THE WELLNESS COMPANY

MEDICAL EMERGENCY KIT

GUIDEBOOK

THE WELLNESS
COMPANY

Printed by The Wellness Company
in the United States of America

7th Edition, 2023

For the most up-to-date version, please visit:
https://www.twc.health/medical-emergency-kit-guidebook

INTRODUCTION

Welcome to The Wellness Company family. We are thrilled to be part of your health and wellness journey!

Don't get caught unprepared -- in times of emergency, natural disaster, geopolitical turmoil, bioterror attack, or resource shortages, The Wellness Company Emergency Kit Series is the solution to ensuring you possess vital medical supplies.

This reference guide is NOT intended to replace individualized medical attention from your personal provider. Instead, this reference guide is to be used for general educational purposes, in combination with more complete literature.

Specific pharmaceutical agents listed, along with indications for use, dosing regimens, in combination with other medical supplies are simply common use practices, for reference use only.

Always consult with a qualified healthcare professional for diagnosis and treatment instructions before utilizing any of the medications in your Kit.

Always consult with a qualified healthcare professional for diagnosis and treatment instructions before utilizing any of the medications in your Kit.

CONTENTS

YOUR EMERGENCY MEDICAL KIT

Your Kit contains the following medications:

- Amoxicillin-Clavulanate 875 mg/125 mg tablets - #28
- Azithromycin 250 mg tablets - #12
- Doxycycline Hyclate 100 mg capsule - #60
- Metronidazole 500 mg tablets - #30
- Trimethoprim/Sulfamethoxazole 160 mg/800 mg tablets - #28
- Ivermectin 12 mg compounded capsules - #25
- Fluconazole 150 mg capsules - #2
- Ondansetron 4 mg tablets - #6

READ BEFORE USE

Always consult with a healthcare provider before taking any of the medications discussed herein.

Always consider individual allergies and hypersensitivities to each medication before use. Inform your provider of any other medications you take as many drug-to-drug interactions exist that can impact both efficacy and safety of certain medications.

Note that all typical dosing practices are for adults only. Contents of the kit are intended ONLY for the person to whom they are prescribed. **Do not take any medication without first consulting with a qualified medical provider for diagnosis and treatment.**

STORAGE INFORMATION

Most solid oral drugs have a longer shelf life when stored at room temperature (68-77°F / 20-25°C) and are shielded from UV radiation in airtight containers. The governmental program called the Shelf-Life Extension Program showed that many solid forms of medications stayed potent well beyond their expiration date.

FDA Shelf-Life Extension Program details here:

https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/expiration-dating-extension

LEGAL DISCLAIMER

This document may contain information about TWC products and solutions. The information is not medical advice and should not be treated as such. Information about off-label use treatments is not reviewed, approved, or recommended by the FDA. TWC assumes no responsibility or liability for any errors or omissions in the content of this document.

The information contained in this document is provided on an "as is" basis with no guarantees of completeness, accuracy, usefulness, or timeliness. TWC does not represent, warrant, undertake, or guarantee that the use of guidance in the document will lead to any particular outcome or result. Do not use any medications included in this kit if you are allergic to any of the ingredients in them.

If any provision of this disclaimer is invalid or unenforceable under applicable law, that provision shall be enforced to the maximum extent possible, and the remaining provisions shall remain in full force and effect.

such information to others, or to make any other use of it except for evaluation purposes without express written consent from TWC 2022 Inc.

This disclaimer shall be governed by, construed, and enforced under the substantive laws of the State of Florida, without regard to the principles of conflicts of laws of the State of Florida with any other state or jurisdiction.

Any disputes related to this document will be subject to the exclusive jurisdiction and venue of any state or federal courts located in Miami-Dade County in the State of Florida. All claims and disputes arising under or relating to this Emergency Kit and the services rendered by TWC are to be settled by binding arbitration in the State of Florida.

AMOXICILLIN-CLAVULANATE 875 mg/125 mg *(generic Augmentin™)*

Pharmacologic Category: Antibiotic, Penicillin

FDA-Approved Uses:

- Lymphadenitis (lymph node inflammation)
- Mastitis (breast tissue inflammation)
- Otitis Media (inner ear infection)
- Acute Pharyngitis, *Group A streptococcus* (strep throat)
- Tonsilitis (tonsil inflammation)
- Urinary tract infection (UTI)

Common Off-Label Uses:

- Acute bacterial rhinosinusitis (nasal passage & sinus infection)
- Lung abscess
- Empyema
- Pyomyositis (bacterial infection of skeletal muscle)
- Bite wound (human, dog, cat)
- Dental infections
- Community-acquired pneumonia, mild
- Diabetic foot infection
- Chronic obstructive pulmonary disease (COPD), acute exacerbation

Typical Adult Dosing:

Community-acquired pneumonia, mild
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 5-10 days *Can be used in combination with Azithromycin or Doxycycline
Bite wounds (human, dog, cat), prophylaxis (asymptomatic exposure)
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 3-5 days
Bite wounds (human, dog, cat), treatment (symptomatic infection)
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 7-14 days
Urinary tract infection (UTI), uncomplicated
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 3-7 days
Acute bacterial rhinosinusitis (nasal passage & sinus infection)
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 5-7 days
Acute pharyngitis, group A streptococcus (strep throat)
Take Amoxicillin-Clavulanate 875 mg/125 mg (1 tablet) by mouth TWICE A DAY for 10 days

Pregnancy: Pregnancy Risk Category B *(see Appendix A).* Consult with a medical provider.

Breastfeeding: Present in breastmilk, considered compatible with breastfeeding when used in usual recommended doses.

Notes: While Amoxicillin-Clavulanate may be taken with food or on an empty stomach, the risk of gastrointestinal side effects is decreased when taken with meals.

Common Side Effects: Gastrointestinal including diarrhea nausea, vomiting, and rash.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Amoxicillin, clavulanic acid, or other beta-lactam antibacterial drugs (e.g. PENICILLINS, CEPHALOSPORINS,) or any other component of the formulation. DO NOT TAKE if history of cholestatic jaundice or hepatic dysfunction with amoxicillin/clavulanate potassium therapy. Avoid use in suspected or confirmed mononucleosis infection.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.

Please review the full package insert and consult with a medical provider for additional information.

AZITHROMYCIN 250 mg
(*generic Zithromax™, Z-Pak™*)

Pharmacologic Category: Antibiotic, Macrolide

FDA-Approved Uses:

- Community-acquired pneumonia, mild severity
- Acute Pharyngitis, *Group A streptococcus* (strep throat)
- Acute bacterial sinusitis (sinus infection)
- Acute otitis media (inner ear infection)
- Acute bacterial exacerbations of chronic obstructive pulmonary disease (COPD)
- Uncomplicated skin infections
- Urethritis and cervicitis (caused by *Chlamydia trachomatis*)

Common Off-Label Uses:

- Babesiosis (malaria-like parasitic disease)
- Bartonella (cat scratch disease)
- Infectious traveler's diarrhea
- Pertussis (whooping cough)
- Bronchiectasis
- COVID-19

Typical Adult Dosing:

Community-acquired pneumonia, mild severity
Take Azithromycin 500 mg (2 tablets) by mouth DAILY on day 1, then 250 mg (1 tablet) by mouth DAILY on days 2-5 -or- Take Azithromycin 500 mg (2 tablets) by mouth DAILY for 3 days
Infections traveler's diarrhea
Take Azithromycin 500 mg (2 tablets) by mouth DAILY for 3 days
Viral upper respiratory infection, Bronchitis, Pertussis, COVID-19
Take Azithromycin 500 mg (2 tablets) by mouth DAILY on day 1, then 250 mg (1 tablet) by mouth DAILY on days 2-5
Sexual transmitted infection (STI), chlamydia
Take Azithromycin 1,000 mg (4 tablets) by mouth ONE TIME, repeat after 1 week if needed
Acute bacterial pharyngitis, Sinusitis, Tonsillitis
Take Azithromycin 500 mg (2 tablets) by mouth DAILY on day 1, then 250 mg (1 tablet) by mouth DAILY on days 2-5
Babesiosis, Bartonella
Take Azithromycin 500 mg (2 tablets) by mouth DAILY on day 1, then 250 mg (1 tablet) by mouth DAILY on days 2-5

Pregnancy: Pregnancy Risk Category B (see Appendix A).

Breastfeeding: Present in breastmilk, use caution. Consult with a medical provider.

Notes: While Azithromycin may be taken with food or on an empty stomach, the risk of gastrointestinal side effects is decreased when taken with meals.

Common Side Effects: Gastrointestinal including diarrhea and nausea.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Azithromycin (ZithromaxTM, Z-PakTM), Clarithromycin (BiaxinTM), Erythromycin (ErythrocinTM, Ery-TabTM, or E.E.S. TM), or any other Macrolide. DO NOT TAKE if history of cholestatic jaundice/hepatic dysfunction associated with prior azithromycin use. Azithromycin is listed as a contraindication in the manufacturer's labeling for pimozide.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance. Azithromycin may affect the efficacy of blood thinners, like warfarin, which could increase the risk of bleeding. Medical supervision may be necessary to monitor clotting times and, if necessary, adjust the dosage of anticoagulants during Azithromycin treatment.

Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.

Please review the full package insert and consult with a medical provider for additional information.

DOXYCYCLINE HYCLATE 100 mg

Pharmacologic Category: Antibiotic, Tetracycline Derivative

FDA-Approved Uses:

- Acne vulgaris
- Anthrax due to *Bacillus anthracis* (bioterror)
- Amebiasis (parasite infection caused by *Entamoeba histolytica*)
- Sexually transmitted infections (caused by *Chlamydia trachomatis*)
- Malaria prophylaxis
- Rickettsia infections
    - Rocky Mountain spotted fever (caused by *Rickettsia rickettsii)*
    - Q fever (caused by *Coxiella burnetii*)
    - Typhus

Common Off-Label Uses:

- Lyme disease (vector-borne disease caused by *Borrelia* bacteria)
- Community-acquired pneumonia
- Acute bacterial rhinosinusitis (nasal passage & sinus infection)
- Skin and soft tissue infections due to *Staph aureus*
- Tularemia (Rabbit fever caused by bacterium *Francisella tularensis*; bioterror)
- Plague (caused by *Yersinia pestis*; bioterror)

Typical Adult Dosing:

Anthrax (bioterror), inhalation, postexposure prophylaxis
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 42 to 60 days** *Consult with a local expert for more information **Some experts favor longer durations (3-4 months)
Lyme disease, prophylaxis (asymptomatic exposure & *Ixodes spp.* tick attached for ≥ 36 hours)
Take Doxycycline 200 mg (2 capsules) by mouth ONCE
Lyme disease, treatment (symptomatic infection)
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 10 to 28 days** **Duration based on symptom presentation Treatment, erythema migrans: 10 days Treatment, acute neurological disease: 14-21 days Treatment, carditis: 14-21 days Treatment, arthritis with neurological involvement: 28 days
Rocky Mountain spotted fever
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 5 to 7 days** **or for at least 3 days after fever subsides, whichever is longer
Q fever, acute symptomatic infection
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 14 days
Bite wound (human and animal), prophylaxis (asymptomatic exposure)
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 3-5 days
Bite wound (human and animal), treatment (symptomatic infection)
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for up to 14 days
Plague (*Yersinia pestis*, bioterror), Tularemia (bioterror)
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 7 days *Consult with a local expert for more information
Sexual transmitted infection (STI), caused by *Chlamydia trachomatis*
Take Doxycycline 100 mg (1 capsule) by mouth TWICE A DAY for 7 days

Pregnancy: Pregnancy Risk Category D *(see Appendix A).* Many guidelines consider Doxycycline to be a relative contraindication in pregnant women. Consult with a medical provider.

Breastfeeding: Present in breastmilk, use caution. Consult with a medical provider.

Notes: Doxycycline is most effective when taken on an empty stomach. If stomach disturbance is a concern, may be taken with a meal, however, absorption may be decreased.

Common Side Effects: Gastrointestinal including diarrhea and nausea.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Doxycycline, other tetracyclines, or any other component of the formulation; concurrent use of isotretinoin.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.

Doxycycline use may exacerbate the neuromuscular disorder myasthenia gravis.

Please review full package insert and consult with a medical provider for additional information.

Pregnancy: Pregnancy Risk Category D *(see Appendix A).* Many guidelines consider Doxycycline to be a relative contraindication in pregnant women. Consult with a medical provider.

Breastfeeding: Present in breastmilk, use caution. Consult with a medical provider.

Notes: Doxycycline is most effective when taken on an empty stomach. If stomach disturbance is a concern, may be taken with a meal, however, absorption may be decreased.

Common Side Effects: Gastrointestinal including diarrhea and nausea.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Doxycycline, other tetracyclines, or any other component of the formulation; concurrent use of isotretinoin.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.

Doxycycline use may exacerbate the neuromuscular disorder myasthenia gravis.

Please review full package insert and consult with a medical provider for additional information.

METRONIDAZOLE 500 mg
(generic Flagyl™)

Pharmacologic Category: Antibiotic, Amebicide, Antiprotozoal, Nitroimidazole

FDA-Approved Uses:

- Anaerobic infections (intra-abdominal, skin, bone, & joint)
- Endocarditis (caused by *Bacteroides spp.*)
- Bacterial septicemia (blood poisoning)
- Gynecological infections
- Helicobacter pylori (adjunct therapy)
- Meningitis and brain abscess
- Amebiasis and amebic liver abscess (parasitic dysentery)
- Trichomoniasis (parasitic sexually transmitted infection)

Common Off-Label Uses:

- Colitis, including *Clostridioides difficile* (C. diff)
- Tetanus (caused by *Clostridium tetani*)
- Bacterial vaginosis
- Periodontal disease
- Crohn's disease
- Giardiasis (parasitic disease caused by *Giardia duodenalis*)
- Dracunculiasis (Guinea-worm disease)

Typical Adult Dosing:

Colitis, including *Clostridioides difficile* (C. diff) infection, mild-moderate severity
Take Metronidazole 500 mg (1 tablet) by mouth THREE TIMES A DAY for 10 to 14 days
Giardiasis
Take Metronidazole 500 mg (1 tablet) by mouth TWICE A DAY for 5-7 days
Tetanus (*Clostridium tetani*) infection
Take Metronidazole 500 mg (1 tablet) by mouth THREE TIMES A DAY for 7-10 days
Trichomoniasis
Females: Take Metronidazole 500 mg (1 tablet) by mouth TWICE A DAY for 7 days Males: Take Metronidazole 2,000 mg (4 tablets) by mouth ONCE
Bacterial vaginosis
Take Metronidazole 500 mg (1 tablet) by mouth TWICE A DAY for 7 days

Pregnancy: Pregnancy Risk Category B *(see Appendix A).* Relative contraindications exist. Consult with a medical provider.

Breastfeeding: Present in breastmilk in quantities that could be harmful to the newborn. If Metronidazole is required, nursing should be discontinued during and for 24 hours following therapy. Consult with a medical provider.

Notes: Metronidazole is recommended to be taken with a meal to reduce the risk of gastrointestinal side effects. Do not take it with alcohol (see below).

Common Side Effects: Headache, nausea, vaginitis, metallic taste.
Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Metronidazole (Flagyl™), Nitroimidazole derivatives, or any other component of the formulation. Do not take during the first trimester of pregnancy in patients with trichomoniasis; use of Disulfiram within the past 3 weeks; use of alcohol or propylene glycol-containing products during therapy or within 3 days of discontinuation.

Caution: US BOXED WARNING – Metronidazole has been shown to be carcinogenic in mice and rats. Avoid unnecessary use of Metronidazole. Recommended use reserved for trichomoniasis, amebiasis, and anaerobic bacterial infections.

Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

DO NOT take with alcohol. DO NOT consume alcohol within 3 days of the last dose of Metronidazole.
Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.
Additional considerations in persons with hepatic (liver) impairment, renal (kidney) impairment, or seizure disorder.
Please review the full package insert and consult with a medical provider for additional information.

TRIMETHOPRIM/SULFAMETHOXAZOLE 160 mg/800 mg
(generic Bactrim™ DS)

Pharmacologic Category: Antibiotic, Sulfonamide (Sulfa drug)

FDA-Approved Uses:

- Infectious traveler's diarrhea
- Shigella infection (Shigellosis)
- Otitis media (caused by *S. pneumoniae*)
- Urinary tract infections (UTI)
- *Pneumocystis jiroveci* pneumonia (PCP)

Common Off-Label Uses:

- Bite wounds (human & animal)
- Skin and soft tissue infections
- Diabetic foot infection
- Intra-abdominal infection
- Spontaneous bacterial peritonitis, prophylaxis
- *Toxoplasma gondii* encephalitis
- Bartonella (cat scratch disease)
- Nocardiosis
- Plague (caused by *Yersinia pestis*)
- Q fever (caused by *Coxiella burnetii*)

Typical Adult Dosing:

Infectious traveler's diarrhea, Shigellosis
Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 5 to 7 days
Urinary tract infection (UTI), uncomplicated
Females: Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 3 days Males: Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 7 days
Urinary tract infection (UTI), complicated/pyelonephritis
Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 14 days
Skin & soft tissue infection & abscess, including MRSA
Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 7 to 14 days**

**Some experts recommend a dosage of 2 tablets TWICE A DAY for persons who weigh >70kg
Bite wound (human & animal), prophylaxis (asymptomatic exposure)
Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 3 to 5 days
Bite wound (human & animal), treatment (symptomatic infection)
Take Trimethoprim/Sulfamethoxazole 160 mg/800 mg (1 tablet) by mouth TWICE A DAY for 5 to 14 days
Diabetic foot infection, mild to moderate
Take Trimethoprim/Sulfamethoxazole 320mg/1,600mg (2 tablets) by mouth TWICE A DAY for 7 to 14 days

Pregnancy: Pregnancy Risk Category C *(see Appendix A).* While the FDA indicates Trimethoprim/Sulfamethoxazole may be used in pregnancy if the benefits outweigh the risks, certain countries (e.g. Canada) have designated pregnancy as a contraindication for use due to established risks of congenital malformations (birth defects). Consult with a medical provider.

Breastfeeding: Present in breastmilk, women should avoid breastfeeding when taking Trimethoprim/Sulfamethoxazole. Consult with a medical provider.

Notes: While Trimethoprim/Sulfamethoxazole may be taken with food or on an empty stomach, the risk of gastrointestinal side effects is decreased when taken with meals. It is recommended to increase water intake for therapy duration.

Common Side Effects: Side effect frequency is undefined. However, some common side effects include diarrhea, nausea, vomiting, stool discoloration, dizziness, headache, and sunburn (see below).

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Trimethoprim/Sulfamethoxazole (Bactrim™), SULFA DRUG allergy, or any other component of the formulation. DO NOT TAKE if pregnant, history of drug-induced immune thrombocytopenia with use of sulfonamides or trimethoprim; megaloblastic anemia due to folate deficiency; significant unmonitored hepatic (liver) or renal (kidney) disease.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Prolonged use (>28 days) of antibiotics may result in fungal or bacterial superinfection.

Additional consideration for persons of advanced age, hepatic (liver) impairment, renal (kidney) impairment, thyroid dysfunction, folate deficiency, or porphyria.

Please review the full package insert and consult with a medical provider for additional information.

IVERMECTIN 12 mg
(generic Stromectol™)

Pharmacologic Category: Anthelmintic

FDA-Approved Uses:

- Onchocerciasis (River blindness caused by the parasite *Onchocerca volvulus*)
- Strongyloidiasis (parasitic worm *Strongyloides stercoralis*)
- Lice
- Acne rosacea

Common Off-Label Uses:

- Scabies (skin infection caused by *Sarcoptes scabiei*)
- Ascariasis (parasitic roundworm *Ascaris lumbricoides*)
- Lymphatic filaria (filarial roundworms)
- *Strongyloides stercoralis*
- *Loa loa* (African eye worm)
- Hookworm-related cutaneous larva migrans
- Trichuriasis (whipworm infection caused by *Trichuris trichiura*)
- COVID-19

Typical Adult Dosing:

Scabies
Take Ivermectin 0.2 mg/kg body weight by mouth ONCE; repeat dose after 1 week
Lice, refractory, after insufficient response to topical therapy
Take Ivermectin 0.2–0.4 mg/kg body weight by mouth ONCE; repeat dose after 1 week
Hookworm-related cutaneous larva migrans
Take Ivermectin 0.2 mg/kg body weight by mouth DAILY for 1 to 2 days
COVID-19 infection
Take Ivermectin 0.4-0.6 mg/kg body weight *(0.27 mg/lb body weight)* by mouth DAILY for 5 to 7 days** **See table below

Table 1. Approximate Ivermectin Dose by Body Weight (based on 0.6 mg/kg using 12 mg capsules)

Body Weight	Ivermectin Dose (Based on 0.6 mg/kg using 12 mg capsules)
68 - 110 lbs *(31-50 kg)*	24 mg daily (2 capsules)
112 – 154 lbs *(51–70 kg)*	36 mg daily (3 capsules)
156 – 198 lbs *(71–90 kg)*	48 mg daily (4 capsules)
200 – 242 lbs *(91–110 kg)*	60 mg daily (5 capsules)
244 – 286 lbs *(111–130 kg)*	72 mg daily (6 capsules)

Pregnancy: Pregnancy Risk Category C *(see Appendix A)*. Consult with a medical provider.

Breastfeeding: Present in breastmilk, use caution. Consult with a medical provider.

Notes: Ivermectin is typically dosed based on a person's body weight. While the manufacturer recommends taking on an empty stomach, studies have shown bioavailability increases when taken with a high-fat meal.

Common Side Effects: Itchiness, fever, swelling, rash, hives, joint pain, and diarrhea. Some patients report temporary visual aura.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Ivermectin (Stromectol™), or any other component of the formulation.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Additional considerations in persons with immunocompromised status (e.g. HIV).

Please review the full package insert and consult with a medical provider for additional information.

Fluconazole 150 mg
(generic Diflucan™)

Pharmacologic Category: Antifungal, Azole Derivative

FDA-Approved Uses:

- Vulvovaginal candidiasis (vaginal yeast/fungal infection caused by *Candida* species)
- Oropharyngeal candidiasis
- Esophageal candidiasis
- Cryptococcal meningitis

Common Off-Label Uses:

- *Candida* species infections
- Blastomycosis (caused by *Blastomycosis dermatitidis*)
- Coccidioidomycosis (Valley fever caused by fungus *Coccidioides*)
- Histoplasmosis (caused by *Histoplasma capsulatum*)
- Pityriasis versicolor (skin yeast infection)
- Tinea infections

Typical Adult Dosing:

Vulvovaginal Candidiasis, infection, mild-moderate severity
Take Fluconazole 150 mg (1 capsule) by mouth ONCE; repeat dose 3-7 days later if needed

Pregnancy: Pregnancy Risk Category C *(see Appendix A)*. Oral fluconazole for the treatment of vaginal candidiasis is NOT recommended during pregnancy due to risk of fetal harm. Consult with a medical provider.

Breastfeeding: Present in breast milk. Considered compatible with breastfeeding when used in usual recommended doses.

Notes: Fluconazole may be taken with food or on an empty stomach. Recommended to take Fluconazole 2 hours before any medications used for GERD or acid reflux.

Common Side Effects: Headache, dizziness.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Fluconazole (Diflucan™), or any other component of the formulation. DO NOT TAKE in combination with CYP3A4 substrates (e.g. erythromycin, pimozide, quinidine).

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance. May affect the efficacy of blood thinners (e.g. warfarin) and oral hypoglycemic.

May cause dizziness, advise caution while driving.
Additional considerations in persons with renal (kidney) impairment.
Please review the full package insert and consult with a medical provider for additional information.

ONDANSETRON 4 mg (generic Zofran™)

Pharmacologic Category: Antiemetic; Selective 5-HT_3 Receptor Antagonist

FDA-Approved Uses:

- Cancer chemotherapy-induced nausea and/or vomiting
- Postoperative nausea and/or vomiting
- Radiotherapy-associated nausea and/or vomiting

Common Off-Label Uses:

- Nausea and/or vomiting, acute, severe
- Pregnancy-associated nausea and/or vomiting
- Vertigo-associated nausea and/or vomiting

Typical Adult Dosing:

Nausea and/or vomiting, acute, severe
Take Ondansetron 4 mg (1 tablet) by mouth EVERY 4 to 8 HOURS, as needed for nausea or vomiting** **Do not exceed 16 mg (4 tablets) in a 24-hour period

Pregnancy: Pregnancy Risk Category B *(see Appendix A)*. Consult with a medical provider.

Breastfeeding: Presence in human breast milk is unknown. Potential harm to breastfeeding infants is unknown. Consult with a medical provider.

Notes: Ondansetron may be taken with food or on an empty stomach. Take with a full glass of water.

Common Side Effects: Headache, constipation, diarrhea, dizziness, drowsiness, fatigue, and malaise.

Contraindications: DO NOT TAKE if known allergy or hypersensitivity to Ondansetron (Zofran™), or any other component of the formulation; DO NOT TAKE with apomorphine.

Caution: Significant drug interactions exist and may require dose/frequency adjustment or avoidance.

Additional considerations in persons taking other serotonergic agents (e.g. SSRIs, SNRIs, MAOIs) or with a history of Serotonin syndrome.

May cause dizziness/drowsiness, advise caution while driving.

Please review the full package insert and consult with a medical provider for additional information.

Medical Conditions & Therapeutic Agents

***Off-label use**

Anthrax
Doxycycline – p.15
Babesiosis
Azithromycin* - p.11
Bacterial vaginosis
Metronidazole* - p.19
Bartonella
Azithromycin* - p.11
Bite Wounds (human & animal)
Amoxicillin-Clavulanate* - p.8
Doxycycline* – p.15
Bronchitis
Amoxicillin-Clavulanate* - p.8
Doxycycline* – p.15
Clostridioides difficile infection
Metronidazole* - p.19
Colitis
Metronidazole* - p.19

Community-acquired pneumonia, mild
Amoxicillin-Clavulanate* - p.8
Azithromycin - p.11
Doxycycline* – p.15
COVID-19
Azithromycin* - p.11
Ivermectin* - p.27
Diabetic foot infection
Trimethoprim/Sulfamethoxazole* – p.23
Giardiasis
Metronidazole* - p.19
Lice
Ivermectin - p.27
Lyme disease
Doxycycline* – p.15
Nausea and/or vomiting, acute, severe
Ondansetron* - p.32
Pharyngitis (Group A)
Amoxicillin-Clavulanate - p.8
Azithromycin - p.11
Pinworms
Ivermectin* - p.27
Plague (Yersinia pestis, bioterror)
Doxycycline* – p.15
Pyelonephritis
Trimethoprim/Sulfamethoxazole – p.23
Q-fever
Doxycycline – p.15
Rocky Mountain Spotted Fever
Doxycycline – p.15

Scabies
Ivermectin* - p.27
Sexually transmitted infection (chlamydia trachomatis)
Azithromycin - p.11
Doxycycline – p.15
Shigellosis
Trimethoprim/Sulfamethoxazole – p.23
Sinusitis & Rhinosinusitis
Amoxicillin-Clavulanate* - p.8
Azithromycin - p.11
Skin Infections
Doxycycline* – p.15
Trimethoprim/Sulfamethoxazole* – p.23
Traveler's (Infectious) diarrhea *Often caused by E. coli, Salmonella, Cholera, Campylobacter jejuni, Shigella, etc.*
Azithromycin* - p.11
Trimethoprim/Sulfamethoxazole – p.23
Trichomoniasis
Metronidazole - p.19
Tetanus
Metronidazole* - p.19
Tularemia (bioterror)
Doxycycline* – p.15
Typhus
Doxycycline – p.15
Urinary tract infection, uncomplicated
Amoxicillin-Clavulanate - p.8
Urinary tract infection, complicated or pyelonephritis
Amoxicillin-Clavulanate - p.8
Trimethoprim/Sulfamethoxazole – p.23
Viral upper respiratory infection
Azithromycin* - p.11
Ivermectin* - p.27
Vulvovaginal candidiasis
Fluconazole – p.30

Appendix A

FDA Pregnancy Risk Categories

Risk Category	Description
A	Adequate and well-controlled studies in pregnant women have failed to demonstrate a risk to the fetus in the first trimester of pregnancy (and there is no evidence of risk in later trimesters).
B	Animal reproduction studies have failed to demonstrate a risk to the fetus, but there are no adequate, well-controlled studies in pregnant women.
C	Animal reproduction studies have shown an adverse effect on the fetus and there are no adequate, well-controlled studies in pregnant women, but potential benefits may warrant use in pregnant women despite potential risks.
D	Positive evidence of human fetal risk based on adverse reaction data from investigational or marketing experience or studies in humans, but potential benefits may warrant use in pregnant women despite potential risks.
X	Positive evidence of animal or human fetal abnormalities and/or positive evidence of human fetal risks, and risks clearly outweigh any possible benefit.