

General Needs List 2019-2020

Bongolo Hospital, Lebamba, Gabon

(** = priority)

OVER-THE-COUNTER MEDICINES: make sure the medications will not expire in 12 months.

- **1. Multivitamins with essential minerals like Centrum and Centrum Kids (the kind that can be cut into quarters easily, not the gumball-shaped ones)
- **2. Benadryl (generic name is Diphenhydramine Hydrochloride) in tablets (not capsules). Generic is fine.
- **3. Antacids with Calcium, like Rolaids or Tums
4. Adult cold medicines
5. Selsun or Selsun Blue Shampoo (make sure it has Selenium Sulfide 1% as active ingredient)
6. Ear wax removal ear drops
7. Cough drops
8. Vaseline
9. MiraLAX powder (Polyethylene glycol 3350). Generic is OK.

MEDICAL SUPPLIES:

- **1. Good quality 1" masking tape (used to secure sterilization packages)
- **2. Infant and children's hospital gowns
- **3. 50 ml. syringes (can sometimes get at pharmacies). Kinds needed: Monojet & BD
4. Rolled sheet bandages. Widths should be 3" or 4". The diameter of the rolled bandages should be 2-3". Be sure to secure end of the bandage with a stitch or a torn long piece of material (not rubber bands or ribbons). You can use cotton or cotton/polyester white sheets or colored sheets. Flannel doesn't work well. Look on the internet to find out how to make a simple bandage roller. We also don't want small squares of cloth that may have been used years ago.
5. Kerlix-type bandages and dressings
6. Playtex-type heavy-duty rubber cleaning gloves (sizes med. to x-large)
7. Cotton balls
8. Stackable rectangular plastic hospital basins
9. New or slightly used hand towels (bath towels can be cut in half and hemmed) **No white towels, please.**
10. Hot water bottles
11. Bedpans
12. Urinals
13. Pediatric and adult nasal Oxygen cannulas
14. Pediatric simple oxygen masks
- **15. Sippy cups and baby spoons

16. Children's and adult patient gowns (patterns can be found on the Internet or at fabric stores)
[Instructions for children's gown: <http://www.the-embroiderist.com/blog/2018/1/8/childrens-hospital-gown-how-to-sew-the-gown>]
17. Pill cutters
18. Plastic aprons
19. Bandage scissors

DENTAL SUPPLIES:

1. Toothpaste
2. Toothbrushes for children and adults
3. Dental floss

EYE CLINIC SUPPLIES:

- **1. Artificial Tears (lubricating drops) ***Nothing with tetrahydrozoline or naphazoline or phenylephrine listed in the ingredients, nor anything that says "red out."**
2. Zaditor for allergies
3. Variety of reading glasses
4. Sunglasses (patients really like the wide earpiece style)
5. Muro 128 ophthalmic ointment (If you can't find the ointment, drops are fine.)
6. Cases for glasses bought or handmade (see Pinterest)
7. Disposable pen lights (like a small pen)
8. Zeiss lens wipes

SURGICAL SUPPLIES: (OR = Operating Room)

- **1. Blue towels (obtained from hospitals)
- **2. Cloth OR drapes, linens, and gowns in good shape that hospitals no longer use (most are changing to disposable ones)
- **3. OR sterilization wraps.

***Instructions for sterilization wraps:** finished sizes wanted are 12" x 12", 24" x 24", 36" x 36", 48" x 48". You can make them out of gently used cotton and cotton/polyester material or sheets or old cloth tablecloths. Don't use flannel as it is too loose a weave. Preferred colors are blue, green or white solid (others accepted though). To make them, cut the material 1/2" larger on each side than the size wanted. They are to be double thickness, with the seams on the inside. After sewing the two pieces of material, turn it inside right, then sew a seam about 1/2" around the entire square and then an "X" from corner to corner. This way, when they are washed, they will stay in place.

4. OR caps: made from various colors and prints (patterns available through Simplicity)
5. OR table covers
- **6. **Double thickness sheets** for the OR tables (see #2 under "Maternity")

MATERNITY:

- **1. Adult hospital gowns
- **2. Double thickness sheets for delivery table

Instructions for delivery table sheets: Use flat sheets twin or full-size, any color, out of cotton or cotton/polyester. Fold sheet in half so it is 48" x 66" (twin) or 48" x 81" (full). Sew or zig-zag around the entire doubled sheet, including the folded side, close to the edge. Then measure half-way down (33" or 40.1") and sew across the sheet.

- **3. Cloth reusable incontinence bed pads, about size 34"-36". (Look up on the Internet to find these. See North Shore Care Supply on the Internet.)
- 4. Premie (premature) onesies like the ones sold at Walmart
- 5. Premie caps: out of soft stockinet or cloth preferable. If hand-knitted or crocheted, use soft, fine baby yarn.
- 6. Premie booties or socks
- 7. Premie and 0-3 month pacifiers
- 8. Premie-sized disposable diapers
- **9. Bulb syringes
- 10. Soft, thin (it's hot out here) receiving blankets
- 11. Reusable, washable sanitary napkins, any color. (See Pinterest for patterns.)

UNIFORMS:

1. Good quality white lab coats (good used or new) for men and women, sizes small to XL
2. Good used or new scrubs (solid colors preferred) for men and women, sizes small to XL
3. Light blue and white gingham material for student uniforms, about 3 yards per uniform. We will have a local tailor make them.

MISCELLANEOUS:

1. If you have any medical supplies that you think the hospital might need, contact Coleen by e-mail at coliemark@gmail.com or call her at 218-245-2706.
2. Some of the missionaries have asked for small toys, like cars and dolls (slightly used is OK), coloring books, stickers (1-3"), pillow dresses (see Pinterest for patterns), boys shorts, mama packs, etc. **Please no stuffed animals as they can't be washed.**
3. If you would like to help out with the shipping of the Bongolo Hospital shipments, see the instructions on how to do that.