

TRAVEL MEDICINE KITS CONTENTS

Spring Valley Medical Plaza
9230 Katy Freeway, Ste. 400
Houston, TX 77055

Phone: (713) 550-2000
FAX: (713) 973-0805
Website: www.traveldoc.com

These kits come neatly packaged, saving you the time, trouble, and added expense of purchasing these items individually.

Certain over-the-counter items and medications should be included in kits for international travelers due to the difficulty of acquiring these items in foreign countries and to eliminate the question of foreign medication equivalency. These kits are formulated for user-friendly self-medication with clear instructions on the appropriate usage of the medicines and supplies, to be used as a first-response to an acute medical problem, pending evaluation by a medical professional.

Each of the following kits can also be augmented with added medications by us or by prescription if we do not stock them (Malarone, Lariam, Coartem, doxycycline, chloroquine, tafenoquine, Flagyl, and Cipro); such additions may add to kit preparation time, so lead time needed to prepare and to receive the kit will likely be increased.

*****Note: Potential additions to kits, by request at added charge or by separate prescription for "controlled" meds (we do not stock controlled meds)- Selected malaria medications; DEET/ Permethrin (insect repellents); Ambien (sleep) 5mg x 10; Zofran (nausea) 8mg x 9; tramadol (Ultram®) (for pain) 50mg x 20; fosfomycin; (Monurol) (urinary tract infection) 3 Gm (1 packet) x 1; oseltamivir (Tamiflu) (influenza) 75mg x 10; Baloxavir (influenza, single-dose) 40mg (80mg if over 80 kg) x 1.**

ATTENTION: Before ordering a kit, carefully review the contents to be sure you have no major intolerances, allergies, or contraindications to any of the included medications. THE KIT "GUIDE" FOR USING IT IS THE SAME FOR ALL KITS, BUT ALL MEDS MENTIONED IN THE GUIDE ARE NOT PRESENT IN EVERY KIT. If so, we can suggest additions/ substitutions.

IF A KIT MUST BE SHIPPED, A CHARGE OF \$30-150 WILL BE ADDED, DEPENDING ON KIT DESTINATION AND REQUIRED SPEED OF DELIVERY.

	Prescription Medications	Non-Prescription Medications & Supplies	Price
BASIC Travel Medicine Kit* Kit #1	<ul style="list-style-type: none"> ▪ Azithromycin (500 mg) #7: Broad-spectrum antibiotic for bacterial diarrhea, respiratory, and skin infections * ▪ Medrol (4mg) #27 ▪ Ondansetron (Zofran®) (8mg) #30: nausea 	<ul style="list-style-type: none"> ▪ 4x4 gauze pads ▪ alcohol wipes ▪ antidiarrheal preparation ▪ antihistamine (Benadryl) ▪ aspirin ▪ Band-Aids ▪ Carmex ▪ decongestant (phenylephrine) ▪ digital thermometer ▪ elastic bandage ▪ Artificial Tears ▪ ibuprofen ▪ Kerlix bandage ▪ Oral-rehydration salts ▪ travel bag 	\$110.00
FULL Travel Medicine Kit #2*	<ul style="list-style-type: none"> ▪ Azithromycin (500 mg) #7: Broad-spectrum antibiotic for bacterial diarrhea, respiratory, and skin infections * ▪ Cipro (500 mg)#10: for urinary tract infection, or as an alternative diarrhea antibiotic ▪ Medrol (4mg) #27 ▪ Ondansetron (Zofran®) (8mg) #30: nausea 	<ul style="list-style-type: none"> ▪ 4x4 gauze pads ▪ alcohol wipes ▪ antidiarrheal preparation ▪ antihistamine (Benadryl) ▪ aspirin ▪ Band-Aids ▪ Carmex ▪ decongestant (phenylephrine) ▪ digital thermometer ▪ elastic bandage ▪ Artificial Tears ▪ Hall's cough drops ▪ ibuprofen ▪ Kerlix bandage ▪ Meclizine (12.5mg): #30 :anti-nauseant, dizziness ▪ Oral-rehydration salts ▪ Purell hand sanitizer ▪ travel bag 	\$150.00
Full Travel Medicine Kit #3* Recommended For EXPATRIATE / RECURRENT TRAVELERS	<ul style="list-style-type: none"> ▪ Azithromycin (500 mg) #7: Broad-spectrum antibiotic for bacterial diarrhea, respiratory, and skin infections * ▪ Cipro (500 mg)#10: for urinary tract infection, or as an alternative diarrhea antibiotic ▪ Medrol (4mg) #27 ▪ Metronidazole: 250mg x 28 specific for the treatment of diarrhea-causing organisms indigenous to the region ▪ Ondansetron (Zofran®) (8mg) #30: nausea 	<ul style="list-style-type: none"> ▪ 4x4 gauze pads ▪ alcohol wipes ▪ antidiarrheal preparation ▪ antihistamine (Benadryl) ▪ aspirin ▪ Band-Aids ▪ Carmex ▪ decongestant (phenylephrine) ▪ digital thermometer ▪ elastic bandage ▪ Artificial Tears ▪ Hall's cough drops ▪ ibuprofen ▪ Kerlix bandage ▪ Meclizine (12.5mg): #30 :anti-nauseant, dizziness ▪ Oral-rehydration salts ▪ Purell hand sanitizer ▪ travel bag 	\$165.00

* NOTE: If you are using the antimalarial chloroquine, azithromycin will be replaced by another antibiotic; or we can choose another suitable alternative antimalarial.

OVER →

Travel Medicine Kits Contents

	Prescription Medications	Non-Prescription Medications & Supplies	Price
OVER-THE-COUNTER MEDS (OTC) Travel Medicine Kit Kit #4		<ul style="list-style-type: none"> ▪ 4x4 gauze pads ▪ alcohol wipes ▪ antacid (Tums) ▪ antidiarrheal preparation ▪ antihistamine (Benadryl) ▪ aspirin ▪ Band-Aids ▪ Carmex ▪ decongestant (phenylephrine) ▪ digital thermometer ▪ elastic bandage ▪ Artificial Tears ▪ Hall's cough drops ▪ ibuprofen ▪ Kerlix bandage ▪ Meclizine (12.5mg): #30 ▪ anti-nauseant, dizziness ▪ Oral-rehydration salts ▪ Purell hand Sanitizer ▪ travel bag 	\$95.00
TEEN-TRAVEL Medicine Kit (ages 12 to 17 years) Kit #5	<ul style="list-style-type: none"> ▪ Azithromycin (500 mg) #7: Broad-spectrum antibiotic for bacterial diarrhea, respiratory, and skin infections ▪ Medrol (4mg) #27 ▪ Ondansetron (Zofran®) (8mg) #30: nausea 	<ul style="list-style-type: none"> ▪ 4x4 gauze pads ▪ alcohol wipes ▪ antacid (Tums) ▪ antidiarrheal preparation ▪ aspirin ▪ antihistamine (Benadryl) ▪ Band-Aids ▪ Carmex ▪ decongestant (phenylephrine) ▪ digital thermometer ▪ elastic bandage ▪ Artificial Tears ▪ Hall's cough drops ▪ ibuprofen ▪ Kerlix bandage ▪ Meclizine (12.5mg): #30 ▪ anti-nauseant, dizziness ▪ Oral-rehydration salts ▪ Purell hand sanitizer ▪ travel bag 	\$110.00

* NOTE: If you are using the antimalarial chloroquine, azithromycin will be replaced by another antibiotic; or you can choose another antimalarial.

The **Bloodborne Pathogen Protection Kit** provides secure sterile medical supplies to individuals who find themselves in unsafe, non-sterile medical environments.

	Supplies	Price
Bloodborne Pathogen Protection Kit Kit #6	<ul style="list-style-type: none"> ▪ alcohol wipes ▪ booklet written in several languages explaining why you are carrying this kit ▪ Betadine wipes ▪ non-latex gloves ▪ peripheral IV start catheters: assorted sizes ▪ suture material ▪ suture needle holder & removal kit ▪ steri-strips: various sizes for wound-repair ▪ syringes with hypodermic needles: assorted sizes ▪ travel bag 	\$85.00

The **Coronavirus (COVID-19) / Ebola Kit** provides real-time disinfection and barrier/respiratory protection for COVID-19 and Ebola virus at-risk situations (as well as other respiratory pathogens, such as influenza).

	Supplies	Price
COVID-19 / Ebola Kit Kit #7	<ul style="list-style-type: none"> ▪ 4x4 gauze ▪ alcohol wipes ▪ Band-Aids ▪ Clorox wipes ▪ digital thermometer ▪ elastic Bandage ▪ Kerlix bandage ▪ N-95 respiratory mask ▪ non-latex gloves ▪ Paxlovid Prescription (not the med) ▪ Purell hand sanitizer ▪ travel bag 	\$50.00