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| **UNSAFE** | **SAFE** |
| **Avoid pain medications that contain Opiates (e.g. Codeine):*** 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
* MS Contin
* Kadian
* Embeda
* Infumorph
* Avinza
* Astramorph PF
* Duramorph
* MSIR
* Roxanol

**Avoid Nerve and Sleeping Pills including:*** Librium
* Tranxene
* Serax
* Xanax
* Others used for anxiety/nervousness/ tranquilizer
* All Benzodiazepines and

medications ending in “pam” ie. Diazepam, lorazepam, oxazepam* Midazolam

**Avoid CNS Stimulants such as Methamphetamines:*** Dextroamphetamine (Dexedrine)
* Lisdexamphetamine
* Modafinil
 | **Avoid Sleeping Pills including these and others:*** Dalmane
* Halcion
* Restoril
* Tuinal
* Seconal
* Cannabis
* Capastat Sulfate
* Zoplicone

**Avoid Muscle Relaxants:*** Robaxisal
* Robaxacet
* Parafon
* Flexeril
* Baclafen

**Over the Counter Medications can be a Serious Threat:*** Cough syrups contain alcohol, codeine and antihistamines. These are all drugs which need to be avoided.

**Avoid Sedating Antihistamines such as:*** Gravol
* Actifed
* Dimetap
* Chlortriplon
* Benydryl or products containing diphenhydramine
* Dimenhydrinate

**TB Antibiotic*** Capreomycin
 | **Pain Medications:*** Regular or Extra Strength Tylenol
* ASA or Aspirin
* Advil or Ibuprofen
* Midol

**Available Only by Prescription:*** Tryptan
* Buspirone (Buspar)
* Gabapentin
* Toradol
* Possible other prescription medications – please contact Resident Nurse for clarification

**Antidepressants Safe with Proper Use and by Prescription Only:*** Elavil
* Citalopram
* Morex
* Serzone
* Desipramine
* Effexor (Venlafaxine)
* Zoloft (Sertraline)
* Prozac (Fluoxetine)
* Luvox (Fluvoxamine)
* Paxil (Paroxetine)
* Trazodone (Desyrel)
* Mirtazapine
* Buproprion
* Seroquel (Quetiapine)

**Migraines:*** Imitrex

**Non-Sedating Antihistamines:*** Seldane
* Claritin
* Hismanil

**Sleep Aids:*** Epsom Salt
* Melatonin
* Calcium (333mg) Magnesium (167mg) with VD3 (5mcg)
* Lavender Oil

**Opoid Agonist Treatment:*** Methadone
* Suboxone
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