

High Risk Medications for Elderly Members

Prime Therapeutics Medicare Part D Resources

The medications listed below are high-risk medications. This means they have a high-risk of side effects, and can be dangerous for seniors. They need to be used very carefully, or avoided if possible. If you take any of these high-risk medications do not stop taking the medications but please talk to your doctor. Note: OTC medication Choices are not covered by the Medicare Part D Benefit Plan.

*Includes all combination products containing one of the listed medications

Allergy Medications*	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>brompheniramine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>carbinoxamine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>chlorpheniramine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>clemastine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>cypheptadine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>dexchlorpheniramine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
<i>diphenhydramine</i> , oral	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray

Allergy Medications*	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>hydroxyzine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	For allergies: <i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
	1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening		For difficulty sleeping: SILENOR (no more than 6 mg per day)
			For anxiety: <i>bupirone</i> Selective Serotonin Reuptake Inhibitors (SSRIs) such as <i>sertraline</i> , <i>fluoxetine</i> or <i>escitalopram</i> Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as <i>venlafaxine</i> or <i>duloxetine</i>
<i>triprolidine</i>	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	<i>cetirizine</i> (ZYRTEC) <i>fexofenadine</i> (ALLEGRA) <i>loratadine</i> (CLARITIN) NASACORT ALLERGY nasal spray	<i>levocetirizine</i> <i>montelukast</i> <i>fluticasone</i> nasal spray
Medications that Stop Blood from Clotting	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>ticlopidine</i>		low-dose <i>aspirin</i>	<i>clopidogrel</i>
<i>dipyridamole</i> (does NOT include AGGRENOX)		low-dose <i>aspirin</i>	<i>clopidogrel</i>
Medication for Parkinson's Disease	Non-Medication Choices ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>benztropine</i> , oral	If taking antipsychotic medication(s) may be causing Parkinson's symptoms, consider decreasing the antipsychotic dose(s) or stopping the medication(s) if appropriate		<i>selegiline</i>
			<i>carbidopa/levodopa</i>
			<i>ropinirole</i> or <i>pramipexole</i>
			<i>entacapone</i>
			If antipsychotic medication(s) may be causing Parkinson's symptoms, consider changing antipsychotic(s) to: <i>quetiapine</i> <i>clozapine</i>

Medication for Parkinson's Disease	Non-Medication Choices ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>trihexyphenidyl</i>	If taking antipsychotic medication(s) may be causing Parkinson's symptoms, consider decreasing the antipsychotic dose(s) or stopping the medication(s) if appropriate		<i>selegiline</i>
			<i>carbidopa/levodopa</i>
			<i>ropinirole</i> or <i>pramipexole</i>
			<i>entacapone</i>
			If antipsychotic medication(s) may be causing Parkinson's symptoms, consider changing antipsychotic(s) to:
			<i>quetiapine</i>
			<i>clozapine</i>
Medications for Urinary Concerns	Non-Medication Choices ^{1,3}	Over-the-Counter (OTC) Medication Choices ¹	Safer Prescription Medication Choices ³ Please check drug coverage in your health plan's formulary.
<i>nitrofurantoin</i> (for more than 90 days per year)	Cranberry tablets, capsules or juice (sugar-free for those with diabetes)		To treat acute infection:
			<i>trimethoprim/sulfamethoxazole</i>
			<i>ciprofloxacin</i>
			<i>ofloxacin</i>
			<i>amoxicillin-clavulanate</i>
			<i>cephalexin</i>
			To prevent infections that keep coming back:
			<i>trimethoprim/sulfamethoxazole</i>
			<i>ciprofloxacin</i>
			<i>ofloxacin</i>
			<i>cephalexin</i>
<i>phenazopyridine-butabarbital-hyoscyamine</i> (i.e. PYRELLE, PYRIDIUM PLUS)		AZO STANDARD AZO-GESIC	
High Blood Pressure Medications*	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>guanfacine</i>			Thiazide such as <i>hydrochlorothiazide</i>
			Angiotensin-Converting Enzyme (ACE) inhibitors such as <i>lisinopril</i> or <i>ramipril</i>
			Angiotensin II Receptor Blocker (ARB) such as <i>losartan</i> or <i>irbesartan</i>
			Beta-blocker such as <i>atenolol</i> or <i>metoprolol</i>
			Calcium channel blocker such as <i>amlodipine</i>
			See MyPrime.com for specific combination product containing one of these medications
<i>methyldopa</i>			Thiazide such as <i>hydrochlorothiazide</i>
			Angiotensin-Converting Enzyme (ACE) inhibitors such as <i>lisinopril</i> or <i>ramipril</i>
			Angiotensin II Receptor Blocker (ARB) such as <i>losartan</i> or <i>irbesartan</i>
			Beta-blocker such as <i>atenolol</i> or <i>metoprolol</i>
			Calcium channel blocker such as <i>amlodipine</i>
			See MyPrime.com for specific combination product containing one of these medications
<i>reserpine</i> (more than 0.1 mg per day)			Thiazide such as <i>hydrochlorothiazide</i>
			Angiotensin-Converting Enzyme (ACE) inhibitors such as <i>lisinopril</i> or <i>ramipril</i>
			Angiotensin II Receptor Blocker (ARB) such as <i>losartan</i> or <i>irbesartan</i>
			Beta-blocker such as <i>atenolol</i> or <i>metoprolol</i>
			Calcium channel blocker such as <i>amlodipine</i>
			See MyPrime.com for specific combination product containing one of these medications

High Blood Pressure Medications*	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>nifedipine</i> , immediate release			Calcium channel blockers such as <i>amlodipine</i> or long-acting <i>nifedipine</i>
			Other calcium channel blockers such as <i>felodipine</i> , <i>isradipine</i> , <i>nicardipine</i> or <i>nisoldipine</i>
			Thiazide such as <i>hydrochlorothiazide</i>
			Angiotensin-Converting Enzyme (ACE) inhibitors such as <i>lisinopril</i> or <i>ramipril</i>
			Angiotensin II Receptor Blocker (ARB) such as <i>losartan</i> or <i>irbesartan</i>
			Beta-blocker such as <i>atenolol</i> or <i>metoprolol</i>
See MyPrime.com for specific combination product containing one of these medications			
Heart Medications	Non-Medication Choices ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices Please check drug coverage in your health plan's formulary.
<i>disopyramide</i>	Rate control preferred for atrial fibrillation		
<i>digoxin</i> (more than 0.125 mg per day)	Decrease dose with monitoring		
Medications for Depression*	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>amitriptyline</i>			For depression:
			<i>desipramine</i>
			<i>nortriptyline</i>
			<i>trazodone</i>
			Selective Serotonin Reuptake Inhibitor (SSRI) such as <i>sertraline</i>
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as <i>venlafaxine</i>
	<i>bupropion</i>		
	For nerve pain:		
	<i>duloxetine</i>		
	LYRICA		
	<i>gabapentin</i>		
	<i>lidocaine patch</i> (Prior Authorization may apply)		
	For difficulty sleeping:		
1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening	<i>capsaicin</i> (CAPZASIN)		SILENOR (no more than 6 mg per day)

Antipsychotic Medications	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
thioridazine			ABILIFY
			<i>olanzapine</i>
			SAPHRIS
			<i>haloperidol</i>
			FANAPT
			LATUDA
			INVEGA
			<i>quetiapine</i>
<i>risperidone</i>			
<i>ziprasidone</i>			
Barbiturates	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
BUTISOL	<ol style="list-style-type: none"> 1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening 		<p>For difficulty sleeping:</p> <p style="text-align: center;">SILENOR (no more than 6 mg per day)</p>
			<p>To prevent seizures:</p> <p style="text-align: center;"><i>divalproex</i></p> <p style="text-align: center;"><i>levetiracetam</i></p> <p style="text-align: center;"><i>lamotrigine</i></p> <p style="text-align: center;"><i>oxcarbazepine</i></p>
NEMBUTAL	<ol style="list-style-type: none"> 1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening 		<p>For difficulty sleeping:</p> <p style="text-align: center;">SILENOR (no more than 6 mg per day)</p>

Barbiturates	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<p><i>phenobarbital</i></p>	<ol style="list-style-type: none"> 1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening 		To prevent seizures:
			<i>divalproex</i>
			<i>levetiracetam</i>
			<i>lamotrigine</i>
			<i>oxcarbazepine</i>
For difficulty sleeping: SILENOR (no more than 6 mg per day)			
<p>SECONAL</p>	<ol style="list-style-type: none"> 1. Go to bed and wake up at about the same time each day 2. Do not take daytime naps 3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large snacks right before bedtime 7. Avoid caffeine after noon 8. Avoid alcohol or nicotine later in the evening 		For difficulty sleeping: SILENOR (no more than 6 mg per day)
Medications for Anxiety*	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<p><i>meprobamate</i></p>			<i>bupirone</i>
			Selective Serotonin Reuptake Inhibitors (SSRIs) such as <i>sertraline</i> , <i>fluoxetine</i> or <i>escitalopram</i>
			Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as <i>venlafaxine</i> or <i>duloxetine</i>

Medications for Difficulty Sleeping	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ²
<i>eszopiclone</i> (more than 90 days per year combined with <i>zolpidem</i> and <i>zaleplon</i>)	<ol style="list-style-type: none"> Go to bed and wake up at about the same time each day Do not take daytime naps Make your bedroom comfortable, avoiding extreme temperatures, noise and light Participate in relaxing activities before bedtime Exercise regularly but not late in the evening Avoid eating meals or large snacks right before bedtime Avoid caffeine after noon Avoid alcohol or nicotine later in the evening 		SILENOR (no more than 6 mg per day)
<i>zolpidem</i> (more than 90 days per year combined with <i>eszopiclone</i> and <i>zaleplon</i>)			
<i>zaleplon</i> (more than 90 days per year combined with <i>eszopiclone</i> and <i>zolpidem</i>)			
<i>chloral hydrate</i>			
<i>doxylamine</i>			
Medications to Dilate the Blood Vessels	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>ergoloid mesylate</i>			<i>galantamine</i>
			<i>rivastigmine</i>
			<i>donepezil</i>
<i>isoxsuprine</i>		low-dose <i>aspirin</i>	<i>cilostazol</i>
Hormone Medications	Non-Medication Choices ^{1,2}	Over-the-Counter (OTC) Medication Choices ^{1,2}	Safer Prescription Medication Choices ^{2,3} Please check drug coverage in your health plan's formulary.
<i>desiccated thyroid</i> (i.e. ARMOUR THYROID)			For low thyroid: <i>levothyroxine</i>
<i>Estrogens with or without progesterone</i> , oral and topical only (i.e. PREMARIN, PREMPRO, FEMHRT, ACTIVEVELLA, CLIMARA, COMBIPATCH, VIVELLE)	<ol style="list-style-type: none"> Cool environment Layered clothing Work towards and maintain a healthy weight through diet and regular exercise 	<i>calcium</i> and <i>vitamin D</i>	For hot flashes: Selective Serotonin Reuptake Inhibitor (SSRI) such as <i>paroxetine</i>
			For bone health: Bisphosphonates such as <i>alendronate</i> <i>raloxifene</i> (EVISTA)
			For vaginal symptoms: Vaginal cream such as ESTRACE or PREMARIN
<i>megestrol</i>	<ol style="list-style-type: none"> Feeding assistance Liberalizing food choices Nutritional supplements or snacks between meals Environment conducive to optimal oral intake 		To improve appetite and cause weight gain if depressed: <i>mirtazapine</i>
Medications for Diabetes	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>chlorpropamide</i>			<i>glimepiride</i>
			<i>glipizide</i>
<i>glyburide</i>			<i>glimepiride</i>
			<i>glipizide</i>

Medications for Nausea	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>trimethobenzamide</i>			<i>ondansetron</i>
			<i>granisetron</i>
<i>promethazine</i>			<i>ondansetron</i>
			<i>granisetron</i>
Pain Medications*	Non-Medication Choices ^{1,2}	Over-the-Counter (OTC) Medication Choices ^{1,2}	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>meperidine</i>	1. Apply heat or cold 2. Correct seating and footwear 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight	1. <i>acetaminophen</i> (TYLENOL) 2. Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> (MOTRIN, ADVIL) for a short number of days 3. <i>capsaicin</i> (CAPZASIN)	For mild to moderate pain:
			<i>codeine</i>
			<i>codeine/acetaminophen</i>
			Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not indomethacin or ketorolac) Topical NSAIDs such as VOLTAREN for osteoarthritis pain
			For moderate to moderately severe pain:
			<i>hydrocodone/acetaminophen</i> (VICODIN)
			<i>oxycodone/acetaminophen</i>
			For nerve pain:
		<i>capsaicin</i> (CAPZASIN)	<i>duloxetine</i>
			LYRICA
		<i>gabapentin</i>	
		<i>lidocaine patch</i> (Prior Authorization may apply)	
<i>pentazocine</i>	1. Apply heat or cold 2. Correct seating and footwear 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight	1. <i>acetaminophen</i> (TYLENOL) 2. Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> (MOTRIN, ADVIL) for a short number of days 3. <i>capsaicin</i> (CAPZASIN)	For mild to moderate pain:
			<i>codeine</i>
			<i>codeine/acetaminophen</i>
			Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not indomethacin or ketorolac) Topical NSAIDs such as VOLTAREN for osteoarthritis pain
			For moderate to moderately severe pain:
			<i>hydrocodone/acetaminophen</i> (VICODIN)
			<i>oxycodone/acetaminophen</i>
			For nerve pain:
		<i>capsaicin</i> (CAPZASIN)	<i>duloxetine</i>
			LYRICA
		<i>gabapentin</i>	
		<i>lidocaine patch</i> (Prior Authorization may apply)	
<i>butalbital</i> containing products such as <i>butalbital-acetaminophen-caffeine with or without codeine</i> (i.e. FIORICET/CODEINE) <i>butalbital-aspirin-caffeine with or without codeine</i> (i.e. FIORINAL/CODEINE) <i>butalbital-acetaminophen</i> (i.e. PHRENILIN)	Avoid things such as certain foods, caffeine, alcohol, stress or missing meals that may trigger a headache	1. <i>acetaminophen</i> (TYLENOL) 2. Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> (MOTRIN, ADVIL) for a short number of days	For mild to moderate pain:
			<i>codeine</i>
			<i>codeine/acetaminophen</i>
			Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not indomethacin or ketorolac)
			For moderate to moderately severe pain:
			<i>hydrocodone/acetaminophen</i> (VICODIN)
		<i>oxycodone/acetaminophen</i>	

Pain Medications	Non-Medication Choices ^{1,2}	Over-the-Counter (OTC) Medication Choices ^{1,2}	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.				
<i>indomethacin</i>	1. Apply heat or cold 2. Correct seating and footwear 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight	1. <i>acetaminophen</i> (TYLENOL) 2. Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> (MOTRIN, ADVIL) for a short number of days 3. <i>capsaicin</i> (CAPZASIN)	For mild to moderate pain: <i>codeine</i> <i>codeine/acetaminophen</i> Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not <i>indomethacin</i> or <i>ketorolac</i>) CELEBREX except if you have heart failure Topical NSAIDs such as VOLTAREN for osteoarthritis pain For moderate to moderately severe pain: <i>hydrocodone/acetaminophen</i> (VICODIN) <i>oxycodone/acetaminophen</i> For acute gout pain: Non-steroidal anti-inflammatory (NSAID) such as <i>naproxen</i> (not <i>indomethacin</i> or <i>ketorolac</i>) COLCRYS <i>prednisone</i> If NSAIDs are needed for more than a small number of days: CELEBREX except if you have heart failure NSAID such as <i>ibuprofen</i> (not <i>indomethacin</i> or <i>ketorolac</i>) with a stomach protection medication such as <i>misoprostol</i> or a proton pump inhibitor such as <i>omeprazole</i>				
		<i>ketorolac</i>	1. Apply heat or cold 2. Correct seating and footwear 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight	1. <i>acetaminophen</i> (TYLENOL) 2. Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> (MOTRIN, ADVIL) for a short number of days 3. <i>capsaicin</i> (CAPZASIN)	For mild to moderate pain: <i>codeine</i> <i>codeine/acetaminophen</i> Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not <i>indomethacin</i> or <i>ketorolac</i>) CELEBREX except if you have heart failure Topical NSAIDs such as VOLTAREN for osteoarthritis pain For moderate to moderately severe pain: <i>hydrocodone/acetaminophen</i> (VICODIN) <i>oxycodone/acetaminophen</i> If NSAIDs are needed for more than a small number of days: CELEBREX except if you have heart failure NSAID such as <i>ibuprofen</i> (not <i>indomethacin</i> or <i>ketorolac</i>) with a stomach protection medication such as <i>misoprostol</i> or a proton pump inhibitor such as <i>omeprazole</i>		
				Medications to Relax the Muscles*	Non-Medication Choices ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
				<i>carisoprodol</i>	1. Treat underlying problem 2. Apply heat or cold 3. Correct seating and footwear		<i>baclofen</i>
				<i>chlorzoxazone</i>			<i>tizanidine</i>
				<i>cyclobenzaprine</i>			<i>baclofen</i>
				<i>metaxalone</i>			<i>tizanidine</i>
				<i>methocarbamol</i>			<i>baclofen</i>
				<i>orphenadrine</i>			<i>tizanidine</i>

Medications for Irregular Bowel Movements	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices ¹	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
<i>belladonna alkaloids-phenobarbital</i> (i.e. DONNATAL)	1. Increase fiber in diet by eating foods containing wheat grains, oats, fruits and vegetables 2. Drink plenty of fluids--four to six 8-ounce glasses per day 3. Establish a regular pattern for bathroom visits	<i>psyllium fiber</i> (METAMUCIL) <i>polyethylene glycol</i> (MIRALAX) <i>docusate</i> (COLACE)	For difficulty having a bowel movement: <i>polyethylene glycol</i> <i>lactulose</i>
		<i>loperamide</i> (IMODIUM) <i>aluminum hydroxide</i>	For watery bowel movements: <i>loperamide</i>
1. Allen, Loyd V. Handbook of Nonprescription Drugs. 12th ed. Washington, DC: American Pharmaceutical Association, 2000. Print			
2. PL Detail-Document, Potentially Harmful Drugs in the Elderly: Beers List. Pharmacist's Letter/Prescriber's Letter. June 2012. □			
3. PL Detail-Document, Choosing a UTI Antibiotic for Elderly Patients. Pharmacist's Letter/Prescriber's Letter. December 2011.			
4. The American Geriatrics Society 2012 Beers Criteria Update Expert Panel (2012), American Geriatrics Society Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. Journal of the American Geriatrics Society, 60: 616–631. doi: 10.1111/j.1532-5415.2012.03923.x			
5. Clinical Pharmacology. N.p., n.d. Web. July-Aug. 2013.			
6. MICROMEDEX 2.0. N.p., n.d. Web. July-Aug. 2013.			