

# FAQ

## Offshore Medication Review Procedure

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- 1. Why do we need our medication screened?** A recent increase in medication emergencies prompted multifaceted strategy to improve offshore worker health and safety. Key items include: establishing Fitness to Work assurance process, standardizing medication transport procedures and creating assurances for worker safety regarding medications taken off shore.
- 2. Why can't we simply fill it out on the App like other companies?** Simply completing another form or app leaves open the possibility of a worker forgetting to document their medication or enter new ones. This process ensures all meds are included.
- 3. How do I fit my protein powder into the bag?** Protein powder does NOT need to go into the medication bag.
- 4. Do my inhalers go in the medication bag?** If you carry a rescue inhaler with you, that may go on your person in the aircraft. It must be presented to the medic with your other medications. If you take more than one inhaler, any additional inhalers would be included in your medication bag and the rescue inhaler may remain on your person.
- 5. Does my nicotine gum go in the medication bag?** No, nicotine gum does not need to be included in your medication bag.
- 6. Does my prescription lotion go in the medication bag?** Yes, prescription creams and lotions should be placed with other medications. However, over the counter creams and lotions do not need to be included in the medication bag.
- 7. What happens if I forget to put my medication in the bag?** If the screener detects medications outside the designated bag, they may ask you to restart the screening process.
- 8. Can the screeners open my sealed medication bag?** Yes, if a screener has contraband or other concerns, they may open your medication bag for closer inspection. After the inspection is complete, the worker will place medications in a new, sealed bag. The worker does NOT need to discuss any diagnoses with the screener.
- 9. What if I forget to go to the medic in the first 24 hours after I arrive?** If there are any outstanding workers, the medic will make a general PA announcement reminding workers to present to the office. (No specific names will be called.) The names of any workers who remain out of compliance will be escalated to the OIM.

10. **What if I need to take my medication before the end of my first shift?** If you are scheduled to take a medication shortly after arrival, make your visit to the paramedic the priority. After the initial visit of listing the medications, this process should be much faster.
11. **What if my bag is opened before I get to the paramedic?** Depending on the circumstances, the first offense may be escalated to the OIM. For those with a repeat offense, it will be escalated.
12. **What happens if my medication isn't listed on the Acceptable Medication List?** If a medication is not listed, that does NOT mean the worker is not allowed offshore with it. Rather, it means there may be some items for consideration and it will be escalated to a Shell Health physician. In some cases, the worker will be asked to reach out to their prescribing physician to find alternative solutions.
13. **Does the OIM know my medications?** No, your OIM will not be told any specific names of medications or why you may be taking them. For your safety, the OIM will be aware if a worker may be at increased risk of sedation and will ensure that worker has a colleague assigned in case of an emergency on the installation.
14. **Is the OIM told about my health condition?** No, your medical information is not disclosed to the OIM.
15. **Will the Acceptable Medication List change in the future?** Likely yes. The Acceptable Medication List may be changed secondary to assurance reviews and/or changes to medications on the market.
16. **Does this apply to me if I work in Midstream?** Yes, those on installations with paramedics will follow the same procedure as Upstream. For those on installations without paramedics, you will follow the same procedure in the heliport but may open your bag on arrival. However, there may be random medication checks performed in-person or via telemedicine.
17. **Does this apply to me if I am a contractor?** Yes, safety is paramount for everyone offshore.
18. **What if my installation does not have a medic?** For those on installations without paramedics, you will follow the same procedure in the heliport but may open your bag on arrival. However, there may be random medication checks performed in-person or via telemedicine.
19. **What if I transfer between installations while offshore?** When you transfer to a new installation, you need to check your medications with the paramedic within 24 hours of your arrival. It is understood, though, that your bag will already be opened from your previous station.

- 20. Why does melatonin require a sedation safety net when it is over the counter?** Melatonin is a hormone that may temporarily help with falling asleep. It is not a vitamin or herb, but rather a hormone. Mayo Clinic warns that if someone takes melatonin they should not “drive or use machinery within 5 hours of taking it” ([MayoClinic.Org](https://www.mayoclinic.org)). It is important in the event of an emergency or evacuation workers can proceed safely.
- 21. What are alternatives to taking Melatonin?** First, always check with your personal healthcare provider before making changes to your medication. Together, you may consider other over-the-counter aids to sleep such as magnesium glycinate, L-theanine, glycine and ashwagandha. These supplements may assist in relaxation without the sedating potential of melatonin.
- 22. Why is it okay to take Claritin but not Zyrtec?** Although both over-the-counter medications are antihistamines, commonly taken for seasonal allergy symptoms, they have different levels of sedation potential. Typically, antihistamines such as Benadryl, Zyrtec and prescriptions Vistiril and Atarax (along with their generic counterparts) are significantly more sedating than effective alternatives such as Claritin, Allegra, Xyzal and their generic equivalents. As always, talk with your personal health care provider before making changes to your medications.
- 23. If I have a sedating medication, do I have to wait until I go to bed to retrieve it?** No, you may stop by the medic office during the day and pick up your dose to take later in the day. This makes it more convenient for your schedule while also ensuring the medic has the proper time to rest as well.
- 24. What if I only need my sedating medication some nights? How will I know if I need it?** If you have a medication that you only need some evenings, you may collect a dose from the medic at the beginning of your hitch and then take that when needed. It is the same principle as “last call” for daily medications at bedtime, but this one might be kept by the worker for several days or even until the end of the hitch.