## **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 Mediciations*	Non-Medication Choices <sup>1</sup>	Over-the-Counter (OTC)  Medication Choices <sup>2</sup>	Safer Prescription Medication Choices <sup>2</sup> Please check drug coverage in your health plan's formulary.
		cetirizine (ZYRTEC)	r lease check ut ug coverage in your nearth plan's formulary.
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
brompheniramine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
bromphentramme	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	may set on your anergies	spray	functione hasar spray
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
carbinoxamine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
caromoxamme	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	may set on your anergies	spray	functione hasar spray
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
chlorpheniramine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
стограситатие	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	may set on your unergies	spray	functione hasar spray
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
clemastine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
cicinasine	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	, , , ,	spray	,
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
cyproheptadine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
cyp conspiration	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	, , , ,	spray	J 2
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
dexchlorpheniramine	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
descente sprients amuse	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
		spray	
		cetirizine (ZYRTEC)	
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
diphenhydramine , oral	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
• •	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
		spray	• • •

Alloway Madiciations*	N. M. P. C. C. I	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Allergy Mediciations*	Non-Medication Choices <sup>1</sup>	Medication Choices <sup>2</sup>	Please check drug coverage in your health plan's formulary.
		cetirizine (ZYRTEC)	For allergies:
	Avoid things such as pollen,	fexofenadine (ALLEGRA)	levocetirizine
	mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
		spray	junicusone nasai spray
			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, avoding extreme		
	temperatures, noise and light		
	4. Participate in relaxing		
1 1 .	activities before bedtime		
hydroxyzine	5. Exercise regularly but not late		SILENOR (no more than 6 mg per day)
	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 anxiety:
			buspirone
			Selective Serotonin Reuptake Inhibitors (SSRIs) such as sertraline, fluoxetine or
			escitalopram
			Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as <i>venlafaxine</i> or <i>duloxetine</i>
		(TAIDTEC)	T I I I I I I I I I I I I I I I I I I I
	Avoid things such as nollan	cetirizine (ZYRTEC) fexofenadine (ALLEGRA)	levocetirizine
triprolidine	Avoid things such as pollen, mold, cats and dust mites that	loratadine (CLARITIN)	montelukast
inpronume	may set off your allergies	NASACORT ALLERGY nasal	fluticasone nasal spray
	may set on your unergies	spray	juneusone nasar spray
Medications that Stop Blood from	N. M. P. et al.	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Clotting	Non-Medication Choices	<b>Medication Choices<sup>2</sup></b>	Please check drug coverage in your health plan's formulary.
ticlopidine		low-dose aspirin	clopidogrel
dipyridamole		low-dose aspirin	clopidogrel
(does NOT include AGGRENOX)		•	ciopidogrei
Medication for Parkinson's Disease	Non-Medication Choices <sup>2</sup>	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
		<b>Medication Choices</b>	Please check drug coverage in your health plan's formulary.
	If taking antingual atia		selegiline carbidopa/levodopa
	If taking antipsychotic medication(s) may be causing		carbidopa/levodopa ropinirole or pramipexole
	Parkinson's symptoms, consider		entacapone
benztropine , oral	decreasing the antipsychotic		If antipsychotic medication(s) may be causing Parkinson's symptoms, consider changing
	dose(s) or stopping the		antipsychotic(s) to:
	medication(s) if appropriate		quetiapine
			clozapine

36 21 22 6 30 12 1 132		Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Medication for Parkinson's Disease	Non-Medication Choices <sup>2</sup>	<b>Medication Choices</b>	Please check drug coverage in your health plan's formulary.
			selegiline
	If taking antipsychotic		carbidopa/levodopa
	medication(s) may be causing		ropinirole or pramipexole
	Parkinson's symptoms, consider		entacapone
trihexyphenidyl	decreasing the antipsychotic		If antipsychotic medication(s) may be causing Parkinson's symptoms, consider changing
	dose(s) or stopping the		antipsychotic(s) to:
	medication(s) if appropriate		quetiapine
			clozapine
AT 11 (1 0 T)		Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>3</sup>
Medications for Urinary Concerns	Non-Medication Choices <sup>1,3</sup>	Medication Choices <sup>1</sup>	Please check drug coverage in your health plan's formulary.
			To treat acute infection:
			trimethoprim/sulfamethoxazole
			ciprofloxacin
			ofloxacin
	Cranberry tablets, capsules or		amoxicillin-clavulanate
nitrofurantoin	juice		cephalexin
(for more than 90 days per year)	(sugar-free for those with		To prevent infections that keep coming back:
	diabetes)		trimethoprim/sulfamethoxazole
			ciprofloxacin
			ofloxacin
			cephalexin
phenazopyridine-butabarbital-hyoscyamine		AZO STANDARD	
(i.e. PYRELLE, PYRIDIUM PLUS)		AZO-GESIC	
		Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
High Blood Pressure Medications*	Non-Medication Choices	<b>Medication Choices</b>	Please check drug coverage in your health plan's formulary.
			Thiazide such as hydrochlorothiazide
			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril or ramipril
1			Angiotensin II Receptor Blocker (ARB) such as losartan or irbesartan
guanfacine			Beta-blocker such as atenolol or metoprolol
			Calcium channel blocker such as amlodipine
			See MyPrime.com for specific combination product containing one of these medications
			Thiazide such as hydrochlorothiazide
			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril or ramipril
			Angiotensin II Receptor Blocker (ARB) such as losartan or irbesartan
methyldopa			Beta-blocker such as atenolol or metoprolol
			Calcium channel blocker such as amlodipine
			See MyPrime.com for specific combination product containing one of these medications
			Thiazide such as hydrochlorothiazide
			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril or ramipril
reserpine			Angiotensin II Receptor Blocker (ARB) such as losartan or irbesartan
(more than 0.1 mg per day)			Beta-blocker such as atenolol or metoprolol
			Calcium channel blocker such as amlodipine
			See MyPrime.com for specific combination product containing one of these medications

High Blood Pressure Medications*	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Ingli Diood i ressure medications	Tion-incurcation endices	Medication Choices	Please check drug coverage in your health plan's formulary.
			Calcium channel blockers such as amlodipine or long-acting nifedipine
			Other calcium channel blockers such as felodipine, isradipine, nicardipine or nisoldipine
nifedipine, immediate release			Thiazide such as hydrochlorothiazide
nijeaipine, miniculate release			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril or ramipril
			Angiotensin II Receptor Blocker (ARB) such as losartan or irbesartan
			Beta-blocker such as atenolol or metoprolol
			See MyPrime.com for specific combination product containing one of these medications
Heart Medications	Non-Medication Choices <sup>2</sup>	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices Please check drug coverage in your health plan's formulary.
disopyramide	Rate control preferred for atrial fibrillation		
digoxin (more than 0.125 mg per day)	Decrease dose with monitoring		
		Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Medications for Depression*	Non-Medication Choices <sup>1</sup>	<b>Medication Choices</b> <sup>2</sup>	Please check drug coverage in your health plan's formulary.
			For depression:
			desipramine
			nortriptyline
			trazodone
			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
			bupropion
			For nerve pain:
		capsaicin (CAPZASIN)	duloxetine
			LYRICA
			gabapentin
			lidocaine patch
			(Prior Authorization may apply)
amitriptyline	1. Go to bed and wake up at		For difficulty sleeping:
штруше	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		SILENOR (no more than 6 mg per day)

Medications for Depression*	Non-Medication Choices <sup>1</sup>	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Medications for Depression	Non-Medication Choices	Medication Choices <sup>2</sup>	Please check drug coverage in your health plan's formulary.
			For depression:
			desipramine
			nortriptyline
clomipramine			trazodone
			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
			bupropion
			For depression:
			desipramine
			nortriptyline
			trazodone
			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as <i>venlafaxine</i>
			bupropion
	1. Go to bed and wake up at		For difficulty sleeping:
doxepin (more than 6mg per day)	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		SILENOR (no more than 6 mg per day)
			For depression:
			desipramine
			nortriptyline
			trazodone
			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
imipramine			bupropion
			For nerve pain:
			duloxetine
		capsaicin (CAPZASIN)	LYRICA
		capsaicii (Cri ZiBill)	gabapentin
			lidocaine patch
			(Prior Authorization may apply)
			For depression:
			desipramine
			nortriptyline
trimipramine			trazodone
	I I		
•			Selective Serotonin Reuptake Inhibitor (SSRI) such as <i>sertraline</i>
,			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine

Antipsychotic Medications	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices <sup>2</sup> Please check drug coverage in your health plan's formulary.
			ABILIFY olanzapine
			SAPHRIS
			haloperidol FANAPT
thioridazine			LATUDA
			INVEGA
			quetiapine
			risperidone
			ziprasidone
Daubitania ta	22 24 11 11 11 11	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Barbiturates	Non-Medication Choices <sup>1</sup>	Medication Choices	Please check drug coverage in your health plan's formulary.
	1. Go to bed and wake up at		For difficulty sleeping:
BUTISOL	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		SILENOR (no more than 6 mg per day)
			To prevent seizures:
			divalproex
			levetiracetam
			lamotrigine
			oxcarbazepine  For difficulty sleeping:
NEMBUTAL	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		SILENOR (no more than 6 mg per day)

Barbiturates	Non-Medication Choices <sup>1</sup>	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices <sup>2</sup>
		Medication Choices	Please check drug coverage in your health plan's formulary.  To prevent seizures:
			divalproex
			levetiracetam
			lamotrigine
			oxcarbazepine
			For difficulty sleeping:
phenobarbital	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		SILENOR (no more than 6 mg per day)
	1. Go to bed and wake up at		For difficulty sleeping:
SECONAL	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		SILENOR (no more than 6 mg per day)
Medications for Anxiety*	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices <sup>2</sup> Please check drug coverage in your health plan's formulary.
meprobamate			buspirone  Selective Serotonin Reuptake Inhibitors (SSRIs) such as sertraline, fluoxetine or escitalopram
			Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as venlafaxine or duloxetine

Medications for Difficulty Sleeping	Non-Medication Choices <sup>1</sup>	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices <sup>2</sup>
eszopiclone (more than 90 days per year combined with zolpidem and zaleplon)	Go to bed and wake up at about the same time each day     Do not take daytime naps		
zolpidem (more than 90 days per year combined with eszopiclone and zaleplon)	3. Make your bedroom comfortable, avoiding extreme temperatures, noise and light 4. Participate in relaxing		
zaleplon (more than 90 days per year combined with eszopiclone and zolpidem)	activities before bedtime 5. Exercise regularly but not late in the evening 6. Avoid eating meals or large		SILENOR (no more than 6 mg per day)
chloral hydrate	snacks right before bedtime 7. Avoid caffeine after noon		
doxylamine	8. Avoid alcohol or nicotine later in the evening		
Medications to Dilate the Blood Vessels	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
recirculations to blidge the blood vessels	Non-Medication Choices	Medication Choices <sup>2</sup>	Please check drug coverage in your health plan's formulary.
1.1			galantamine
ergoloid mesylate			rivastigmine
isoxsuprine		low-dose aspirin	donepezil cilostazol
isoxsuprine		Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2,3</sup>
Hormone Medications	Non-Medication Choices <sup>1,2</sup>	Medication Choices <sup>1,2</sup>	Please check drug coverage in your health plan's formulary.
desiccated thyroid		Medication Choices	For low thyroid:
(i.e. ARMOUR THYROID)			levothyroxine
,			For hot flashes:
Estrogens with or without progesterone,	<ol> <li>Cool environment</li> <li>Layered clothing</li> </ol>		Selective Serotonin Reuptake Inhibitor (SSRI) such as paroxetine
oral and topical only (i.e. PREMARIN,		calcium and vitamin D	For bone health:
PREMPRO, FEMHRT, ACTIVELLA,	3. Work towards and maintain a		Bisphosphonates such as alendronate
CLIMARA, COMBIPATCH, VIVELLE)	healthy weight through diet and		raloxifene (EVISTA)
	regular exercise		For vaginal symptoms:  Vaginal cream such as ESTRACE or PREMARIN
	Feeding assistance		To improve appetite and cause weight gain if depressed:
megestrol	Liberalizing food choices     Nutritional supplements or snacks between meals     Environment conducive to optimal oral intake		mirtazapine
Medications for Diabetes	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
		<b>Medication Choices</b>	Please check drug coverage in your health plan's formulary.
chlorpropamide			glimepiride
			glipizide
1			glimepiride
glyburide			glipizide

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

Pain Medications	Non-Medication Choices <sup>1,2</sup>	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
Tail Medications	Non-Medication Choices	Medication Choices <sup>1,2</sup>	Please check drug coverage in your health plan's formulary.
		1. acetaminophen (TYLENOL)	For mild to moderate pain:
		2. Non-steroidal anti-	codeine
	1. Apply heat or cold	inflammatory (NSAID) such as	codeine/acetaminophen
	2. Correct seating and footwear	ibuprofen (MOTRIN, ADVIL)	Non-steroidal anti-inflammatory (NSAID) such as ibuprofen for a short number of days (not
	3. Range-of-motion and	for a short number of days	indomethacin or ketorolac)
	strengthening exercises	3. capsaicin (CAPZASIN)	CELEBREX except if you have heart failure
	4. Work towards and maintain a		Topical NSAIDs such as VOLTAREN for osteoarthritis pain
	healthy weight		For moderate to moderately severe pain:
			hydrocodone/acetaminophen (VICODIN)
indomethacin			oxycodone/acetaminophen
			For acute gout pain:
			Non-steroidal anti-inflammatory (NSAID) such as <i>naproxen</i> (not indomethacin or ketorolac)
			COLCRYS
			prednisone
			If NSAIDs are needed for more than a small number of days:
			CELEBREX except if you have heart failure
			NSAID such as ibuprofen (not indomethacin or ketorolac) with a stomach protection
			medication such as misoprostol or a proton pump inhibitor such as omeprazole
		1 (TIMENOL)	For mild to moderate pain:
	<ol> <li>Apply heat or cold</li> <li>Correct seating and footwear</li> <li>Range-of-motion and strengthening exercises</li> <li>Work towards and maintain a healthy weight</li> </ol>	acetaminophen (TYLENOL)     Non-steroidal anti- inflammatory (NSAID) such as ibuprofen (MOTRIN, ADVIL) for a short number of days     capsaicin (CAPZASIN)	codeine
			codeine/acetaminophen
			Non-steroidal anti-inflammatory (NSAID) such as <i>ibuprofen</i> for a short number of days (not
			indomethacin or ketorolac)
			CELEBREX except if you have heart failure
ketorolac	heartify weight	5. capsaicii (Cri Zrishv)	Topical NSAIDs such as VOLTAREN for osteoarthritis pain
			For moderate to moderately severe pain:
			hydrocodone/acetaminophen (VICODIN)
			oxycodone/acetaminophen
			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 indomethacin or ketorolac) with a stomach protection
			medication such as misoprostol or a proton pump inhibitor such as omeprazole
Medications to Relax the Muscles*	Non-Medication Choices <sup>2</sup>	Over-the-Counter (OTC)	Safer Prescription Medication Choices <sup>2</sup>
ividated for iterative file ividates	Non-Medication Choices	Medication Choices	Please check drug coverage in your health plan's formulary.
carisoprodol			baclofen
carisoprouoi			tizanidine
chlorzoxazone			baclofen
- Como Agoriado de			tizanidine
cyclobenzaprine	Treat underlying problem		baclofen
	Apply heat or cold     Correct seating and footwear		tizanidine
metaxalone			baclofen
			tizanidine
methocarbamol			baclofen
	-		tizanidine
orphenadrine			baclofen
·	1		tizanidine

Medications for Irregular Bowel Movements	Non-Medication Choices <sup>1</sup>	Over-the-Counter (OTC)  Medication Choices <sup>1</sup>	Safer Prescription Medication Choices <sup>2</sup> Please check drug coverage in your health plan's formulary.
	1. Increase fiber in diet by eating		For difficulty having a bowel movement:  polyethylene glycol
belladonna alkaloids-phenobarbital (i.e. DONNATAL)	foods containing wheat grains, oats, fruits and vegetables 2. Drink plenty of fluidsfour to six 8-ounce glasses per day 3. Establish a regular pattern for bathroom visits	polyethylene glycol (MIRALAX)	
		loperamide (IMODIUM)	For watery bowel movements:
		aluminum hydroxide	loperamide
<ol> <li>Allen, Loyd V. Handbook of Nonprescript</li> </ol>			
2. PL Detail-Document, Potentially Harmful	Drugs in the Elderly: Beers List. Pl	harmacist's Letter/Prescriber's Lett	er. June 2012. □
3. PL Detail-Document, Choosing a UTI Ant	tibiotic for Elderly Patients. Pharma	acist's Letter/Prescriber's Letter. De	ecember 2011.
4. The American Geriatrics Society 2012 Ber	ers Criteria Update Expert Panel (2	012), American Geriatrics Society	Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. Journal
of the American Geriatrics Society, 60: 616-6	631. doi: 10.1111/j.1532-5415.2013	2.03923.x	
5. Clinical Pharmacology. N.p., n.d. Web. Ju	ly-Aug. 2013.		
6. MICROMEDEX 2.0. N.p., n.d. Web. July-	-Aug. 2013.		