

NOGEP



*Information*

# MEDICINES OFFSHORE





## TAKING MEDICATION OFFSHORE?

### Effects and side-effects of medicines

When you are taking medication, both the intended effects and the side-effects can affect your functioning. Taking medication can therefore pose a danger to both you and those around you. Furthermore, information on the use of medication is indispensable for first responders in the event of an emergency. If this information is not available when assistance is given, it can lead to life-threatening situations.

*For your own safety and that of others: use medication responsibly.*

### WHAT MEDICATIONS ARE WE TALKING ABOUT?

Essentially, this concerns any medicine prescribed by a doctor. However, a number of main groups require special attention:

- Sedatives, also known as tranquilizers or benzodiazepines.
- Blood thinners; these come in a number of varieties with differing effects.
- Medication for psychological complaints: antidepressants and antipsychotics.
- Painkillers; in particular, painkillers prescribed by a doctor.



### REPORT ANY USE OF MEDICATION

It is mandatory to report the use of medication to the examining doctor during an offshore medical examination.

If you are unsure whether you are able to work offshore when taking medication, ask your company doctor or examining doctor.

Although not mandatory, but for your own safety: if you go offshore, take a printout from your pharmacy or a doctor's statement of the medication you use. Report this to:

- the Medic (if present)
- the Offshore Installation Manager (OIM)

### PRIVACY

With the entry into force of the AVG (General Data Protection Regulation), the rules on personal data protection have been tightened. However, it remains important to know when you are taking high-risk medicines. Take medication responsibly and be attentive to your own interests and those of others.

