



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS AIR COMBAT COMMAND  
LANGLEY AIR FORCE BASE, VIRGINIA

99 004

27 September 1999

MEMORANDUM FOR ALL ACC MEDICAL GROUP COMMANDERS

FROM: HQ ACC/SG  
162 Dodd Blvd, Suite 100  
Langley AFB VA 23665-1995

SUBJECT: Operational Use of No-Go Pills

1. Certain scenarios create an indication for the operational (in place employment) use of No-Go pills. Therefore, Restoril or Ambien may be used in aircrew for insomnia secondary to operational demands. Operational use of No-Go medications will be coordinated by the local flight surgeon with the unit flying commander and the operations group commander. The local SGP retains final approval authority for prescribing No-Go pills IAW ACC/SG policy letter 98-01.
2. Both Restoril and Ambien require successful completion of a single dose ground test without side effects and must be documented in the aviator's medical record. Use is restricted to a maximum of 7 consecutive days and no more than 20 days in a 60 day period. Aviators will not fly for 12 hours after taking either of these medications. Flight surgeons will ensure there are no "hangover" effects before aircrew return to flying duties.
3. No-Go pills are just one tool in an effective fatigue management program. Flight surgeons, working with unit flying commanders, should first ensure all non-pharmacological efforts are made to reduce fatigue stress through sound aircrew scheduling and crew rest practices.
4. My POC on this issue is Lieutenant Colonel Kurt McCartney, HQ ACC/SGOP, DSN 574-1326, [kurt.mccartney@langley.af.mil](mailto:kurt.mccartney@langley.af.mil).

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