```python
from time import sleep
import rtmidi
from rtmidi.midiutil import open_midioutput

print("Porte MIDI disponibili:")

midiout = rtmidi.MidiOut()
porta = midiout.get_ports()

print(f"- {porta}") # [0,1,2...] es.. ['ICON MIDIPORT 2.11', 'Scarlett 8i6 USB']

midiout.open_port(3)

control = [0xC1, 3] # prg change ch 2.. c0-c9  ca-cf
midiout.send_message(control)

ch = 2  # midi channel (real)
ch = ch-1
on = 0x90
off = 0x80

midiout.send_message([on | ch, 36, 127])  # note status, ch midi, note, velocity
sleep(2)
midiout.send_message([off | ch, 36, 0])
del midiout
```