

# Medication Acceptable for flying

( FAA Standards)



Med Centers

## MEDICATION LIST

**A - ACCEPTABLE**

**U - UNACCEPTABLE**

<b>MOUTH AND THROAT</b>		
Cetylpyridinium chloride	Cepacol	A
Cetylpyridinium benzocaine	Cepacaine	A
Chlorhexidine	Corsodyl, Orosept	A
Hexetidine	Oraldine	A
Phenol	Medi-keel, TCP	A
Povidone-iodine	Betadine oral, Septadine oral	A
Thymol	Listerine	A
Throat lozenges		A
Amphotericin B	Fungizone (local)	A
Miconazole	Dactarin (local)	A
Nystatin	Mycostatin (local)	A
Triamcinolone	Kenalog in orobase	A
Benzydamine	Andolex	A
Benzydamine/chlorhexidine	Andolex-C	A
	Teejel, Bonjela	A
	Orobase	A

<b>FUNCTIONAL GIT DISORDERS</b>		
Mainly due to anticholinergic effects		
Mebeverine	Colofac, Bevispas	U
Dicycloverine	Clomin, Merbentyl	U
Hyoscine butylbromide	Buscopan, Hyospasmol	U
	Scopex	U
	* Scopex-Co	U
	* Buscopan compositum	U
Metoclopramide	Maxalon, Clopamon	U
Cisapride	Prepulsid	U
<b>ACID-RELATED DISORDERS</b>		
Mg compound	Milk of Mg	U
* Mg to be used in combination preparations only due to side-effects on its own.		
Al compound	Amphojel	A
Ca compound	Titralac	A
Al/Mg/Ca combinations	Gelusil, Maalox, Mayogel, Mucaine, Rennies	A

	* Gelusil-S	A
	* Maalox Plus	A
Omeprazole	Losec	A
Esomeprazole	Nexium	A
Lansoprazole	Lanzor	A
Pantoprazole	Pantoloc, Controloc	A
Rabeprazole	Pariet	A
* PPI's approved on individual basis. As maintenance therapy only, not in treating the acute condition.		
Cimetidine	Tagamet, Hexamet, Lenamet	A
* Cimetidine to be taken 8 hours prior to flying.		
Nizatidine	Antizid	A
Ranitidine	Zantac, Histak, Ultak	U
* Nizatidine and Ranitidine to be taken 12 hours prior to flying.		
Misoprostol	Cytotec	A
Sucralfate	Ulsanic	A
	Gaviscon	A

<b>ANTI-EMETIC AND ANTI-NAUSEA</b>		
Domperidone	Motilium	A
Cyclizine	Valoid, Nausein, Emitex	U
Prochlorperazine	Stemetil	U
Promethazine	Phenergan, Prohist, Brunazine, Daralix	U
Phosphorated carbohydrate	Emetrol, Emex	U
Betahistine	Serc	U
Buclizine	Vomifem	U
Cinnarizine	Stugeron	U
Ondansetron	Zofran	U
<b>DIGESTIVES</b>		
Pancreatin	Pankrease, Viokase * Pankreoflat	A

<b>LAXATIVES</b>		
Ispaghula	Fybogel, Agiobulk	A
Ispaghula combinations	Agiolax	A
Psyllium	Metamucil	A
Sterculia	Normacol	A
Sterculia and frangula	Normocol Plus	A
Senna	Senokot	A
Bisacodyl	Dulcolax	A
Lactulose	Duphalac, Laxette	A
Glycerin		A

<b>ANTI-DIARRHOEALS AND INTESTINAL ANTI-INFLAMMATORIES</b>		
Kaolin and pectin		A
Diphenoxylate	Lomotil	U
* Lomotil to be taken at least 8 hours prior to flying - in emergency only.		
Loperamide	Imodium, Gastron	U
	* Imodium Plus	U
* Imodium to be taken at least 6 hours prior to flying - in emergency only.		
Prednisolone	Predsol	U

Prednisone		A
* Prednisone max dose of 5 mg/day.		
Advise to use kaolin & pectin preparation with a once off dose of ciprofloxacin 500mg if suffering from diarrhoea, but has to fly.		

**TOPICAL ANAL PREPERATIONS**

Lidocaine	Remicaine	A
Bismuth	Anusol	A
	Proctofoam	A
	Sheriproct	A

**TOPICAL ANAL PREPERATIONS**

Sibutramine	Reductil	U
Cathine	Eetless, Leanor, Thinz, Slim&Trim	U
Orlistat	Xenical	U

**DIABETES**

Insulin		U
Metformin	Glucophage	A
Glibenclamide	Daonil, Glycomin, Diacare	U
Glicazide	Minidiab	U
Glimepiride	Amaryl	U
Acarbose	Glucobay	A
Pioglitazone	Actos	U
Rosiglitazone	Avandia	U
Nateglinide	Starlix	U
Repaglinide	Novonorm	U

**VITAMINS AND MINERALS**

\* Not on combination preparations containing any stimulants. Some tonics may contain alcohol.

**ANTITROMBOTICS**

Warfarin		U
* Warfarin to be assessed on individual basis at panel.		
Heparin sodium/calcium		U
Enoxiparin	Clexane	U
Dalteparin	Fragmin	U
Asprin (low dose)		A
* Max dose of asprin 150mg		
Clopidogrel	Plavix	A
Tidopidine	Ticlid	U
Platelet Lowering agents		
Anagrelide	Agylin	Full blood count assessment every 6 months. Must be normal

**ANTIHAEMORRHAGICS**

Tranexamic acid	Cyclokapron	U
Blood coagulation factors		U

**ANTIANAEMICS**

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Ferrous gluconate/sulphate/lactate		A
	Chela-fer	A
Iron and folic acid	Pregamol	A
	Autrin	A

<b>CVS (B-blockers not acceptable for use by aerobatic/fighter pilots)</b>		
Digoxin	Lanoxin	U
Quinidine		U
Disopyramide	Norpace, Rythmodan	U
Flecainide	Tambocor	U
Amiodarone	Cordarone X, Hexarone	U
Glyceryl trinitrate	Angised, Nitrolingual spray	U
Isosorbide dinitrate	Angi-spray, Isordil	U
Isosorbide mononitrate	Elanton, Ismozo, Imdur	U
Reserpien	Brinerdin	U
Methyldopa	Aldomet, Normopress	U
Prazosine	Minipress	U
Doxazosin	Cardura	U
Terazosin	Hytrin	U
Diazoxide	Hyperstat	U
Hydralazine	Apresoline, Hyperphen	U
Minoxidil	Loniten	U
Hydrochlorothiazide	Ridaq	A
Indapamide	Natrilix, Daptril, Dopamax	A
Furosemide	Lasix	U
Bumetanide	Burinex, Burinex-K	U
Spirolactone	Aldactone	U
Amiloride	Moduretic, Adco-retic, Amiloretic	A
Triamterene	Dyazide	A
Propranolol	Inderal, Pur-Bloka	U
Atenolol	Tenormin, Ten-Bloka	A
Bisoprolol	Concor	A
Metoprolol	Lopresor	A
Nebivolol	Nebilet	A
Labetalol	Trandate	U
Carvedilol	Dilatrend, Carloc	A
Nifedipine	Adalat retard, Adalat XL	A
Amlodipine	Norvasc	A
Felodipine	Plendil	A
Isradipine	Dynacirc	A
Nisoldipine	Syscor	A
Verapamil	Isoptin, Calcicard SR	U
Diltiazem	Tilazem, Zildem	U
Captopril	Capoten, Zapto	A
Benazepril	Cibace	A
Cilazapril	Inhibace	
Enalapril	Renitec, Hypace, Pharmapress	A
Fosinopril	Monopril	A
Moexipril	Perdix	A
Perindopril	Coversyl	A

Quinapril	Accupril	A
Ramipril	Tritace	A
Lisinopril	Zestril, Zetomax	A
Trandolapril/verapamil	Tarka	U
Losartan	Cozaar	A
Candesartan	Atacand	A
Irbesartan	Aprovel	A
Telmisartan	Micardis	A
Valsartan	Diovan	A

#### SERUM LIPID MODIFYING AGENTS

Simvastatin	Zocor	A
Atorvastatin	Lipitor	A
Fluvastatin	Lescol	U
Pravastatin	Prava	A
Colestyramine	Questran	A
Nikotiensuur		A
Bezafibrate	Bezalip	A
Nikotiensuur		A
Gemfibrozil	Lopid	A
Probucol	Lurselle	U
Ezetimibe	Ezetrol	A

#### DERMATOLOGICALS

##### Topical preparations

- antipruritics and antihistamines
- emollients and protectants
- antipsoriatics
- antivirals
- antibiotics
- corticosteroids
- antifungals
- anti-acne

\* Acceptable - Not to be applied to an area larger than 10% of total body area (TBA).

Griseofulvin	Fulcin, Microcidal	A
Terbinafine	Lamisil	A
Methoxsalen	Oxsoralen	U
Acitretin	Neotigason	U
Isotretinoin	Roaccutane	U

##### Suggested isotretinoin withdrawal protocol before resumption of flying:

- One month withdrawal
- Liver functions and lipids must be normal
- Full blood count must be normal
- Ophthalmology - color vision assessment must be normal. Check for eye dryness

#### GENITO-URINARY

Nystatin cream  
Mycostatin  
Clindamycin cream  
Dalacin VC  
Amphotericin B and Tetracycline Vagmycin cream  
Imidazole derivatives  
Canestan, Canalba, Normospor, Gyno-Pevral  
Lomexin, Nizovules, Gyno-Daktarin etc.

\* Acceptable - all local application.

Bromocriptine	Parlodel	U
Cabergoline	Dostinex	U
* Dostinex the drug of choice rather than Parlodel as it is a much shorter course of treatment. Only need to be grounded on the days it is being taken.		

<b>SEX HORMONES</b>		
Oestrogens	Menoflush Premarin Estrofem Climara Estraderm TTS Evorel Femigel Oestradiol implants Vagifem Estro-pause Progynova Synapause-E3	
Progesterone & Oestrogen Combinations	Climen Prempak Divina Premelle Trivinol Estracombi TTS Activelle Kliogest Estro-pause N Trisequence Postoval Prefesta	
* All abovementioned oestrogens and oestrogen & progesterone preparations are acceptable.		
Cyproterone	Androcur	U
Testosterone (implants, oral, injections)		A
Anabolic steroids	Metenolone, Nandrolone	U
Clomifene	Clomid	A
Tibolone	Livifem	A
Progesterone	Cyclogest	A
* All the acceptable sex hormones (except cyclogest supp) require a 3 month stabilization period.		

<b>CONTRACEPTIVES</b>		
<b>* All oral contraceptives require a 1 month stabilization period.</b>		
Diane-35 Ginette Minerva Marvelon Mercilon Yasmin Femodene Melodene Minesse Minulette Mirelle Nordette Loette Cilest Nordiol Norinyl-1/28 Ovral Tri-Minulet Triodene Logynon		

Triphasil
Tricilest
Biphasil
Microval
Micro-novum
Depo Provera
Nur Isterate
E-Gen-C
Norlevo
Intra Uterine Devices (Mirena)
Trinovum

**HORMONE INHIBITORS**

Tamoxifen	Nolvadex	A
Anastrozole	Arimidex	A

**UROLOGICALS**

	Citrosoda, Effersol, Uri-Alk	A
Flavoxate	Urispas	U
Oxybutynin	Ditropan	U
Sildenafil	Viagra	* No flying 12h post dose
Tadalafil	Cialis	* No flying 48h post dose
Alfuzosin	Xatral	U
Doxazosin	Cardura	U
Tamsulosin	Flomax	U
Finasteride	Proscar	U

**CORTICOSTEROIDS**

Fludrocortisone	Florine	U
Hydrocortisone	Covocort, Cortogen	U
Dexamethasone	Decadron	U
Prednisolone		U
Metielprednisolone	Medrol	U
Betamethasone	Celestone, Betanoid	U
Prednisone		A

\* Only accepted oral steroid. Max dose of 5mg/day.

**THYROID TREATMENT**

	Eltroxin	A
	Tertroxin	S
* Both eltroxin and tertroxin require a 3 month stabilization period.		
Carbimazole	Neo-Mercazole	U

**ANTI-INFECTIVES****ANTIBACTERIALS**

The use of antibiotics in itself is usually permissible, providing the indication for use is not disqualifying for flying. Antibiotics should be used for 48hours without any side-effects before allowing a patient to fly. Antibiotics should only be administered orally.

The following list of A/B may be used:

Cloxacillin	Orbenin, Cloxin
Flucloxacillin	Floxapen Ampicillin
Amoxicillin	Amoxil
Co-amoxiclav	Augmentin
Cefuroxime	Zinnat

Cefalexin	Keflex	
Azithromycin	Zithromax	
Clarithromycin	Klacid	
Doxycycline	Cyclidox, Doximal	
Co-trimazole	Bactrim, Septran, Purbac	
Ciprofloxacin	Ciprobay	
Levofloxacin	Tavanic	
<b>ANTIMYCOTICS</b>		
Fluconazole Diflucan Itraconazole Sporanox		
<b>ANTIMYCOBACTERIALS</b>		
Indication for use usually disqualifies patient from flying.		
<b>ANTIVIRALS</b>		
Antiviral medications are approved on individual basis but the condition is usually disqualifying to fly. All HIV patients should be on Chronic Protocol, even if they are not yet taking medication.		
<b>IMMUNE SERA AND IMMUNOGLOBINS</b>		
Intragam, Beriglobin Hep B Ig Hebagam Rabies Ig Rabigam Tetanus Ig Tetagam Varicella-zoster Ig Vazigam		
<b>* 24 hour waiting period after administering of immune sera and immunoglobins.</b>		
<b>VACCINES</b>		
Tuberculosis	BCG	* 24 hour waiting period after administering of vaccines.
Meningococ	Imovax Meningo A+C	
Pneumococ	Pneumovax, Imovax Pneumo 23	
Tetanus	Tetavax	
Typhoid	Typhim Vi, Vivotif Berna	
Hep A purified ag	Havrix 1440	
Hep B purified ag	Energix-B	
Influenza	Vaxigrip, X-flu, Mutagrip	
Rabies	Verorab, Rabhuvax	
Varicella-Zoster	Varilix	
Yellow fever	Stamaril	
<b>MUSCULOSKELETAL</b>		
Suggested Protocol for the use of NSAID's:		
Most CAA's permits the use if no untoward side effects exist and the specific condition does not preclude flying. NOTE: existence of specific contra indications.		
Thorough questioning should exclude the following symptoms / effects if these drugs are to be used:		
<ul style="list-style-type: none"> <li>- Headache</li> <li>- Dizziness</li> <li>- Vertigo</li> <li>- Nervousness</li> <li>- Disorientation</li> <li>- Convulsion</li> <li>- Tremor</li> <li>- Psychotic reactions</li> <li>- Blurred vision</li> <li>- Diplopia</li> <li>- Impaired hearing</li> </ul>		



- Tinnitus
- Bronchospasm / dyspnea
- Anaphylaxis

NSAID's	Elimination t ½ (hours)
Celecoxib	10
Diclofenac*	2
Fenoprofen	2
Flubiprofen	4
Ibuprofen	2
Indomethacin	2
Ketolorac	5
Ketoprofen	5
Lornoxicam	4
Mefenamic acid	4
Meloxicam	3
Nabumetone	4
Naproxen	15
Oxaprozin	36
Piroxcam	40
Tenoxicam	60
Tiaprofenic acid	3

\* Diclofenac + misoprostol unacceptable

Chloroquine		U
* Longterm use of chloroquine require 6 monthly eye examination.		
Methotrexate		A
* Methotrexate max dose of 5mg/week.		
Topical M/S products (10% of body surface area)		A
Diazepam		U
Baclofen	Lioresal	U
Methocarbamol	Robaxin	U
Orphenadrine citrate (& comb)	Norflex, Norflex Co, Besemax, Besenol NC	U
Botulinum toxin	Botox	U

<b>ANTIGOUT</b>		
Allopurinol	Zyloprim, Puricos	A
Allopurinol & benzbromarone	Allomaron	U
Probenecid	Proben	U
Benzbromarone	Minuric	U
Colchicine/p>		A
* Less than 1mg/day.		

<b>ANALGESIA</b>		
Opoids		U
Asprin		A
* Longterm use max dose of 150mg/day. * If higher dose is use it must be at least 6 hours prior to flying.		
Paracetamol	Panado, Tylenol, Antalgic, Dolorol, Napamol, Painamol, Pyradol	A
Sumatriptan	Imigran	A
* No flying 24h post dose of sumatriptan.		
Naratriptan	Naramig	U

Rizatriptan	Maxalt	U
Zolmitriptan	Zomig	U
Ergotamine	Migril	U

<b>ANTIEPILEPTICS</b>	U
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<b>ANTIPARKINSONS</b>	U
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<b>PSYCHOLEPTICS</b>	U
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<b>PSYCHOANALEPTICS</b>	U
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<b>ANTIPARASITIC</b>	
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Quinine		U
Mefloquine	Lariam, Mefliam	U
Artemisinin & derivatives	Coartem, Artecef	U
Sulfadoxine & pyrimethamine	Fansidar	U
Proguanil	Paludrine, Daramal-Paludrine	A
Chloroquine	Nivaquine, Daramal, Plasmoquine	A

\* Longterm use require 6 monthly eye examination.

Primaquine		U
Halofantrine	Halfan	U
Doxycycline	Cyclidox, Doximal	A

\* Regular LFT. Prevent sun exposure (precaution).

\* Max dose of 200mg/day.

Proguanil & Atovaquone	Malanil	A
Metronidazole	Flagyl	A
Atovaquone	Wellvone	A
Pyrimethamine	Daraprim	A
Praziquantel	Biltricide, Cysticide	A
Albendazole	Zentel, Bendex	A
Mebendazole	Vermox, Cipex, D-Worm, Wormgo	A

<b>RESPIRATORY SYSTEM</b>	
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Oxymetazoline	Drixine, Iliadin, Dristan	A
Oxymetazoline combinations	Nazene	A
Xylometazoline	Otrivin	A
Phenylephrine and combinations		U
Beclometasone spray	Beconase, Beclate, Ventnaze	A
Budesonide spray	Rhinocort, Inflanaze, Budeflam aquanase	A
Fluticasone	Flixonase	A
Mometasone	Nasonex, Rinelon	A
Triamcinolone	Nasacor	A
Cromoglicic acid	Chromohexal	A
Azelastine	Rhinolast	A
Levocabastine	Livostin NS	A
Mesna	Mistabron	A
Compound Benzoin Tincture	Karvol	A
	Sudafed, Drilix, Drinasal S,	

Pseudoephedrine	Sinumed, Symptofed, Demazin	U
Pseudoephedrine combinations	Actifed, Clarityne-D, Demazin-NS, Polarytine-D, Dristan Cold ND, Sinugesic, Sinumax	U
Phenylpropanolamine and Combinations	Sinuclear, Sinustat	U

### B2-AGONISTS

\* Oral B2-agonists are unacceptable.

Salbutamol (short)	Salbutamol (short)	U
Fenoterol (short)	Berotec	U
Terbutaline (short)	Bricanyl	U
Salmeterol (long)	Serevent	A
Formoterol (long)	Foradil	A
Hexoprenaline (long)	Ipradol	U

### GLUCOCORTICOIDS

\* Inhalation

Beclometasone	Becotide, Becloforte, Beclate	A
Budesonide	Pulmicort, Budeflam, Inflammide	A
Fluticazone	Flixotide	A
Fluticazone & salmeterol	Seretide	A

### ANTICHOLINERGICS

Ipratropium bromide	Atrovent, Ipvent	U
* 12 hours prior to flying.		
Ipratropium bromide & B2-agonist	Atrovent-Beta, Combivent, Duovent	U
Tiotropium bromide	Spiriva	U
Teophyllin	Nuelin, Solphyllin, Theopax	U
Aminophyllin		U
Montelukast	Singulair	A
Zafirlukast	Accolate	A

### COUGH AND COLDS

#### Cough Mixtures - Mucolytics

The following preparations contain carbosisteine or acetylcysteine only and are devoid of alcohol and are acceptable:

ACC200 Effervescent tablets	Flemlite
Actospect	LessMusec Capsule and syrup
Benylin Wet Cough	Mocuflem
Betaphlem	Mucoless Capsules and syrup
Expelinct	Mucospect
Flemex Capsules and syrup	Solmucof sachets and lozenges
FlemGo	

Dextromethorphan	Benylin Dry Cough	U
Noscapine	Niterpax	U

Pholcodine	Pholtex	U
Codeine	Codeine Phosphate Syrup	U
Dihydrocodeine	Paracodeine	U
Methadone	Physeptone	U

**ANTI-HISTAMINES**

Promethazine	Phenergan, Prohist, Vallergan forte	U
Chlorphenamine	Allergex, Chlorhist	U
Dexchlorpheniramine	Polaramine	U
Cetirizine	Zyrtec	U
Hydroxyzine	Aterax	U
Oxatomide	Tinset	U
Clemastine	Tavegyl	U
Mepyramine	Anthisan, Mepyrimal	U
Cyproheptadine	Periactin	U
Desloratidine	Deselex	A
Ebastine	Kestine	A
Loratidine	Clarityne, Loratyne, Polaratyne	A

**0.OPHTHALMOLOGICALS**

Chloramphenicol ointment/drops	Chloromycetin	A
Ciprofloxacin drops	Ciloxan	A
Ofloxacin drops	Exocin	A
Gentamicin drops	Garamycin	U
Tobramycin drops	Tobrex	U
Oxytetracycline ointment	Terramycin	A
Sulfacetamide ointment/drops	Spersamide	A
Aciclovir ointment	Zovirax	A
Betamethasone ointment/drops	Betnesol	A
Dexamethasone drops	Spersadex	A
Prednisolone drops	Pred Mild, Pred Forte	A
Combination drops	Betnesol N	A
	Covomycin D	U
	Maxitrol	U
	Sofradex	A
	Spersadex Comp	A
	Tobradex	U
* Steroid or steroid combination drops to be used no more than 10 days.		
Diclofenac drops	Voltaren Ophtha	A
Flurbiprofen drops	Ocufen	A
Ketorolac drops	Acular	A
Naphazoline	Oculosan	A
Tetrazoline	Spersallerg, Safyr Bleu	A
Oxymetazoline drops	Oxylin	A
Phenylephrine drops	Prefrin, I-Glo	U
Cromoglicic acid drops	Opticrom, Cromohexal	A
Tear replacements	Tears Naturelle, Duratears, Tears Plus, Refresh, Teargel	A
Antiglaucoma agents		U

<b>OTOLOGICALS</b>		
Acetic Acid ear drops / Boric Acid ear drops	-	A
Betamethasone ear drops	Betnesol	A
Hydrocortisone ear drops	Cutaderm, Dilucort, Mylocort, Procutan	A
Combination ointments/drops	Betnesol N, Sofradex, Otosporin	A

<b>SLEEPING TABLETS</b>		
* 12 hours prior to flight * No reading of critical documentation after drug administration due to possible antegrade amnesia. * Only stilnox and normison.		
Zolpidem	Stilnox	A
Temazepam	Normison	A

**GENERIC MEDICATION IS ACCEPTABLE (by law it is the same substance).**

<b>THE FOLLOWING MEDICATION MUST STILL BE CLEARED:</b>		
Sulfasalazine	Fenofibrate	Ramipril/felodipine
Salazopyrin	Lipsin	Acrivastine
Dipyridamole	Piperazine	Semprex
Persantin, Plato	Piprine, Padox	Fexofenadine
Sotalol	Pyrantel	Telfast
Sotacor	Combantrim	Mizolastine
Nimodipine	Niclosamide	Mizollen
Nimotop	Yomesan	Terfenadine
Tri-plen		Triludan