



**DEPARTMENT OF DEFENSE  
NATIONAL DEFENSE UNIVERSITY  
WASHINGTON, DC 20319-5066**

9 August 2022

MEMORANDUM FOR CAPSTONE DIRECTOR

FROM: HEALTH FITNESS DIRECTORATE

SUBJECT: Medical Prescription Support for Capstone Travel

1. Fellows are required to visit their local travel medicine treatment team to determine Malaria Chemoprophylaxis needs. Fellows should arrive with their prescribed medications.
2. Sleep medications like Ambien (zolpidem) will *not* be prescribed by the NDU Command Surgeon.
  - a. Capstone Fellows who anticipate needing sleep medications will need to obtain those medications from their primary medical provider. Historically, some Capstone Fellows have received a prescription of 10 to 12 doses of Ambien (5 mg or 10 mg) for travel to EUCOM, AFRICOM, CENTCOM, and PACOM.
  - b. If prescribed, due to the significant side effect profile of Ambien, it is recommended to do a trial of the medication prior to use during an OCONUS trip. Some side effects are serious and could interfere with the course learning objectives and/or could be difficult to manage in a foreign country (i.e., hallucinations, significant next day drowsiness, sleep walking, sleep driving, etc.).
3. The Health and Fitness Nurse and/or Physician will carry a variety of over-the-counter and non-narcotic prescription medications during OCONUS travel.
4. If you have any questions, please contact NDU Command Surgeon at 202-685-4750.

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