

# ALTITUDE SICKNESS

(ISS MED/3A - ALL/FIN)

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## NOTE

Contact Surgeon before giving any medication marked with an asterisk. In an emergency or during Loss of Signal, begin appropriate treatment; then call Surgeon as soon as possible.

Symptoms of altitude sickness may be result of planned or unplanned cabin depressurization or ppO<sub>2</sub> reduction that results in physiologic altitude equivalent 2440 m (8000 feet).

## SYMPTOMS

Headache  
Nausea  
Vomiting  
Shortness of breath  
Cough  
Difficulty sleeping  
Lethargy  
Weakness

1. Return to normal pressure and oxygen environment as soon as practical.

## TREATMENT

AMP  
(blue)

2. Diamox (Acetazolamide) (P1-B9, P1-A24)

Dose: 1 capsule every 24 hours for a total of 3 doses

Possible side effects

Minimal with short-term therapy - tingling sensation in extremities, loss of appetite, increased urine output, occasional drowsiness, confusion

3. Contact Surgeon.