

# BONGOLO HOSPITAL: LEBAMBA, GABON 2019

## Urgently needed items that need to arrive in Ohio between Jan. 15 and Feb. 28:

1. Centrum (or similar with all the trace minerals) multivitamins for children and adults. Please don't send the round or gumball Centrum children, but the **chewable ones for kids under 4 years old**.
2. Delivery table and OR table covers made out of flat sheets (see instructions on p. 3)
3. Sterilization wraps - especially 36" x 36" and 48" x 48", made out of cotton or cotton/polyester (see instructions on p. 2 under "Surgical Supplies," #3)
4. Tums or Roloids antacids (with calcium)
5. Benadryl (generic is OK) pills or capsules
6. Preemie diapers - sizes p & xp
7. *There are a few missionaries that are requesting items to give away to children at the hospital in other children's ministries, so please mark the name of the missionary you want to get these items with a note inside the package.*  
**Dr. Wendy Hofman** (eye doctor): small items like stickers, small toys  
**Meladee Davis**: small toys, smaller pillowcase dresses (for girls) and shorts (for boys), "Mama Packs" (see p. 3 for instructions) for those in the maternity ward
8. If you have items that are not on this list or on the extended list, contact Coleen Lofgren at [coliemark@gmail.com](mailto:coliemark@gmail.com) or 218-245-2706.

(\*\* = 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 Roloids 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

### **MEDICAL SUPPLIES:**

- \*\*1. Good quality 1" masking tape (used to secure sterilization packages)
2. Rolled sheet bandages made from used sheets. Widths should be 3", 4" or 5". The diameter of the rolled bandages should be 2-3". Be sure to secure end of the bandage with a stitch, tape, or a rubber band.
- \*\*3. Infant and children's hospital gowns
4. Kerlix-type bandages and dressings
5. Playtex-type heavy-duty rubber cleaning gloves (sizes med. to x-large)
6. Cotton balls

7. Stackable rectangular plastic hospital basins
8. New or slightly used hand towels (bath towels can be cut in half and hemmed) **No white towels, please.**
- \*\*9. 60 ml. syringes (can sometimes get a pharmacies)

#### **DENTAL SUPPLIES:**

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

#### **EYE CLINIC SUPPLIES:**

- \*\*1. Artificial Tears (lubricating drops) \*Nothing with tetrahydrazoline 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)

#### **SURGICAL SUPPLIES: (OR = Operating Room)**

- \*\*1. Blue OR 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)

#### **MATERNITY:**

1. Preemie (premature) onesies like the ones sold at Walmart
2. Preemie caps: out of soft stockinet or cloth preferable. If hand-knitted or crocheted, use soft, fine baby yarn.
3. Preemie booties or socks
4. Preemie and 0-3 month pacifiers
5. Preemie-sized disposable diapers
6. Bulb syringes

7. Soft, thin (it's hot out here) receiving blankets
- \*\*8. Adult hospital gowns
- \*\*9. Double thickness sheets for delivery table (see instructions under "MISCELLANEOUS" on p. 3)
- \*\*10. Cloth reusable incontinence bed pads, about size 34"-36". (Look up on the Internet to find these.)

**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.

### **Instructions for "Mama Packs":**

To prepare a Mama Pack, please include the following:

1. T-shirt or kimono or onesie
2. Soft hat
3. Socks or booties
4. Bib
5. Receiving blanket

Items should be new or gently used.

Fold them as flat as possible.

Place them in a gallon-sized zip-lock bag.

Items can be handmade or store-bought.

Premie-sized items are also welcomed!

### **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:**

If you have any medical supplies that you think the hospital might need, contact Coleen by e-mail at [coliemark@gmail.com](mailto:coliemark@gmail.com) or call her at 218-245-2706. If you would like to help out with the shipping of the Bongolo Hospital shipments, see the instructions on how to do that.

## **SHIPPING INSTRUCTIONS**

1. The packages should be no larger than a total of 72 inches (length + width + height), unless you have special permission. Please limit different types of items to 3-4 per box. Please put each type of item in its own plastic bag for easier sorting at the hospital.
2. Send boxes to:  
ARK Transportation  
%Gabon Shipment: Bongolo Hospital  
17830 Englewood Drive  
Middleburg Heights, OH 44130  
**between Jan. 15 and Feb. 28**

**NOTE:** If you are sending a package for a certain mission or department, add: "Attn." and the name.

Please pack items as compactly as possible since we are charged per cubic foot.

3. Please e-mail Gabon's shipment coordinator, Linda Chae ([linda.chae@att.net](mailto:linda.chae@att.net)) and a copy to me, Coleen Lofgren ([coliemark@gmail.com](mailto:coliemark@gmail.com)), with the following information: **If you plan on driving the packages to the port, please contact Linda Chae as to when you plan to be there.**

- Church name and address
- Contact's name, phone number, and e-mail address
- Total number of boxes sent (Please label each box by letter and numbers; for example, if your church is in Plain View, Iowa, and you're sending 2 boxes, might choose PVIA#1, PVIA#2. Please include the two-letter state abbreviation in your label as there are a lot of churches with the same name, ex. First Alliance Church.)
- The dimensions rounded to the nearest inch (ex., 7.75", round to 8") and the cubic feet of each package (multiply the height, length, and depth in inches and divide by 1728)
- Category of item as one of the following: personal effect, medicine, medical equipment, or food.
- List the items and the quantity. You can group some items together (ex., instead of listing 23 3" rolled bandages and 23 5" ones, just put 46 rolled bandages. Linda C. will price the items, so you don't have to do that.

4. The Gabon field has determined that the cost of the shipment overseas and down to the Bongolo Hospital is **\$15 per cubic foot**. We would ask you to send that amount for your packages to the **Finance Department of the Christian and Missionary Alliance (8595 Explorer Drive, Colorado Springs, CO. 80920)**. On the check memo write: "*Bongolo Hospital Medical Supp./Shipping account number 09037-4340.*"

5. If you have items that you think might be useful but are not on the list, please e-mail me or call me (218-245-2706).

Bongolo Hospital Donations Coordinator,

Coleen Lofgren

218-245-2706

[coliemark@gmail.com](mailto:coliemark@gmail.com)