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# **Hanscom Aero Club Safety Meeting**

**15 January 2020**



# Outline

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- **Permissible OTC Medication Review**
- **Control Inputs During Taxi**



# FAA Permitted OTC Medications Updated

Type of medication	Commonly found in	Medication or active ingredient generally safe to fly GO	Avoid these medications or ingredients* NO GO	Rationale
Antihistamines	Allergy products Cough/cold products Pain products	Non-sedating products: fexofenadine (Allegra) loratadine (Claritin)	Sedating products: brompheniramine (Dimetapp) cetirizine (Zyrtec) chlorpheniramine (Chlor-Trimeton) diphenhydramine (Benadryl) levocetirizine (Xyzal)	Histamines affect not only your allergies, but your sleep wake cycle. Sedating antihistamines can cause drowsiness, impaired thinking and judgement.
	Sleep aid products	Melatonin (not an antihistamine)	diphenhydramine (such as Zzzquil). Same ingredient in Benadryl) Doxylamine (such as Unisom)	"Hang-over effect" morning after safety concern. NOTE: taking melatonin at the wrong time can actually worsen "jet-lag" and cause daytime drowsiness.
Nasal steroid	Allergy products	fluticasone (Flonase), triamcinolone (Nasacort)	None	
Nasal decongestants	Nasal congestion Sinus pressure Cough/cold products	oxymetazoline (Afrin), phenylephrine (Sudafed PE), pseudoephedrine (Sudafed)	(Considered safe in recommended dosages)	Caution: Sudafed-like medications can speed up your heart rate; therefore, use caution if you have an underlying heart condition. Be very cautious of an extra cup of coffee or two when feeling sub-par. This has caused more than one pilot to end up in the emergency room for a racing heart rate.
		Less convenient, but safer, are the nasal salt water lavages such as saline nasal sprays Neti-pots		
Cough	Cough/cold products	Coricidin (allowed if no chlorpheniramine)  guaifenesin (found in Mucinex and Robitussin) Mucinex fast-max severe congestion and cough (liquid)  Identify combo vs isolated	dextromethorphan (Delsym)  Dayquil (contains dextromethorphan)  Most "night-time" or "PM" medications contain a sedating antihistamine: - Coricidin HBP cough & cold (contains chlorpheniramine) - Nyquil (contains doxylamine)	Most cough medications are safe for flight, but caution for combination products with sedating antihistamines. If the label states PM (for nighttime use) or DM (containing dextromethorphan), you should not fly for at least 5 half-lives after the last dose (see above).

Package Instructions	5 Times Dosage Interval	No Fly Time	Recommendation
Every 4-6 hours^ (Up to 6 times daily)	X5	30 hours	Wait at least 30 hours before flying if taking a medication directed to take every 4-6 hours.
Every 8 hours (OR three times daily)	X5	40 hours	Wait at least 40 hours before flying if taking a medication directed to take every 8 hours.
Every 12 hours (OR twice daily)	X5	60 hours	Wait at least 60 hours before flying if taking a medication directed to take every 12 hours.

^If there is a range, use the higher number

Frequently Used OTC Medications

\*These effectively can cause incapacitation (examples are not all-inclusive)

- [https://www.faa.gov/licenses\\_certificates/medical\\_certification/media/OTCMedicationsforPilots.pdf](https://www.faa.gov/licenses_certificates/medical_certification/media/OTCMedicationsforPilots.pdf)



# FAA Permitted OTC Medications Updated

Type of medication	Commonly found in	Medication or active ingredient generally safe to fly GO	Avoid these medications or ingredients* NO GO	Rationale
<b>Urinary Tract Infections</b>	Pain reliever	phenazopyridine (AZO standard)	None	Generally allowed after adequate ground trial to monitor for side effects. Symptoms should be resolved other than slight residual irritation.
<b>Aches and Pains</b>	NSAIDs (non-steroidal anti-inflammatory drugs) and analgesics	acetaminophen (Tylenol) aspirin (Bayer's) ibuprofen (Advil/Motrin) naproxen (Naprosyn)	Advil PM, Tylenol PM (Most "PM" medications contain diphenhydramine)	Most OTC pain meds are safe to fly as long as the underlying condition is acceptable.
	Other options for headaches	caffeine (commonly found in Excedrin)	Read the label.	Caution. Some OTC meds are combined with a sedating antihistamine, which can cause drowsiness (see above for examples).
	Topical pain relief	lidocaine patch (Lidoderm) muscle rub	(Considered safe in recommended dosages)	Lidocaine-Caution with application, avoid getting on hands or open wound as this can drop blood pressure or absorb faster.
<b>Skin Rash</b>	Emollients and mild corticosteroid creams	almost all are allowed	Stay within the dosage to not exceed an acceptable risk	Ensure the underlying condition is not an issue with safe flight.
<b>Gastrointestinal illness: nausea, vomiting, diarrhea</b>	Anti-emetics anti-motility drugs	bismuth subsalicylate (Kaopectate, Pepto-Bismol)	loperamide (Imodium)	Loperamide can cause sedation & dizziness. Be careful not to mask the underlying symptoms. GI illness can cause dehydration, cramps & pain with increase in altitude.
<b>Gastrointestinal illness: indigestion</b>	Proton Pump Inhibitors (PPI)	eomeprazole (Nexium) lansoprazole (Prevacid) omeprazole (Prilosec) pantoprazole (Protonix) rabeprazole (Aciphex)	None	Be careful not to mask the underlying symptoms.
	H2 blockers	cimetidine (Tagamet) famotidine (Pepcid) nizatidine (Axid) rantedine (Zantac)	None	
	Antacids	aluminum hydroxide (Maalox) calcium carbonate (Tums) magnesium hydroxide (Milk of Magnesium)	None	



# Control Inputs During Taxi

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- <https://www.youtube.com/watch?v=XTbAmHjd6hl>
  - Climb into a headwind
  - Dive away from a tailwind
- **Winter considerations during taxi/takeoff roll (discussion)**
  - Taxi slow
  - Don't just plow through visible snow drifts
  - Consider using soft-field takeoff procedures
  - Be careful with the brakes (sliding/skidding) on ice
- **Alton Bay ice runway not yet open**
  - <https://www.facebook.com/AltonBaySeaplaneBaseandIceRunway/>
  - Call daily for status BEFORE takeoff: (603) 875-3498
  - More info available: <https://www.aopa.org/news-and-media/all-news/2019/january/23/ice-runway-opens-for-season>