

h. AF Form 1042, Medical Recommendations for Flying or Special Operational Duty, and DD Form 2766, Adult Preventive and Chronic Care Flow sheet, are to be completed prior to operational 'No-Go' pill use.

The following DNIF periods, specific to each 'No-Go' pill, are to be applied both during ground testing and in operational use, and they represent the time from taking the 'No-Go' pill to the start of the crew duty period:

a. Temazepam (Restoril®). A dose not exceeding 30mg is to be taken with a minimum DNIF period of 12 hours before the resumption of duties, based upon its elimination half-life of 8 hours and peak plasma concentration at 1.5 hours.

b. Zolpidem (Ambien®). A dose of 10mg is to be taken with a minimum DNIF period of 6 hours before the resumption of duties, based upon its elimination half-life of 2 hours and peak plasma concentration at 1.5 hours.

c. Zaleplon (Sonata®). A dose of 10mg is to be taken with a minimum DNIF period of 4 hours before the resumption of duties, based upon its elimination half-life of 1 hour and peak plasma concentration at 30-60 minutes.

Temazepam (Restoril®) and Zolpidem (Ambien®) use is restricted to a maximum of 7 consecutive days and no more than 20 days in a 60-day period. Zaleplon (Sonata®) may be used for up to 10 consecutive days and no more than 28 days in a 60-day period.

My POC for this issue is Wing Commander Victor Wallace, AFMOA/SGZA, 110 Luke Avenue, Room 405, Bolling AFB, DC 20332-7050, DSN 297-4200, e-mail victor.wallace@usafsg.bolling.af.mil.



GARY H. MURRAY, Brig Gen, USAF, DC
Commander
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Office of the Surgeon General

Attachment:
"No Go" Pill Form 1

cc:
HQ USEUCOM/ECMD
USCENTCOM/CCSG

HEALTH RECORD	<u>CHRONOLOGICAL RECORD OF MEDICAL CARE</u>
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DATE SYMPTOMS, DIAGNOSIS, TREATMENT, TREATING ORGANISATION *(Sign each entry)*

GROUND TESTING OF NO-GO PILLS – PART 1 - TESTING

	Medically cleared for No-Go Pill ground testing based on focused history?: Y <input type="checkbox"/> N <input type="checkbox"/>
	Instructions for ground testing fully explained: Y <input type="checkbox"/> N <input type="checkbox"/>
	Script provided to patient:mg po at hs x 1 Y <input type="checkbox"/> N <input type="checkbox"/>
	Patient advised to follow up next duty day, or sooner if unusual effects occur: Y <input type="checkbox"/> N <input type="checkbox"/>
	AF Form 1042 signed – patient DNIF during ground testing period: Y <input type="checkbox"/> N <input type="checkbox"/>
	Suspended from PRP; stamp completed? N/A <input type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/>

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Flight Surgeon signature Name Rank Date

GROUND TESTING OF NO-GO PILLS – PART 2 - RESULTS

	NO-GO PILL:mg
	DATE INGESTED: TIME INGESTED:
	ADVERSE EFFECTS: Y <input type="checkbox"/> <input type="checkbox"/> Complete FDA 3500 - MedWatch N <input type="checkbox"/>
	Comments:
	PATIENT SATISFIED WITH NO-GO PILL?: Y <input type="checkbox"/> N <input type="checkbox"/>
	CLEARED TO FLY, AF FORM 1042 COMPLETED AND SIGNED? Y <input type="checkbox"/> N <input type="checkbox"/>
	DD FORM 2766 UPDATED? Y <input type="checkbox"/> N <input type="checkbox"/>
	CLEARED FOR OPERATIONAL USE WITH NO EFFECT ON PRP STATUS? Y <input type="checkbox"/> N <input type="checkbox"/>

.....
Flight Surgeon signature Name Rank Date

PATIENT'S IDENTIFICATION *(Use this space for Mechanical Imprint)*

RECORDS MAINTAINED AT:		
PATIENT'S NAME <i>(Last, first, Middle initial)</i>		SEX
RELATIONSHIP TO SPONSOR	STATUS	RANK/GRADE
SPONSOR'S NAME		ORGANIZATION
DEPART./SERVICE	SSN/IDENTIFICATION NO.	DATE OF BIRTH

INSTRUCTIONS FOR USE

No-Go Pill Form 1 is a two-part form. Both parts need to be completed and signed for the patient to be certified to fly.

Part 1 records all pertinent information pertaining to an aircrew member prior to commencement of No-Go Pill ground testing. It acts as a checklist and must be completed prior to the issue of No-Go Pills. Focused history should center on current medications, alcohol usage and other potentially confounding diagnoses that would preclude a safe or valid ground test.

Aircrew will not fly and will be suspended from PRP status (if applicable) a minimum period of 12, 6 or 4 hours following ingestion of Temazepam, Zolpidem or Zaleplon respectively.

Aircrew members should be advised to return on the next duty day, or sooner if unusual symptoms are experienced.

Part 2 documents the results of ground testing of No-Go Pills and must be completed following each ground test. Authorized medication and dosage should be noted and the patient cleared to fly for that specific medication and dosage (e.g. Temazepam 30mg).

If the aircrew member experiences any adverse effects during No Go Pill ground testing, an FDA Form 3500 – MedWatch should be completed and forwarded as directed. A copy of this form should also be forwarded to MAJCOM SG.

Each form should only be used for one No-Go Pill dosage level (e.g. Zolpidem 10mg). If new dosages or medications are to be tested, a new No-Go Pill Form 1 should be completed.

In addition to Parts 1 and 2 of No-Go Pill Form 1, the following forms must also be completed prior to final authorization of operational No-Go Pill usage, and before the individual is returned to flying duties following ground testing:

- AF Form 1042 (Medical Recommendations for Flying or Special Operational Duty)
- DD Form 2766 (Adult Preventive and Chronic Care Flowsheet)

The medication must also be cleared for operational use with no effect on PRP status (if applicable).

(Note: More medication options are expected in the near-term. Check current Air Force policy for the most current listing. It is recommended that crews be ground tested for each pharmacological approved by the Air Force in order to provide maximal operational flexibility for you to help them combat fatigue.)