



## Medications That Should Be Avoided When Certain Diseases are Present

\* = See below for examples of medications

Disease/Condition	Medications	Concerns	Severity rating
Abnormal heart rhythms (Arrhythmias)	Tricyclic antidepressants*	May induce abnormal heart rhythms, which may lead to fainting or other complications.	High
Bladder obstruction, such as benign prostatic hypertrophy (BPH) or prostate disorders	Some antihistamines* Some anti-nausea medications* Decongestants* Flavoxate (Urispas®) Gastrointestinal antispasmodics* Muscle relaxants* Paroxetine (Paxil®) Tricyclic antidepressants* Urinary incontinence medications*	May decrease urinary flow, leading to urinary retention.	High
Blood clotting disorders, also relevant to patients receiving anticoagulant therapy	Aspirin Clopidogrel (Plavix) Dipyridamole (Persantine®) Dipyridamole/aspirin (Aggrenox®) Non-steroidal anti-inflammatory drugs (NSAIDs)* Ticlopidine (Ticlid)	May cause bleeding in those using blood thinners/anticoagulants.	High

Disease/Condition	Medications	Concerns	Severity rating
Chronic obstructive pulmonary disease (COPD)	Some anti-anxiety/sleep medications: Chlordiazepoxide (Librium®) Chlordiazepoxide/amitriptyline (Limbitrol®) Chlordiazepoxide/clidinium (Librax®) Clonazepam (Klonopin®) Clorazepate (Tranxene®) Diazepam (Valium®) Flurazepam (Dalmane®) Halazepam (Paxipam®) Quazepam (Doral®) Propranolol (Inderal®)	May cause difficulty breathing. May worsen symptoms or conditions in patients with COPD. May also cause sleepiness and confusion.	High
Constipation	Amlodipine (Norvasc®) Some antihistamines* Some anti-nausea medications* Bepridil (Vascor®) Diltiazem (Cardizem®, Procardia®) Felodipine (Plendil®) Gastrointestinal antispasmodics* Isradipine (Dynacirc®) Nicardipine (Cardene®) Nifedipine (Adalat CC®, Procardia®) Nisoldipine (Sular®) Tricyclic antidepressants* Urinary incontinence medications* Verapanil (Calan®, Verelan®)	Will cause or worsen constipation.	Depression
Depression	Long-term use of benzodiazepines* Some blood pressure medications: Methyldopa (Aldomet®) Reserpine Guanethidine (Ismelin®)	May cause or worsen depression.	High
Fainting, lightheadedness, dizziness, falls	Some anti-anxiety/sleep medications: Alprazolam (Xanax®) Clonazepam (Klonopin) Estazolam (Prosom®) Lorazepam (Ativan®) Oxazepam (Serax®) Temazepam (Restoril®) Triazolam (Halcion®) Tricyclic antidepressants*	May cause dizziness, lightheadedness, or falls. May contribute to falls due to sleepiness, lack of coordination, confusion, and other side effects.	High

Disease/Condition	Medications	Concerns	Severity rating
Heart failure	Disopyramide (Norpace®)	May weaken the pumping of the heart and may worsen heart failure.	High
	Medications with high sodium content, as indicated by the following words appearing after the generic name of the medication: sodium, alginate bicarbonate, biphosphate, citrate, phosphate, salicylate, and sulfate	May lead to water retention, which may worsen heart failure.	High
High blood pressure	Benzphetamine (Didrel®) Dextroamphetamine (Dexedrine®) Diethylpropion (Tenuate®) Mixed amphetamines (Adderall®) Methamphetamine (Desoxyn®) Phendimetrazine Phentermine (Fastin®, Ionamin®) Pseudoephedrine (Sudafed®)	May increase blood pressure.	High
Incontinence, specifically stress incontinence	Alpha-blockers (used to treat high blood pressure, prostate problems, and urinary incontinence): Alfuzosin (Uroxatral®) Doxazosin (Cardura®) Phenoxybenzamine (Dibenzyl®) Prazosin (Minipress®) Tamsulosin (Flomax®) Terazosin (Hytrin®) Some anti-anxiety/sleep medications: Chlordiazepoxide (Librium®) Chlordiazepoxide/amitriptyline (Limbitrol®) Chlordiazepoxide/clidinium (Librax®) Clonazepam (Klonopin®) Clorazepate (Tranxene®) Diazepam (Valium®) Flurazepam (Dalmane®) Halazepam (Paxipam®) Quazepam (Doral®) Tricyclic antidepressants*	May cause incontinence by relaxing the bladder.	High

Disease/Condition	Medications	Concerns	Severity rating
Insomnia	Decongestants* Dextroamphetamine (Dexedrine®) Diethylpropion (Tenuate®) Isocarboxazid (Marplan®) Methamphetamine (Desoxyn®) Methylphenidate (Concerta®, Metadate®, Methylin®, Ritalin®) Mixed amphetamines (Adderall®) Phenelzine (Nardil®) Selegiline (Eldepryl®) Theophylline (Theodur®) Tranlycypromine (Parnate®)	May cause or worsen insomnia.	High
Low sodium levels with fluid overload; Syndrome of inappropriate antidiuretic hormone (SIADH)	Citalopram (Celexa®) Escitalopram (Lexapro®) Fluoxetine (Prozac®) Fluvoxamine (Luvox®) Paroxetine (Paxil®) Sertraline (Zoloft®)	May lower sodium levels and cause water retention associated with SIADH, along with other SIADH complications.	Low
Memory problems, cognitive impairment, dementia, Alzheimer's Disease	Some antihistamines* Some anti-nausea medications* Butalbital (Fiorinal®, Fioricet®) Dextroamphetamine (Dexedrine®) Flavoxate (Urispas®) Gastrointestinal antispasmodics* Mephobarbital (Mebaral®) Methamphetamine (Desoxyn®) Methylphenidate (Concerta®, Metadate®, Methylin®, Ritalin®) Mixed amphetamines (Adderall®) Muscle relaxants* Paroxetine (Paxil®) Pentobarbital (Nembutal®) Phenobarbital Primidone (Mysoline®) Secobarbital (Seconal®) Tricyclic antidepressants* Urinary incontinence medications*	May worsen memory problems and cognitive function. May interact with medications used to treat Alzheimer's disease/dementia and make them less effective. May cause sleepiness or insomnia, agitation, and confusion.	High

<b>Disease/Condition</b>	<b>Medications</b>	<b>Concerns</b>	<b>Severity rating</b>
Obesity	Olanzapine (Zyprexa®)	May increase appetite and increase weight gain.	Low
Parkinson's disease	Chlorpromazine (Thorazine®) Fluphenazine (Prolixin®) Haloperidol (Haldol®) Loxapine (Loxitane®) Mesoridazine (Serentil®) Metoclopramide (Reglan®) Molindone (Moban®) Perphenazine (Trilafon®) Pimozide (Orap®) Tacrine (Cognex®) Thioridazine (Mellaril®) Thiothixene (Navane®) Trifluoperazine (Stelazine®)	May worsen Parkinson's symptoms such as stiffness, shuffling, and tremor.	High
Seizures or epilepsy	Bupropion (Wellbutrin®, Zyban®) Some antipsychotics: Clozapine (Clozaril®) Chlorpromazine (Thorazine®) Thioridazine (Mellaril®) Thiothixene (Navane®)	Make seizures more likely.	High
Ulcers, stomach	Non-steroidal anti-inflammatory drugs (NSAIDs)* - NOT celecoxib (Celebrex®) Aspirin – in doses greater than 325mg	May cause new ulcers or worsen existing ulcers.	High
Weight loss (unintended), malnutrition, anorexia	Dextroamphetamine (Dexedrine®) Diethylpropion (Tenuate®) Fluoxetine (Prozac®) Methamphetamine (Desoxyn®) Methylphenidate (Concerta®, Metadate®, Methylin®, Ritalin®) Mixed amphetamines (Adderall®)	May cause appetite suppression.	High

Some antihistamines:

- Chlorpheniramine (Chlor-Trimeton®)
- Cyproheptadine (Periactin®)
- Dimenhydrinate (Dramamine®)

- Diphenhydramine (Benadryl®)
- Hydroxyzine (Atarax®, Vistaril®)
- Meclizine (Antivert®)
- Scopolamine (Transderm-Scop®)

(Please note that these medications are contained in numerous prescription and non-prescription medications, under a variety of names, used for cough/cold symptoms, insomnia, nausea, motion sickness, rashes, and allergies)

Some anti-nausea medications:

- Dimenhydrinate (Dramamine®)
- Meclizine (Antivert®)
- Prochlorperazine (Compazine®)
- Promethazine (Phenergan®)
- Scopolamine (Transderm-Scop®)

Benzodiazepines

- Alprazolam (Xanax®)
- Chlordiazepoxide (Librium®)
- Clonazepam (Klonopin®)
- Clorazepate (Tranxene®)
- Diazepam (Valium®)
- Estazolam (Prosom®)
- Flurazepam (Dalmane®)
- Lorazepam (Ativan®)
- Oxazepam (Serax®)
- Quazepam (Doral®)
- Temazepam (Restoril®)
- Triazolam (Halcion®)

Decongestants:

- Pseudoephedrine (Sudafed®)
- Phenylephrine (Sudafed PE®)

(Please note that these medications are contained in numerous prescription and non-prescription medications, under a variety of names, used for cough/cold symptoms)

Gastrointestinal antispasmodics:

- Belladonna
- Chlordiazepoxide/clidinium (Librax®)
- Dicyclomine (Bentyl®)
- Hyoscyamine (Levsin®, Levbid®)
- Propantheline (Pro-Banthine®)

Muscle relaxants:

- Carisprodol (Soma®)
- Chlorzoxazone (Paraflex®)

- Cyclobenzaprine (Flexeril®)
- Dantrolene (Dantrium®)
- Metaxalone (Skelaxin®)
- Methocarbamol (Robaxin®)
- Orphenadrine (Norflex)

Non-steroidal anti-inflammatory medications (NSAIDs):

- Diclofenac (Cataflam®, Voltaren®)
- Diclofenac/misoprostol (Arthrotec®)
- Diflunisal (Dolobid®)
- Etodolac (Lodine®, Lodine XL®)
- Fenoprofen (Nalfon®)
- Flurbiprofen (Ansaid®)
- Ibuprofen (Advil®, Motrin®)
- Indomethacin (Indocin®)
- Ketoprofen (Orudis KT®, Oruvail®)
- Ketorolac (Toradol®)
- Meclofenamate (Meclomen®)
- Mefenamic acid (Ponstel®)
- Meloxicam (Mobic®)
- Nabumetone (Relafen®)
- Naproxen (Aleve®, Naprosyn®)
- Oxaprozin (Daypro)
- Piroxicam (Feldene®)
- Sulindac (Clinoril®)
- Tolmetin (Tolectin®, Tolectin DS®)

Tricyclic antidepressants:

- Amitriptyline (Elavil®)
- Amoxapine
- Clomipramine (Anafranil®)
- Desipramine (Norparmin®)
- Doxepin (Sinequan®)
- Imipramine (Tofranil®)
- Maprotiline (Ludiomil®)
- Nortriptyline (Pamelor®, Aventyl®)
- Protriptyline (Vivactil®)
- Trimipramine (Surmontil®)

Urinary incontinence medications:

- Oxybutynin (Ditropan®, Ditropan XL®)
- Propantheline (Propanthel®)
- Solifenacin (Vesicare®)
- Tolterodine (Detrol®, Detrol LA®)

- Trospium (Sanctura®)

Adapted from Fick DM, Cooper JW, Wade WE, Waller JL, Maclean JR, Beers MH. Updating the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. Results of a US Consensus Panel of Experts. Arch Intern Med 2003; 161: 2721.