



# 交通部民用航空局飛安公告

## Aviation Safety Bulletin

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Feb 23, 2018

### Subject:

The air operator shall advise the flight crewmember to be cautious of medication use. The flight crewmember shall have recommendations from physician before medication and should not fly following the last dose of any of the medications until effect time has elapsed to minimize possible threat to flight safety.

### Description:

According to study, they may seem like harmless over-the-counter medications, but everyday drugs like pain relievers or cough suppressants can impair a pilot's ability to safely fly a plane or helicopter. This impairment can occur even when the individual feels alert and is apparently functioning normally - in other words, the flight crewmember can be "unaware of impair."

The flight crewmember should not fly while using any medication, prescription or OTC, that carries a label precaution or warning that it may cause drowsiness or advises the user "be careful when driving a motor vehicle or operating machinery." This applies even if label states "until you know how the medication affects you" and even if the airman has used the medication before with no apparent adverse effect.

### Recommendations:

For aviation safety, the flight crewmember should not fly following the last dose of any of the medications below until a period of time has elapsed equal to:

1. 5-times the maximum pharmacologic half-life of the medication; or
2. 5-times the maximum hour dose interval if pharmacologic half-life information is not available. For example, there is a 30-hour wait time for a medication that is taken every 4 to 6 hours (5 times 6)

The lists of medications in the below are not meant to be all-inclusive or comprehensive, but rather address the most common concerns.

Allergy medications , such as :  
Sedating Antihistamines 、  
Nonsedating antihistamines

Muscle relaxants , such as :  
Carisoprodol 、cyclobenzaprine

Over-the-counter active dietary supplements , such as :  
Kava-Kava 、Valerian

Pain medication , such as :  
Narcotic pain relievers- Morphine 、Codeine 、Hydrocodone  
Non-narcotic pain relievers – Tramadol

Pre-medication" or "pre-procedure" drugs : This includes all drugs used as an aid to outpatient surgical or dental procedures

Sleep aids, All the currently available sleep aids, both prescription and over-the-counter (OTC).