Combat guide, beginner

Medical items

First aid kits, morphine, blood bags and more. What each removes from your hospital time, how medical cooldown works and how to make them stronger.

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Introduction

Medical items shorten a hospital stay and restore some life. Each one adds to your medical cooldown, which limits how many you can use in a row. Knowing what each item does, and how much cooldown it costs, helps you get out of hospital when it matters without locking yourself out of healing later.

How it works

The items, standard values without bonuses:

Item	Hospital time removed	Life restored	Medical cooldown added	Where from
Small First Aid Kit	20 minutes	5%	10 minutes	Pharmacy, $7,500
First Aid Kit	40 minutes	10%	15 minutes	Pharmacy, $15,000
Morphine	70 minutes	15%	20 minutes	Pharmacy, $20,000
Blood Bag	120 minutes	30%	30 minutes	Fill an empty bag yourself
Neumune Tablet	3 hours (radiation only)	none	3 hours	Switzerland (price disputed, see below)

The full list is in the item directory.

> **Not confirmed**
> The wiki's Hospital page gives the Neumune Tablet's price in Switzerland as $6,500,000, but its Switzerland page lists the shop price as $900,000. Check the shop before you fly.

Medical cooldown. Each item adds time. When your cooldown is above 6 hours, you cannot use more medical items until it drops below. The Fortitude faction branch raises that limit to 9 hours.

Effectiveness. Education can add 20% and faction specials 30%, for up to 50% more time removed and life restored. With both, a First Aid Kit removes 60 minutes and restores 15%.

Blood bags. You need the Intravenous Therapy course to use them. Filling an empty bag takes 30% of your life, adds an hour to your medical cooldown and gives a bag of your own blood type. A bag that is incompatible with your blood type sets your life to 1 and hospitalises you.

Step by step

1. Keep a few kits and morphine in your inventory if you fight.
2. Before using an item, check your medical cooldown and how much hospital time is left.

3. Use the item that removes just enough time; using a blood bag on 30 minutes wastes most of it.
4. Take Intermediate Biochemistry for 10% more medical effectiveness on the way to the full 20%.
5. Check your blood type before using any blood bag that is not your own.

Examples

- 45 minutes left: a First Aid Kit (40) plus a Small First Aid Kit (20) gets you out, adding 25 minutes of cooldown.
- With full education and faction bonuses, one Morphine removes 105 minutes.

Advanced tips

- The Torn City Health Service (THS) stock benefit gives a Box of Medical Supplies, with chances of 50 Small First Aid Kits, 30 First Aid Kits or 20 Morphine.
- Opium is not a medical item for cooldown purposes; it uses your drug cooldown and removes all standard hospital time.

Common mistakes

- **Stacking cooldown before a fight** and having none left to heal.
- **Using a blood bag of the wrong type.**
- **Buying the biggest item every time** when a smaller one would do.

Sources

Torn wiki: Hospital: https://wiki.torn.com/wiki/Hospital, retrieved 2026-11-23

Torn wiki: Blood Bag: https://wiki.torn.com/wiki/Blood_Bag, retrieved 2026-11-23

Torn wiki: Empty Blood Bag: https://wiki.torn.com/wiki/Empty_Blood_Bag, retrieved 2026-11-23

Torn wiki: Faction: https://wiki.torn.com/wiki/Faction, retrieved 2026-11-23

Torn wiki: Switzerland: https://wiki.torn.com/wiki/Switzerland, retrieved 2026-11-23

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