medicines for oral and throat infections	- Antibiotic or antiseptic mouthwashes Chlorhexidine gluconate 0.2% mouthwash 300ml	1	1

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

1	2	3	
Treatments Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers	
		Category A	Category B
(e) Local Anaesthetics - Local anaesthetics using freezing - Local anaesthetics given by subcutaneous injections - Dental anaesthetics and antiseptic mixtures	Ethyl chloride liquid spray 50mg	1*	1*
	Lignocaine/Lidocaine hydrochloride 1% 25mg in 5ml for injection	5	5
	i) Lignocaine / Lidocaine Gel 20g (lignocaine hydrochloride 2% in a water miscible (base) gel)	1	-
	ii) Oil of Cloves 10ml	1*	1*

*The specified quantity is considered sufficient regardless of crew size.

PART B
MEDICAL EQUIPMENT

Required Equipment	Recommended Specification	Category A	Category B
1. Resuscitation equipment			
Manual resuscitation appliance			
(a) Appliance for the administration of oxygen	Oxygen Giving Set comprising the following - 1) Oxygen reservoir 2) 1 flow meter unit giving a minimum setting of 4 litres per minute 3) 1 pressure regulating unit 4) 1 set of tubing 5) 5 x 24% oxygen disposable face masks 6) 5 x 35% oxygen disposable face masks each part constructed so that it can only be assembled in the correct manner	1	1
(b) Mechanical aspirator to clear upper respiratory passages	Aspirator to clear airways (manual, hand operated) plus 2 catheters	1	1
(c) Equipment for mouth to mouth resuscitation	Laerdal Pocket Mask	1	1
	Guedal Airway Sizes 3 and 4	1	1
2. Dressing and suturing equipment			
(a) Disposable suture stapler or suture kit with needles	<i>Suture and needle pack</i> Sterile non absorbable, sutures BP, of monofilament nylon or silk, swaged to a 26mm, and 40mm half circle needle with a cutting edge Each needle and suture to be in a sealed pack (1) 26mm half circle needle (2) 40mm half circle needle (3) sterile absorbable sutures BP of catgut swaged to a 40mm half circle cutting edge	3 3 26	- - -

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

Required Equipment	Recommended Specification	Category A	Category B
(b) Adhesive elastic bandage	Adhesive Elastic Bandage 7.5cm x 4m	4	1
	Crepe bandage 7.5cm x 4.5m when stretched	4	1
(c) Tabular gauze bandage, seamless, of a size suitable for finger dressings	20m length with applicator	1	1
(d) Sterile gauze compresses	Packet containing 5 sterile gauze pads BP size 7.5cm x 7.5cm	6	3
(e) Cotton wool	Absorbent cotton and viscose wadding db, in a roll, in damp proof packaging		
	(1) 15gm, sterile	6	3
	(2) 100gm, non sterile	3	1
(f) Sterile sheet for burn victims		1	1
(g) Triangular sling	Calico, with 2 sides @ 90cm and a base @ 127cm	4	4
(h) Disposable polyethylene gloves	Large size	25	25
(i) Adhesive dressings	Assorted, sterile	40	40
(j) Sterile compression bandages and unmedicated dressings	(1) medium, 10cm x 8cm	5	3
	(2) large 13cm x 9cm	5	3
	(3) extra large 28cm x 17.5cm	4	2
(k) Adhesive sutures or zinc oxide bandages	75mm adhesive suture strips	6	6
(l) Non-absorbable sutures with needles	Use Equipment items 2(a)(1) and 2(a)(2)	Use items 2(a)(1) 2(a)(2)	Use items 2(a)(1) 2(a)(2)
(m) Vaseline gauze	Paraffin gauze dressings, size 10cm x 10cm	40	40

Required Equipment	Recommended Specification	Category A	Category B
3. Instruments			
(a) Disposable scalpels		2	-
(b) Stainless-steel instrument box		1	1
(c) Scissors	(1) 18cm one blade sharp and the other round-ended	1	1
	(2) 12.5cm, both blades sharp pointed	1	1
(d) Dissecting forceps		1	1
(e) Haemostatic Clamps		1	1
(f) Needle Forceps		1	-
(g) Disposable razors		5	-
4. Examination and monitoring equipment			
(a) Reactive strips for urine analysis		50	-
(b) Temperature charts		1 pad	1 pad
(c) Disposable tongue depressor		10	10
(d) Medical evaluation reports		1 pad	1 pad
(e) Stethoscope		1	1
(f) Aneroid sphygmomanometer		1	1
(g) Standard medical thermometer		3	1
(h) Hypothermic thermometer		1	1
(i) Additional equipment	(1) Sputum cup with cover (disposable)	2	-
	(2) Specimen Jars (strong glass or plastic with airtight lid 50ml with blank labels)	2	-

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

Required Equipment	Recommended Specification	Category A	Category B
5. Equipment for injection, perfusion, puncture and catheterisation			
(a) Bladder drainage instruments	Bladder drainage set (including bag, spigots and tube)	1	-
(b) Rectal drip set		1	-
(c) Disposable filter infuser	Integral in equipment. Some produced items may require a separate filter	If required	If required
(d) Urine drainage bag	Use bladder drainage set	Use 5(a)	Use 5(a)
(e) Disposable syringes and needles	2ml, 5ml, 10ml quantities of each size	6	3
(f) Catheter	(1) Foley type 16, Charriere gauge, 5ml balloon (short/medium term use in adults)	1	-
	(2) Nelaton size 16 Charriere gauge (with no balloon)	1	-
	(3) Penile sheath set	1	-
6. General medical equipment			
(a) Bedpan	Stainless steel or sterilisable plastic	1	-
(b) Hot water bottle	With fabric cover	1	-
(c) Urine container		1	-
(d) Icebag		1	-
7. Immobilisation and setting equipment			
(a) Malleable finger splint		1	1
(b) Malleable forearm and hand splint		1	1
(c) Inflatable splints	Set of 4 (half-leg, full leg, half arm and full arm)	1	1
(d) Thigh splint		1	1
(e) Collar for neck immobilisation	Adult size set of 3, small, medium and large	1	1
(f) Thomas splint or dimple mattress		1	-

Required Equipment	Recommended Specification	Category A	Category B
8. Disinfection, disinsectisation and prophylaxis			
(a) Water – disinfection compound	In liquid form – litres	5	-
(b) Liquid insecticide	In liquid form – litres	5	-
9 First aid kits (to be carried by ships of a crew of more than 10)			
First aid kits to be distributed in appropriate locations on the ship e.g. in the galley and engine room and to contain the following items in a portable waterproof container.		3 max	3 max
(1) 4 x triangular bandages (90cm x 127cm base) (2) 6 x medium sterile unmedicated dressings 10cm x 8cm (3) 2 x large sterile unmedicated dressings 13cm x 9cm (4) 2 x extra large unmedicated dressings 28cm x 17.5cm (5) 6 medium safety pins, rustless (6) 20 assorted elastic adhesive dressings medicated BPC (7) 2 x sterile eye pads with attachment (8) 2 x packages containing 15 grammes sterile cotton wool (9) 5 pairs large size disposable polythene gloves			
10. Recommended additional equipment			
(a) Face masks disposable		6	6
(b) Plastic measuring jug ½ litre size		1	1
(c) Disposable paper towels		100	100
(d) Latex gloves surgical quality – sterile (large)		5 pairs	5 pairs
(e) Waterproof plastic sheeting, size 1m x 2m		2	1
(f) "Sharp" disposal box		2	1
(g) Lotion bowl (Size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked "medical")		2	-
(h) Kidney dish (Size 250mm stainless steel or sterilisable plastic)		1	-
(i) Safety pins, rustless medium		6	6
(j) Magnifying glass 7.5cm diameter on handle		1	1
(k) Nail brush		1	1
(l) Stretcher equipment (A system for trauma management, that is immobilisation and stretcher equipment most suited for treatment on the vessel concerned)		1	1
(m) Body bag – Large size		1	1
(n) Microscope slides in individual transit containers (Ships in malarial areas only)		5	5
(o) Excavator double ended Guys' pattern G2		1 set	-
(p) Filling paste inserter (for inserting filling paste into the tooth)		1 set	-
(q) Dental mirror size 4 on handle		1 set	-
(r) Cavit (temporary dental filling) tube		1 set	-

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

Required Equipment	Recommended Specification	Category A	Category B
<p>11. Kit for protection against blood transmitted diseases (to be carried in all ships trading in known malarial areas and in areas where medical facilities are limited and emergency shore based treatment is necessary)</p>			
<p>Kit for protection against blood transmitted diseases - to be kept in a heavy gauge polythene bag and labelled "to be used only for the treatment of"(insert the name of the seafarer going ashore for emergency treatment)</p> <p>Each kit to contain the following -</p> <p>(1) 10 x 2ml syringes (2) 10 x 10ml syringes (3) 20 x 21swg 0.8mm needles (4) 1 blood giving set (5) 1 blood taking set (6) pack of pre-injection site swabs (7) 2 pairs of disposable plastic gloves (large size)</p>		1	-

SECOND SCHEDULE(regulations 4(2), 5(1), 6,
7(3), 9(1) and 10(1))**MEDICAL STORES FOR CATEGORY C SHIPS****PART A****MEDICAL SUPPLIES**

Treatment Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers or for a lifeboat/liferaft
1. Cardio vascular		
(a) Anti-angina preparations	Glyceryl Trinitrate Spray 400 micrograms/metered 200 dose aerosol or transdermal patches 5mg x 2	1 unit
(b) Anti-haemorrhagics (including uterotonics if there are women with potential for child bearing working on board)	i) Phytomenadione (Vitamin K1) paediatric injection 0.2ml (1 ampoule)	1*
	ii) Ergometrine Maleate 500mg inj. Oxytocine 5 units in 1 ml ampoule	2*
2. Gastro-intestinal system		
(a) Anti-emetics	Hyoscine hydrobromide 0.3mg tablets	60
(b) Anti-diarrhoels	Codeine Phosphate 30mg tablets	20
3. Analgesics and anti-spasmodics		
Analgesics	(i) Paracetamol 500mg tablets	50
	(ii) Codeine Phosphate (see 2(b))	Use 2(b)
4. Nervous system		
Seasickness remedies	Hyoscine hydrobromide (see 2(a))	Use 2(a)

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

Treatment Requirements	Recommended Medicine and Dosage Strength representing best practice	Recommended quantity for 10 workers or for a lifeboat/liferaft
5. Medicines for external use		
Skin medicines		
- Antiseptic solutions	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorhexidine and 0.15% w/v cetrimide	1 bottle or 1 pack wipes
- Burn preparations	Cetrimide Cream 50g tube	1

PART B

MEDICAL EQUIPMENT

Required Equipment	Recommended Specification	Quantity
1. Resuscitation equipment		
Mask for mouth-to-mouth resuscitation	Laerdal Pocket Mask	1
2. Dressing and suturing equipment		
(a) Adhesive elastic bandage	Adhesive Elastic Bandage 7.5cm x 4m	1
(b) Disposable polythene gloves	Large size	5 pairs
(c) Adhesive dressings	Assorted, sterile	20
(d) Sterile compression bandages and unmedicated dressings	(1) medium, 10 x 8cm (2) large, 13 x 9cm (3) extra large, 28 x 17.5cm	6 2 2
(e) Adhesive sutures or zinc oxide bandages	75mm adhesive suture strips	6
(f) Sterile Gauze Compress	Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm	1

Required Equipment	Recommended Specification	Quantity
3. Recommended Additional Items		
(a) Scissors stainless steel/or sterile disposable		1 pair
(b) Calico triangular bandages about 90cm x 127cm		4
(c) Medium safety pins, rustless		6
(d) Sterile paraffin gauze dressings		10
(e) Plastic burn bags		1

THIRD SCHEDULE

(regulations 5(1), (2),
(6) and (7))

ADDITIONAL REQUIREMENTS FOR PASSENGER SHIPS

PART A

CONTENTS OF THE DOCTOR'S CASE

Name of Medicine	Ordering Size	Quantity
Adrenaline/Epinephrine <i>Adrenaline tartrate injection (1 in 1,000) 1.0mg in 1ml</i>	1ml ampoule	5
Aminophylline <i>Aminophylline injection 25mg in 1ml</i>	10ml ampoule	4
Aspirin <i>Dispersible aspirin 300mg</i>	300mg tablets	50
Beclomethasone Diproponate <i>Beclomethasone Diproponate + SPACER</i>	50 micrograms	200 metered inhalations
Chlropromazine <i>Chlropromazine hydrochloride injection</i>	25mg in 1ml ampoule	1ml ampoule
Cyclizine <i>Cyclizine lactate</i>	Injection 50mg in 1 ml ampoule	5
Dextrose <i>Dextrose intravenous infusion 50%</i>	20ml ampoule	2
Diazepam <i>Diazepam injection 5mg in 1ml</i>	2ml ampoule	5
Frusemide/Furosemide <i>Frusemide injection 10mg in 1ml</i>	2ml ampoule	5
Glucagon <i>Glucagon injection 1mg with diluent</i>	1ml ampoule	1
Glucose <i>Glucose intravenous infusion 5%</i>	1 litre	1
Glucose in blood (1) <i>Blood test sticks – glucose</i> (2) <i>Blood lancets – sterile</i>		10 10
Guedel Airway	Size 1 (Adult size already in ship's medical stores)	1
Hydrocortisone <i>Hydrocortisone sodium succinate powder for reconstitution with diluent</i>	100mg vial	1
Insulin <i>Insulin injection, soluble, 100 units per ml</i>	10ml vial	1

Name of Medicine	Ordering Size	Quantity
Intravenous Infusion Giving Sets with Cannulae <i>Intravenous placement device consisting of over needle cannula attached to disposable syringe of 2.5ml capacity in a sterile pack</i>	(1) Cannula size 16g (1.3mm OD x 45mm) (2) Cannula size 18g (1.7mm OD x 45mm)	2 2
<i>Intravenous infusion cannula with luer-lok injection port in a sterile pack</i>	(1) Cannula size 16g (1.7mm x 45mm) (2) Cannula size 18g (1.2mm x 45mm)	2 2
<i>Disposable filter infuser – if not inbuilt in the equipment</i>		1
Laerdal Pocket Mask		1
Modified Gelatin Infusion Solution (for plasma substitution)	500ml container	4
Morphine <i>Morphine sulphate 10mg in 1ml</i>	1 ampoule	5
Oxygen Resuscitator <i>Hand-operated manual adult bag resuscitator (bag to be of silicone rubber) complete with oxygen reservoir of 2600ml capacity and facemasks sizes 5, 3 and 1</i>		1
Manual suction pump <i>with 2 yankauer suction catheters and 2 flexible catheters FG 14 size</i>		1
Pediatric Paracetamol (soluble)	120mg tablet	24
Prednisole <i>Prednisole</i>	5mg tablet	25
Salbutamol <i>Salbutamol aerosol inhaler unit giving 100 micrograms per metered inhalation + SPACER</i>	200 inhalations	1
Swabs <i>Alcohol impregnated swabs, sterile</i>		50
Syringe and Needle, Hypodermic, Pack <i>Sterile disposable conforming to BSI Standard BS 691 published on 21.12.19</i> (1) 2ml syringe with 0.8mm (21g) x 4cm needle (2) 20ml syringe with 0.8mm (21g) x 4cm needle (3) 1ml insulin syringe 100 units with 0.5mm (25g) x 16mm needle		2 2 2

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

Name of Medicine	Ordering Size	Quantity
Stethoscope*		1
Aneroid Sphygmomanometer*		1

Note:

Category A and Category B ships need only carry one of each of the items marked *.

PART B

FIRST AID KITS

The first aid kits consist of the following items which should be kept in a separate portable waterproof container —

- (1) 4 x triangular bandages (90cm x 127cm base)
- (2) 6 x medium sterile bandages with unmedicated dressings, 10cm x 8cm
- (3) 2 x large sterile bandages with unmedicated dressings, 13cm x 9cm
- (4) 2 x extra large unmedicated dressings, 28cm x 17.5cm
- (5) 6 medium safety pins, rustless
- (6) 20 assorted elastic adhesive dressings medicated BPC
- (7) 2 x sterile eye pads with attachment
- (8) 2 x packages containing 15 grammes sterile cotton wool
- (9) 5 pairs large size disposable polythene gloves.

**MEDICINES TO BE CARRIED ON SHIPS TRANSPORTING
DANGEROUS SUBSTANCES**

General.

1. When a Brunei Darussalam registered ship is carrying a dangerous substance as whole or part of the cargo, or any residue of a dangerous substance from earlier voyages, the master must ensure that the correct antidote to the dangerous substance (plus any necessary ancillary equipment eg. syringes) is carried. The correct antidote and the equipment can be found in Appendix 14 of the IMO Medical First Aid Guide for Use in Accidents involving Dangerous Goods (MFAG) of the IMDG Code Supplement of the 2000 edition. Any updating of the IMDG Code should be taken into account when preparing the list of medicines to be carried and any associated risk assessment.
2. The substances listed below are to be taken into account, in whatever form they are carried on board, including the form of waste or cargo residues —
 - Explosive substances and objects;
 - Gases: compressed, liquefied or dissolved under pressure;
 - Inflammable liquids;
 - Inflammable solids;
 - Substances liable to spontaneous combustion;
 - Substances which on contact with water give off inflammable gases;
 - Combustible substances;
 - Organic peroxides;
 - Toxic substances;
 - Infectious substances;
 - Radioactive substances;
 - Corrosive substances;
 - Various dangerous substances, i.e. any other substances which experience has shown, or may show, to be dangerous, so that the antidotes need to be carried.
3. The medicines and equipment already available in the ship's medical stores may be counted towards the recommended minimum quantity specified in Appendix 14 of the MFAG.

FIFTH SCHEDULE

(regulation 11)

PUBLICATIONS

Category A ships

- (a)* Controlled drugs register; and
- (b)* Ship Captain's Medical Guide (latest edition).

Category B ships

Ship Captain's Medical Guide (latest edition).

Category C ships

- (a)* First Aid Manual (St John's, Red Cross or St Andrew's); or
- (b)* First Aid Instructions, in English on waterproof paper (lifeboats and liferafts only).

SIXTH SCHEDULE

(regulation 7(3))

SPECIFICATIONS OF DISINFECTANTS AND INSECTICIDES

PART 1

Specification of Disinfectants

1. The disinfectant should be a white fluid and should be a finely dispersed, stabilised emulsion containing coal-tar acids or other phenolic bodies, with or without hydrocarbons.
2. Germicidal value and the method of its determination – The germicidal value shall not be less than 1.7 when determined by the modified Chick-Martin method as laid down by the British Standards Specification No. 808, confirmed by PD 2627, 1960.
3. Stability before dilution – On standing for 3 months at ordinary temperatures (5°C to 30°C) the disinfectant fluid should not precipitate nor show separation of more than traces of oil. A creamed fluid which can be rendered homogeneous by gentle mixing may be carried.
4. Stability after dilution – The disinfectant fluid should be mixed with distilled water and artificial seawater (27 grammes of sodium chloride and 5 grammes of crystalline magnesium sulphate ($MgSO_4 \cdot 7H_2O$) dissolved in and made up to 1,000ml with distilled water and filtered before use) in proportion of 1, 2, 3, 4 and 5 per cent to give a stable emulsion which will not break nor show more than traces of separation of either top or bottom oil, when maintained at 18°C – 22°C for 6 hours, the sample and diluent having each been brought to a temperature within that range before mixing by pouring the sample into the diluent from a cylinder.
5. Odour and corrosive – The fluid should be free from objectionable smell, and when used as directed, should have no more corrosive action on metals than that occasioned by the water employed as a diluent.

PART 2

Specification of Insecticides

Insecticide formulations should conform to the following specifications –

- (a) the insecticide should not be harmful to humans;
- (b) instructions for use should be specified on the packaging;
- (c) the insecticide should be effective for the purpose specified in the instructions and suitable for use in crew and passenger accommodation and in spaces used for the preparation of food; and
- (d) it should be free from offensive odour and, so far as possible, should be non-staining.

SEVENTH SCHEDULE

(regulation 15)

PRECAUTIONS AGAINST MALARIA

Preventive Measures

Avoid mosquito bites.

1. Mosquitoes are most active after dusk. Cabin and working accommodation doors, windows and ventilators must be kept shut. Any mosquito found in compartments should be killed using "knockdown" insecticide spray. If you go on deck or ashore after dusk keep your arms, legs and feet covered and use insect repellents on any remaining exposed areas. If you have to stay ashore in non-air conditioned accommodation make sure that the beds have nets, preferably impregnated with pyrethroid insecticides, e.g. diethyltoluamide known as DEET, that they have no tears or holes and are well tucked in.

Medication.

2. Anti-malarial tablets treatment varies depending on the nature and resistance of local malarial parasites. You should take the treatment strictly in accordance with the specific instructions for the medication prescribed. Most deaths occur in those who do not take the tablets for the required period or in the recommended dosages.

Warning signs.

3. Anyone who develops a fever in a malarial area should obtain medical advice as soon as possible. It is important to consult a doctor immediately if any feverish illness develops within 3 months of return from a malarial area. Be sure to let the doctor know that you have been to a country or territory where malaria is a health risk.
4. **ANYONE WHO HAS BEEN TREATED FOR MALARIA OR SUSPECTED MALARIA MUST HAVE A MEDICAL EXAMINATION AT THE NEXT PORT OF CALL, ACCOMPANIED BY THEIR BLOOD SLIDE. SERIOUS CASES NEED URGENT HOSPITALISATION.** (See Ship Captain's Medical Guide for more details).

GUIDE TO THE USE OF MEDICINES

PART A

General

General advice about medicines.

1. Many "over the counter" medications are now available with patient information leaflets and the advice on dose precautions and side effects should be consulted and retained for reference. Valuable guidance is also available from pharmacists or by seeking radio medical advice.
2. When obtaining medicines from a pharmacist, ensure that they are clearly labelled with their strength (e.g. 125mg per tablet or 125mg per 5ml) and they are packaged in accordance with any written law relating to medicines.

Medicines obtained abroad.

3. Drug supplies should be replenished whenever possible at the same strengths as specified in the British Pharmacopoeia. If drugs are obtained elsewhere, e.g. in the United States of America, they may be of different strength, and this must be taken into account when administering them.
4. The local pharmaceutical name for some medicines bought abroad may differ from that used in the list of medical stores. The chemist should have a "translation" of pharmaceutical names, but, if in doubt about a medicine, get radio medical advice.

Medicines obtained by seafarer from a doctor ashore.

5. A seafarer who goes to a doctor ashore should be asked to obtain from the doctor a written note of the pharmaceutical name of any prescribed medicine, details of how it is to be taken and any cautionary or advisory guidance, e.g. may cause drowsiness. The details on the note from the doctor should be checked against the information on the medicine container to ensure that they match. In case of any problem or doubt it may be necessary to check the prescription with the radio medical doctor.

Controlled drugs.

6. The following paragraphs describe Brunei Darussalam regulations for controlled drugs. Most countries or territories have similar regulations. When

outside Brunei Darussalam territorial waters, as much as possible, the same procedures must be followed.

Controlled drugs are preparations subject to the prescription requirements of the Misuse of Drugs Act (Chapter 27). The different drugs are graded according to the harmfulness attributed to the drug when it is misused and for this purpose there are 3 categories of drugs —

Class A drugs;

Class B drugs;

Class C drugs,

as specified in Parts I, II or III of the First Schedule to the Misuse of Drugs Act (Chapter 27).

Each of these categories contains many more drugs than those quoted. The drugs subject to the strictest controls are those specified in the Second, Third and Fourth Schedules of the Misuse of Drugs Regulations (Rg 1 of Chapter 27). Detailed information may be obtained from the Narcotics Control Bureau or the Ministry of Health.

A ship must not carry quantities of controlled drugs specified in the Second and Third Schedules of the Misuse of Drugs Regulations (Rg 1 of Chapter 27) greater than those recommended in these Regulations unless required to do so by a doctor on the ship's complement or under licence under the Misuse of Drugs Regulations (Rg 1 of Chapter 27). The only controlled Class A drug listed is morphine sulphate in Category A ships and in the doctor's case.

Obtaining controlled drugs.

7. Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, which will require a written requisition. The requisition when furnished by the master or by a ship's doctor not being a medical practitioner must contain a statement signed by the Port Health Officer that the quantity of the drug to be supplied is the quantity necessary for the equipment of the ship. An example of the wording to be used is given in Annex 1.

Storage of drugs.

8. Drugs must be stored to ensure that they will meet the standards at time of use. Where no specific storage temperature is given, drugs should be stored at room temperature of 15°-25°C. Some of the drugs should be kept under refrigeration, 2°-8°C, but care must be taken not to freeze them, otherwise they will lose their potency, or the ampoules will be broken.

Security of controlled drugs.

9. The Merchant Shipping (Crew Accommodation) Regulations, 2007 (S 20/07) require ships to have an approved lockable cabinet for the storage of medicines and drugs. The approved cabinet is to have 'an inner cupboard' solely for the storage of dangerous (controlled) drugs. The cupboard should be fitted with a door and a lock which cannot be opened by the key to the medical cabinet. Only the master or a person authorised by him may open the inner cupboard.
10. Unwanted drugs can be disposed by giving them to a person who may lawfully supply them, such as a qualified pharmacist or qualified doctor. It is also possible to dispose of drugs via the police. A receipt should be obtained from the recipient, and kept with, or affixed to, the controlled drugs register.

Record-keeping.

11. Under the Merchant Shipping (Official Log-Books) Regulations, 2007, the record of any treatment given to any person on board including the type and quantity of any medicines, and drugs supplied, must be entered in the log-book. For controlled drugs, the master is required to maintain a "two-sections" register. The two-sections register should detail why, when and in what quantity the master purchased a controlled drug and similarly the history of the dispensing or disposal of those controlled drugs. This register must be kept for 3 years after the date of the last entry. An example of the entries required in each section of the controlled drugs register is shown in Annex 2.

PART B**Use of Medicines**

This table is a brief guide to the drugs detailed in these Regulations and is designed to be used in conjunction with the Ship Captain's Medical Guide.

The side effects are a guide only. This list is not comprehensive. The common or important side effects only are listed. If a drug might be causing a problem which is not listed, seek radio medical advice.

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
1. Cardio-vascular		
(a) Adrenaline (Epinephrine) Injection	Heart stimulant Anaphylactic shock	0.5 to 1.0ml by IM injection

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
0.5ml (1 in 1000)	(Severe allergy with collapse)	
Side effects: Anxiety, tremor, high blood pressure, rapid irregular heart beat. Only use in severely ill collapsed patients with loss of blood pressure/severe breathing problems.		
(b) Glyceryl Trinitrate (GTN) Spray 400 microgram metered dose	Anti-angina (Heart pain) Suspected heart attack or heart pain	1-2 sprays under tongue
Side effects: Throbbing headache, flushing, dizziness, faintness, low blood pressure.		
(c) Frusemide 40mg tablets Furosemide 20mg in 2ml	Diuretic (Water tablet) swelling/fluid retention breathlessness due to heart failure	40mg (1 tab) once daily 2ml by IM injection
Side effects: Few in short-term, low dose use.		
(d) Phytomedadione (Vit. K) paediatric injection	Anti-haemorrhage drug for new born babies	0.2ml (1 amp) by IM injection single dose
	Ergometrine with Oxytocin 500 Micrograms/5 units	1ml (1 amp) by IM injection single dose
Side effects: Nausea, vomiting, headache, dizziness, abdominal pain.		
(e) Atenolol 50mg tablets	Anti-hypertension (high BP) drug, may be useful for angina also	50mg (1 tab) once daily
Side effects: Tiredness, slow pulse, low blood pressure, heart failure.		
2. Gastro-intestinal		
(a) Cimetidine 400mg tablets	Anti-acid drug for heartburn, dyspepsia stomach and duodenal ulcers	400mg (1 tab) twice daily
Side effects: Few at normal doses for short periods.		
Antacids Drugs - e.g. Mist Magnesium Trisilicate	Proprietary anti-indigestion preparations for heartburn, Dyspepsia etc.	As instructions with package
(b) Prochlorperazine 3mg buccal tablets	Anti-sickness drug used for sickness due to ear problems (vertigo), drugs e.g. Morphine	3mg (1 amp) under tongue twice daily
Side effects: Dry mouth, blurred vision, rapid pulse.		
Promethazine 25mg injection	Anti-sickness drug and anti-histamine for severe motion sickness and for severe allergic reactions	25mg (1 amp) by IM injection

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
Side effects: Drowsiness, dry mouth, blurred vision.		
(c) Glycerol Suppository	Lubricant laxative used to encourage passage of stools	1 suppository inserted in the rectum
(d) Codeine phosphate 30mg tablets	Strong painkiller but also helps control diarrhoea	30mg (1 tablet) 6 hourly
Side effects: Nausea, vomiting, drowsiness and respiratory depression in overdose.		
(e) Trimethoprim 200mg tablets	(see antibiotics)	
3. Analgesics and anti-spasmodics		
(a) Paracetamol 500mg tablets	"Simple" painkiller suitable for most mild to moderate pain	1gm (2 tablets) 4 hourly
Side effects: Few at correct dose, very dangerous in overdose poisonous to liver.		
Diclofenac 100mg suppository	Anti-inflammatory painkiller suitable for most pain, especially bone, joint and muscle pain	100mg (1 via the rectum) once daily
Side effects: Stomach pains, nausea, wheeziness. Do not give if patient has Peptic ulcer or Asthma.		
(b) Codeine phosphate 30mg tablets	Strong painkiller suitable for moderate to severe pain	30mg (1 tablet) 6 hourly
Side effects: Nausea, vomiting, drowsiness and respiratory depression in overdose.		
Morphine sulphate 10mg injection	Very strong painkiller suitable for all severe pain	10mg (1 amp) 4-6 hourly by IM injection
Side effects: Nausea, vomiting, drowsiness, respiratory depression in overdose or if used inappropriately. Avoid in head injury and chest injury if possible.		
(c) Hyoscine hydro-bromide 0.3mg tablets	Anti-sickness and dizziness medication, especially suitable for motion (sea) sickness	0.3mg 6 hourly, no more than 3 doses in 24 hourly
Side effects: Drowsiness, blurred vision, dry mouth, retention of urine.		
4. Nervous system		
(a) Diazepam 10mg injection (2mls) 10mg tablets	Anti-anxiety, sedation medication. Can help with muscle spasm in injury and low back pain	5-10mg by IM injection 5-10mg tablet 4 hourly up to maximum of 30 mg per day

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
Side effects: Drowsiness, light-headedness, confusion, headache, respiratory depression. Avoid with strong painkillers.		
(b) Chlorpromazine hydrochloride 25 mg injection 25mg tablets	Anti-psychosis (acute madness) drug. Sedates and controls symptoms in acute psychosis especially violent or disturbed patients	25mg by IM injection 8 hourly or 25mg tablet 8 hourly
Side effects: Drowsiness, dry mouth, retention of urine. Acute spasms or twitches. If occur reduce dose or stop treatment.		
(c) Hyoscine hrdobromide	(see 3(c))	
(d) Diazepam rectal dispenser 10mg	Anti-epileptic medication used to control fits	10mg per rectum up to a maximum of 2 doses
Side effects: See 4(a).		
5. Anti-allergic and anti-anaphylactics		
(a) Loratadine 10mg tablets	Anti-allergy medication useful in controlling itching rashes and hay-fever like symptoms due to allergy	10mg once daily only
Side effects: Drowsiness and slow reactions (less than older anti-histamine).		
(b) Hydrocortisone 100mg injection (has to be made up in 2mls)	Anti-allergy steroid for serious allergies causing severe symptoms or collapse	100mg by IM injection, 8 hourly if repeated
Side effects: Few for single dose or short course.		
Prednisolone 5mg tablets	Anti-allergy steroid also essential treatment of acute asthma	5-20mg once daily, more in severe asthma
Side effects: As hydrocortisone.		
6. Respiratory system		
(a) Salbutamol inhaler 100 micrograms metered dose	Anti-bronchospasm (wheeze) drug used to treat asthma and allergic wheezing	200 micrograms (2 puffs) 3-4 times daily
Side effects: Tremor, headache, increased pulse rate.		
Beclomethasone/ Beclometasone 50 micrograms metered hose	Anti-asthma steroid taken by inhalation usually with salbutamol	100 micrograms (2 puffs) 3-4 times daily
Side effects: Few in correct dose for short periods.		

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
(b) Codeine phosphate	See 3(b)	
(c) Paracetamol	See 3(a)	
7. Anti-infection		
(a) Benzylpenicillin 600mg (1 mega unit) injection (has to be made up in 2mls)	First line antibiotics for serious infections such as cellulites and meningitis	600 to 1200mg by IM injection 6 hourly
Side effects: Few unless patient allergic to Penicillins. Always check before giving if possible.		
Ciprofloxacin hydrochloride 500mg tablets	Broad spectrum (general purpose) antibiotic	500mg twice daily
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction.		
Cefuroime 750mg injection	Broad spectrum antibiotic useful to protect against infection in major wounds	750mg by IM injection 8 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction. Care when used in Penicillin allergic patients.		
Erythromycin 250mg tablets	General purpose antibiotic, useful in penicillin allergic patients	250-500mg 6 hourly
Side effects: Nausea, diarrhoea, abdominal pain, rashes, allergic reaction.		
Doxycycline 100mg capsules	Antibiotic useful for sexually transmitted diseases and sinusitis	100mg once daily
Side effects: Nausea, vomiting, diarrhoea, rashes, headache.		
(b) Trimethoprim 200mg tablets	Antibiotic useful for treatment of urinary tract infection and bronchitis	200mg twice daily
Side effects: Nausea, vomiting, diarrhoea, rashes.		
(c) Trimethoprim	See 7(b)	
(d) Mebendazole 100mg tablets	Anti-parasite drug for treatment of gut infestation e.g. threadworms	100mg single dose
Side effects: Rare.		
(e) Metronidazole 1gm suppositories 400mg tablets	Antibiotic and anti-protazoal e.g. trichomonas and amoebic infections. Useful in gut related infections	1gm per rectum or 400mg by mouth 8 hourly
Side effects: Nausea, vomiting, unpleasant taste, rashes. Avoid alcohol.		

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
(f) Tetanus vaccine 0.5ml injection	For protection against tetanus infection either in unprotected or as a booster after injury	0.5ml by IM or deep subcutaneous injection
Side effects: Rare if not had vaccine for more than one year. Not required if vaccinated within 10 years.		
Tetanus Immunoglobulin ampoule for injection	Used to protect against tetanus in high risk wounds e.g. agricultural injury in unvaccinated patients	1 ampoule by IM injection
Side effects: Allergic reaction, fever, pain at injection site.		
8. Compound promoting rehydration		
Oral rehydration salts sachets	Used to treat dehydration in vomiting and diarrhoea or severe illness	Follow instructions on sachet
Side effects: Nil.		
9. Medicines for external use		
(a) Antiseptic solutions or wipes	For cleaning skin wounds and disinfection	Follow instructions on bottle/packageing
Cicatrín cream 15mg tube	General purpose anti-bacterial cream for minor wounds, grazes, infections etc.	Applied to affected area sparingly
Side effects: Nil unless applied to large areas.		
Hydrocortisone cream 1% 15mg tube	Anti-inflammatory weak steroid cream. Useful in eczema type rashes, allergic rashes, bites etc.	Applied to affected area sparingly no more than 3 times per day
Side effects: Encourages spread of infection, do not apply to broken skin or rashes due to skin infection e.g. ringworm.		
Benzoid Acid Compound BP Ointment 15gm tube	Anti-fungal ointment for treatment of athletes foot, ringworm	Applied to infected area twice per day
Side effects: Rare/nil in normal use.		
Miconazole nitrate 2% cream 30gm tube	Anti-fungal cream for treatment of ringworm etc.	Applied to infected area twice per day
Side effects: Rare/nil in normal use.		

BRUNEI DARUSSALAM GOVERNMENT GAZETTE

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
Silver sulphadiazine 1% cream 50gm tube	Anti-bacterial cream for protection against infection in burns	Applied to burn in burn bag, under dressing or alone. Cleaned off at dressing changes and re- applied
Side effects: Allergic reactions, burning, itching. Unusual.		
Permethrine 1% in isopropylalcohol 20% cream rinse	Treatment for head lice and scabies. Do not use for pubic lice	Follow the instructions on the packaging according to the use required
Side effects: Skin irritation. Do not apply to tender areas or broken skin.		
Zinc ointment BP 25gm tube	Moisturising ointment for dry skin conditions	Applied to affected area
Side effects: Nil in normal use. Contains animal fat.		
Potassium permangen- tate crystals 10gm container	For cleansing and deodorising oozing wounds or skin rashes	Wet dressings or baths 0.01% solution
Side effects: Stains skin, irritates mucous membranes. Toxic if used for long periods.		
(b) Framycetin sulphate 0.5% eye ointment 5gm tube	General purpose antibiotic eye ointment for eye infections and protection against infection after removal of foreign bodies etc.	Instill into affected eye 3-4 times per day
Side effects: Unusual but can cause eye irritation.		
Betamethasone/ Neomycin eyedrops 5ml container	Treatment of inflamed, irritated eyes. Anti-inflammatory with antibiotic	Instill 1-2 drops into affected eye 4 times per day
Side effects: Rare in normal use.		
Amethocaine hydro- chloride 0.5% eyedrops 5ml container	Local anaesthetic drops for eye. Useful for numbing eye before removing foreign bodies and for acute pain e.g. in arc eye	Instill 1-2 drops into affected eye. Do not use repeatedly
Side effects: Rare if used one off. Care to avoid eye injury whilst numbed.		
Pilocarpine hydro- chloride 0.5% eyedrops 10ml container	Drops to constrict the pupil, used to treat raised pressure in the eye (glaucoma)	Instill 2 drops 3-6 times per day

DRUG	TYPE OF DRUG / USES	DOSE / ROUTE
Side effects: Blurred vision and headache.		
Fluorescein sodium 1% eyedrops. 0.5ml minims.	Stain for detecting scratches on front of eye, and foreign bodies	Instill 1-2 drops in the affected eye
Side effects: Nil in normal use.		
(c) Neomycin/polymixin/ hydrocortisone eardrops 5ml dropper bottle	General purpose antibiotic/anti- inflammatory ear drops for infection of the outer ear canal	Instill 3 drops into the affected ear 3-4 times per day
Side effects: Nil in normal use.		
Ephedrine nasal drops BP 0.5% 10ml dropper bottle	Nasal de-congestant	Instill 1-2 drops into each nostril 3 times per day
Side effects: Nose bleeds. Use for short periods only.		
(d) Chlorhexidine gluconate 0.2% mouthwash. 300ml bottle	Antiseptic mouthwash for sore throats, mouth sores etc.	Rinse mouth with 10mls twice per day
Side effects: Nil in normal use.		
(e) Ethyl chloride liquid spray 50mg spray vial	Freezing agent used as a local anaesthetic. Literally freezes small areas for very short procedures	Spray from some cms away until area required is frozen
Side effects: Inflammable, and may damage tissue. Use sparingly and with care.		
Lignocaine hydro- chloride 1% 25mg in 5ml injection	Local anaesthetic injection for numbing small wounds for treatment	Inject around wound edges, 2-5mls usually sufficient, no more than 20mls in an adult
Side effects: Fits, heart problems in over-dosage.		
Lignocaine gel 20gm tube	Local anaesthetic for mouth and gum sores/ulcers	Apply to affected area sparingly as required
Side effects: Nil in normal use.		
Oil of cloves 10ml bottle	Natural oil with local anaesthetic properties useful in treating toothache	Apply sparingly to affected tooth as required by symptoms
Side effects: Nil in normal use.		

**SPECIMEN REQUISITION FORM FOR USE
WHEN OBTAINING CONTROLLED DRUGS**

Controlled drugs should be obtained only from a retail 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 shipowner or its master.

Requisition

To - (name and address of authorised supplier)

From - (name of ship, and of master or shipowner)

Address - (address of ship or shipowner)

Please supply (name, strength and quantity of drugs in words and figures)

The above drugs are required for the medical stores of (name of ship) in compliance with the Merchant Shipping (Medical Stores) Regulations, 2008. The ship is required to carry Category [insert appropriate categories] Medical Stores.

Signature:

Name in capital letters:

Occupation:

Date:

Declaration by the Port Health Officer

I hereby declare that the quantity of the drug to be supplied is the quantity necessary for the medical stores of the ship.

Name:

Signature:

Date:

23rd. AUGUST, 2008

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

I empower (name of person) to receive the above drugs on my behalf. A specimen of his signature is provided below.

Specimen signature of person empowered

Signature of master/owner

COMPLETION OF CONTROLLED DRUGS REGISTER**SECTION 1 - Drugs obtained from authorised supplier or confiscated from seaman**

Date obtained	Supplier's name and address	Amount obtained	Name of drug and form in which obtained
25.10.2000	H.M. Kingston Chemists 24 Elliot Street Southampton	10 ampoule	Morphine sulphate 10mg in 1ml in glass ampoules

SECTION 2 - Drugs dispensed or disposed of

Date	Name and address of person given drug	Right of person to have drug	Amount supplied	Name of person administering drug	Stock balance
3.1.1999	T.H. Laidlaw Log-book ref. 21	Injured crewman (fractured humerus)	2 amps	Joe Johnson (Master)	8 amps
24.10.2000	H.M. Kingston Chemists 24 Elliot Street Southampton	Retail pharmacist	10ml	NA	10 amps

Made this 12th. day of Syaaban, 1429 Hijriah corresponding to the 14th. day of August, 2008.

**PEHIN ORANG KAYA SERI KERNA DATO SERI SETIA
HAJI AWANG ABU BAKAR BIN HAJI APONG**
Minister of Communications,
Brunei Darussalam.