DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE
WASHINGTON, DC

2 December 2003

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Modafinil and Management of Aircrew Fatigue

Modafinil, a "Go Pill", is now approved for management of aircrew fatigue. Widespread use is restricted and only specified aircrew, operating under specific conditions as defined in this memorandum, may use modafinil.

Modafinil is approved for use by all aircrew members on dual piloted bombers (i.e., B-1s, B-2s and B-52s) and F-15E weapons system operators (WSO). Modafinil is not to be used in single seat operations, or by fighter pilots, pending further investigation. Types of missions or circumstances where modafinil use are authorized include; dual piloted bomber missions greater than 12 hours and F-15E WSOs during missions greater than 8 hours. Modafinil use may be beneficial for missions of shorter duration and, under specific circumstances, may be given to airborne combatants not specified in this memorandum. Unit commanders should forward requests for these additional missions and/or combatants, on a case-by-case basis, to HQ USAF/XO and SG for approval.

As with dexedrine, modafinil use is only permitted after all other non-pharmacologic fatigue countermeasures have been exhausted and after obtaining written approval of the wing commander and the senior flight surgeon (chief, aerospace medicine or deployed equivalent). Non-pharmacologic fatigue countermeasure must also be specified and documented in seeking approval. Use of modafinil does not relieve aviators of the responsibility to comply with all crew rest directives.

The two AF approved "Go Pills", dexedrine and modafinil, may not be used together by the same aircrew member during any single mission. However, the same aircrew member may use modafinil and dexedrine during separate missions supporting an operation, or by different aircrew members on the same mission.

Documentation of modafinil and dexedrine usage is to be kept separate. "Go Pill" Forms 1-9 document dexedrine usage, and "Go Pill" Forms 1-M to 10-M (attachment 1) will be used for modafinil.

a. All eligible aircrew must receive counseling and give informed consent prior to use of modafinil. Consent must be documented in the member's medical record on "Go Pill" Form 1-M and be repeated if the dosage changes (i.e., if informed consent accomplished for 200 mg, it must be repeated for a 100 mg dose).

b. All eligible aircrew must be ground tested using "Go Pill" Forms 2A-M through 2C-M.

c. Successful ground testing must be documented in the member's medical record using "Go Pill" Form 2C-M and on the DD Form 2766 (or AF Form 1480A).

d. "Go Pill" Form 3-M provides documentation of the approval, and must be signed by the Wing/CC and SGP (or deployed equivalents) and copies submitted to the MAJCOM SG and DO prior to commencement of operations. Approvals must be time and/or mission specific, and for no greater than 3 months, to allow regular review of the counter fatigue program.

e. Operational use will be documented and reported via "Go Pill" Forms 4-M (Daily Worksheet), 5-M (Daily Administration of Modafinil), 7-M (Weekly Report), 8-M (Operation Summary – Use of Modafinil) and 9-M (End of Operation Report – Use of Modafinil). Aircrew members will complete a questionnaire upon mission completion (Modafinil Post Mission Questionnaire, Form 10-M).

f. The normal modafinil dose for operational use is: 200 milligrams orally every 8 hours as needed. Aircrew will not exceed 400 milligrams usage in 24 consecutive hours. Aircrew will limit modafinil use to 400 milligrams total before crew rest is required.

g. Each aircrew member completes the Post Mission Questionnaire (Form 10-M) and accompanying activity log after each modafinil use. Completed questionnaires and activity logs will be forwarded to the MAJCOM to remain on file for a period of five years.

h. All adverse reactions must be reported to the appropriate MAJCOM aerospace medicine function via "Go Pill" Form 6-M and documented in the patient's medical record. Reporting should also be accomplished through the Pharmacy and Therapeutics Committee at the respective medical treatment facility.

MAJCOMs are responsible for instituting proper control and supervisory procedures when using modafinil.

My POC for this matter is Lt Col Lane Wall, AFMSA/SGPA, 110 Luke Avenue, Room 405, Bolling AFB, DC 20032-7050, DSN 297-4200, e-mail: lane.wall@pentagon.af.mil.

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Attachment:
"Go-Pill" Forms 1-M through 10-M

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