



## DEPARTMENT OF DEFENSE

NATIONAL DEFENSE UNIVERSITY  
WASHINGTON, DC 20319-5066

15 November 2017

### MEMORANDUM FOR CAPSTONE DIRECTOR

FROM: Director, Health Fitness Directorate, National Defense University

SUBJECT: Capstone Medical Prescription Support for Capstone Fellows

1. Malaria chemoprophylaxis, if required, will be prescribed by the National Defense University (NDU) Command Surgeon and hand-delivered to Capstone Fellows on the day of departure for the overseas field studies.
2. The NDU Command Surgeon will *not* prescribe the sleep medication, zolpidem (Ambien).
3. If Capstone Fellows anticipate that they will require sleep medications to help adjust to a new time-schedule, we recommend that they discuss and obtain these medications from their primary medical provider.
4. Historically, Capstone Fellows received a prescription of 10 to 12 doses of Ambien (5 mg or 10 mg) for travel to EUCOM, AFRICOM, CENTCOM, and PACOM. Capstone Fellows traveling within the Western Hemisphere did *not* receive a prescription for Ambien.
5. The Drug Enforcement Agency classifies Ambien as a Schedule IV controlled substance which places restrictions on our ability to hand-deliver the medication to the Capstone Fellows in ways that are compliant with applicable DoD institutions.
6. Capstone Fellows on Personnel Reliability Program (PRP) or flying status are better served obtaining sleep medications from their primary medical providers to ensure compliance with their respective service requirements.
7. If you have any questions, please contact NDU Command Surgeon at 202-685-4750.

ANTHONY P. SPINOSA  
Director, Health Fitness Directorate  
National Defense University