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Medical

**MEDICAL ADJUVANT "GO PILLS,"
"NO-GO PILLS," CIPROFLOXACIN AND
DOXYCYCLINE FOR FLYING OPERATIONS**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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OPR: 51 AMDS/SGP (Lt Col Steven L. Barnes) Certified by: 51 MDG/CC (Col Richard D. Trifilo)
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This instruction implements one aspect of AFPD 44-1, Medical Operations. It establishes procedures for the proper coordination and approval of Go pills, No-Go pills, and ciprofloxacin and ensures their safe usage by aircrew. Go pill usage is a HQ PACAF Operations Programs. Requests for Go and No-Go pills must originate from proper authority within the Operations Group (OG). These are prescription medications, therefore, requests for these pills must be coordinated through 51 AMDS. The medicines must be prescribed by a physician. Only aircrew who successfully complete ground testing on each medication may be given these pills. Those who have not undergone testing will not receive the medications until testing is accomplished. This instruction applies to all units assigned or attached to the 51st Fighter Wing. Tenant units are subject to their MAJCOM policies. References: HQ PACAF/SGG memo 25 Mar 2003, AFMOA/CC memo 20 Mar 2003, AFMOA/CC memo 25 Oct 2001, HQ ACC/SG memo 27 Sep 1999, HQ USAFXO msg 271600Z Jun 96.

SUMMARY OF REVISIONS

This document is substantially revised and must be completely reviewed.

This revision expands the title and instruction to include procedures for No-Go pill and ciprofloxacin usage by aircrew.

1. Responsibilities:

- 1.1. 51 FW/CC – Directs use of ciprofloxacin when mission indicates and makes concurrence recommendation to approving authority, HQ PACAF/DO, for use of Go pills.
- 1.2. 51 OG/CC – Makes concurrence or recommendations to 51 FW/CC for use of Go pills.
- 1.3. 51 MDG/CC - Director of Base Medical Services for all medical activities on Osan AB.
- 1.4. 51 MDG/SGP:

- 1.4.1. Follows guidelines of "2. Procedures" if acting as responsible flight surgeon.
- 1.4.2. Reviews determination research of assigned or attached flight surgeon.
 - 1.4.2.1. Makes recommendations on usage of Go pills, No-Go pills and ciprofloxacin.
 - 1.4.2.2. Final approval authority for prescribing No-Go pills.
- 1.4.3. Supervises squadron flight surgeon usage of Go pill, No-Go pill, and ciprofloxacin.
- 1.5. Requesting Squadron Commander:
 - 1.5.1. Acts as requesting authority for Go pills and No-Go pills.
 - 1.5.2. Provides sufficient information on the route of flight, itinerary, schedule and names of pilots to assigned/attached flight surgeon to initiate suitability determination for Go pills and No-Go pills.
 - 1.5.3. The squadron commander will coordinate Go pill approval through 51 MDG/SGP, 51 OG/CC, 51 FW/CC and HQ PACAF/DO. Coordinate No-Go pill approval through 51 MDG/SGP and 51 OG/CC.
 - 1.5.4. Ensures flyers comply with medication dosing and frequency. Reports adverse side effects to flight surgeon.
- 1.6. Attached or Assigned Flight Surgeon:
 - 1.6.1. Obtains sufficient information on the route of flight, itinerary, schedule and names of pilots to determine suitability of Go and No-Go pill usage.
 - 1.6.2. If it is determined that Go pills and/or No-Go pills are appropriate, then the flight surgeon prepares a requesting letter and routes it as stated in "2. Procedures."
- 1.7. 51 MDG Pharmacy:
 - 1.7.1. Maintains supply of Go pill, dextroamphetamine (trade name Dexedrine) 5 mg/10 mg tablets. Dispenses Go pill, dextroamphetamine 5 mg or 10 mg tablets in prescribed amount (individual dose is one 10 mg or two 5 mg tablets) when prescription is received from credentialed flight medicine provider.
 - 1.7.2. Maintains supply of No-Go pills, zolpidem (trade name Ambien) 5 mg/10 mg and temazepam (trade name Restoril) 15mg/30 mg tablets. Dispenses No-Go pills, zolpidem 5 mg or 10 mg tablets in prescribed amount (individual dose is one 10 mg or two 5 mg tablets) or temazepam 15mg or 30 mg in prescribed amount (individual dose is one 30 mg or two 15 mg tablets) when prescription is received from credentialed flight medicine provider.
 - 1.7.3. Maintains supply of ciprofloxacin (trade name Cipro) 500 mg tablets. Dispenses ciprofloxacin 500 mg tablets in prescribed amount when prescription is received from credentialed medical provider or as provided by medical logistics to designated units.
 - 1.7.4. Maintains supply of doxycycline 50mg/100mg tablets. Dispenses doxycycline 50 mg or 100mg (individual dose is one 100mg or two 50mg tablets) when prescription received from credentialed flight medicine provider.

2. Procedures:

2.1. Go Pills: The deploying Squadron Commander generates a request for Go pills.

2.1.1. This request for 51 FW Form 60 (EF), **Go Pill Use Approval** can be accompanied by, or the information incorporated into, an "In turn" letter, part of a staff summary sheet, or coordinated through e-mail (e-mail is preferred according to HQ PACAF/DOT).

2.1.2. Below is the "In Turn" routing for all requests regardless of message medium:

2.1.2.1. Requesting squadron commander.

2.1.2.2. 51 MDG/SGP.

2.1.2.3. 51 OG/CC.

2.1.2.4. 51 FW/CC.

2.1.2.5. HQ PACAF/DOT.

2.1.3. HQ PACAF/DO is the final approving authority for Go pills. Once approval is received, squadron flight surgeon dispenses Go pills through 51 MDG Pharmacy. Documentation of ground testing must be annotated on the AF Form 1480B, **Adult Preventive and Chronic Care Flow-sheet Continuation Sheet**, and a signed "Informed Consent for Use of Dextroamphetamine as a "51 FW Form 61 (EF)(PA), **Informed Consent for Use of Dextroamphetamine as a "GO PILL" in Military Operations"** form filed in the record. All unused pills will be returned to the flight surgeon and 51 MDG Pharmacy after completing post flight requirements. Go pills are not approved for use at home station.

NOTE: Types of missions appropriate for consideration of Go Pill use include single-pilot aircraft flying long-duration (8 hours or longer) and dual piloted bomber (12 hours or longer) deployment and redeployment missions. Go pills may be used during shorter sorties when scheduled departure times conflict with the normal sleep cycle. Go pills must be used judiciously and only when scheduling and other measures to counteract fatigue have been exhausted. Use of Go pills does not relieve aviators of the responsibility to comply with all crew rest directives.

2.1.4. Once approval is received from HQ PACAF/DO, the 51 MDG/SGP maintains a hard copy of the HQ PACAF/DO approval. The flight surgeon documents medication use in the flyer's outpatient records.

2.1.5. Aircrew use of Go pills is voluntary and at the member's discretion. Aircrew members using Go pills must report suspected adverse side effects to their supervisor and flight surgeon. The flight surgeon completes the 51 FW Form 62 (EF)(PA); **Unexpected Occurrence Reporting for Go Pills**; and places original in members medical record and forwards copy to PACAF/SGG for official recording purposes.

2.2. Use of No-Go pills:

2.2.1. 51 MDG/SGP is the final approving authority for No-Go pills. When SGP approves the use, squadron flight surgeon dispenses No-Go pills through 51 MDG Pharmacy. Documentation of ground testing must be annotated on the AF Form 1480B. All unused pills will be returned to the flight surgeon and 51 MDG Pharmacy after completing post flight requirements.

NOTE: Consider use of No-Go pills when aircrew experience insomnia secondary to operational demands and all non-pharmacological efforts have been made to reduce fatigue stress through sound air-

crew scheduling and crew rest practices. Use of No-Go pills does not relieve aviators of the responsibility to comply with all crew rest directives.

2.2.2. 51 MDG/SGP maintains a hard copy of the approved request. The flight surgeon documents medication use in the flyer's outpatient records.

2.2.3. Minimum Duties Not Including Flying (DNIF) period after taking zolpidem (Ambien) is 6 hours before the resumption of duties. Minimum DNIF period after taking temazepam (Restoril) is 12 hours before the resumption of duties. The recommended time to take No-Go pills is prior to bedtime. The aircrew members will not take No-Go pills within 12 hours of consuming alcohol and will abstain from alcohol for 12 hours after taking No-Go pills. Aircrew members are not to operate equipment during the specified No-Go pill DNIF period.

2.2.4. Use of No-Go pills is restricted to a maximum of 7 consecutive days and no more than 20 days in a 60 day period.

2.2.5. Aircrew members using No-Go pills must report suspected adverse side effects to their supervisor and flight surgeon.

2.3. The 51 FW/CC directs the use of ciprofloxacin and doxycycline based on mission circumstances.

2.3.1. 51 FW/CC is the final approving authority for use of ciprofloxacin after a known or potential exposure to a biological agent. Use of ciprofloxacin before a known or suspected exposure to anthrax requires approval from the Secretary of Defense. This type of pre-exposure prophylaxis with ciprofloxacin has not been approved by the Food and Drug Administration and therefore requires informed consent for investigational use of the medication. Once approval is received, squadron flight surgeon dispenses ciprofloxacin through 51 MDG Pharmacy or medical logistics distributes the medication directly to units (usually with the shelter kits). Documentation of ground testing must be annotated on the AF Form 1480B and a signed 51FW Form 63 (EF)(PA), **Informed Consent for Use of Ciprofloxacin (CIPRO) as Anthrax Prophylaxis and/or Treatment in Military Operations**, filed in the record.

2.3.2. Aircrew members contraindicated for ciprofloxacin will be prescribed doxycycline by the flight surgeon.

2.3.3. Aircrew members using ciprofloxacin or doxycycline must report suspected adverse side effects to their supervisor and flight surgeon.

3. Prescribed Forms: 51 FW Form 60 (EF); 51 FW Form 61 (EF) (PA); 51 FW Form 62 (EF) (PA); 51 FW Form (EF) (PA).

MAURICE H. FORSYTH, Brigadier General, USAF
Commander, 51st Fighter Wing