

SAFE / UNSAFE MEDICATION LIST – Updated: July 4, 2016

The following list is for common and prescription medications, which are Safe / Unsafe for use for persons in recovery. If a medication changes the way you feel or is mood altering, **AVOID IT**.

NOTE: Ensure generic medications fall into the Safe category of acceptable medications.

UNSAFE	SAFE
<p>Avoid pain medications that contain Opiates (e.g. Codeine):</p> <ul style="list-style-type: none"> • Tylenol 1, 2, 3 or 4 (all Opioids) • Demerol • Percocet • Fiorinal Plan ¼ or ½ • Levo-Dromoran • 222, 282, 292, 692, Darvon (Propoxyphene) • Talwin • Percodan • Leritine • Dilaudid • Nabilone <p>Avoid Nerve and Sleeping Pills including:</p> <ul style="list-style-type: none"> • Librium • Tranxene • Serax • Xanax • Others used for anxiety/nervousness/ tranquilizer • All Benzodiazepines <p>Avoid CNS Stimulants such as Methamphetamines:</p> <ul style="list-style-type: none"> • Dextroamphetamine (Dexedrine) • Lisdexamphetamine <p>Avoid Sleeping Pills including these and others:</p> <ul style="list-style-type: none"> • Dalmane • Halcion • Restoril • Tuinal • Seconal • Zopiclone (Imovane) <p>Avoid Muscle Relaxants:</p> <ul style="list-style-type: none"> • Robaxisal • Robaxacet • Parafon • Flexeril <p>Over the Counter Medications can be a Serious Threat:</p> <ul style="list-style-type: none"> • Cough syrups contain alcohol, codeine and antihistamines. These are all drugs which need to be avoided. <p>Avoid Sedating Antihistamines such as:</p> <ul style="list-style-type: none"> • Gravol • Actifed • Dimetap • Chlortriplon • Benydryl or products containing diphenhydramine 	<p>Pain Medications:</p> <ul style="list-style-type: none"> • Regular or Extra Strength Tylenol • ASA or Aspirin • Advil or Ibuprofen • Midol <p>Available Only by Prescription:</p> <ul style="list-style-type: none"> • Tryptan • Buspirone (Buspar) • Gabapentin • Toradol • Possible other prescription medications – please contact Resident Nurse for clarification <p>Antidepressants Safe with Proper Use and by Prescription Only:</p> <ul style="list-style-type: none"> • Elavil • Citalopram • Morex • Serzone • Desipramine • Effexor (Venlafaxine) • Zoloft (Sertraline) • Prozac (Fluoxetine) • Luvox (Fluvoxamine) • Paxil (Paroxetine) • Trazodone (Desyrel) • Mirtazapine • Bupropion • Seroquel (Quetiapine) <p>Migraines:</p> <ul style="list-style-type: none"> • Imitrex <p>Non-Sedating Antihistamines:</p> <ul style="list-style-type: none"> • Seldane • Claritin • Hismanil <p>Sleep Aids:</p> <ul style="list-style-type: none"> • Epsom Salt • Melatonin • Calcium (333mg) Magnesium (167mg) with VD3 (5mcg) • Lavender Oil

Note: This is a partial list. If you require more information, please ask the Doctor or Pharmacist about non-psycho active/mood-altering medications. Unsafe/mood-altering medications brought into treatment and taken in the two weeks prior to the Intake date will result in the Client's immediate discharge from the program.