

PRACTITIONERS GUIDE FOR MEDICATIONS IN ALCOHOL AND DRUG DEPENDENCE

INTRODUCTION

It is likely the majority of chemically dependent persons will probably need medications (including both prescriptions and over-the counter) at some point in their recovery. At any time, such medications should only be taken as prescribed by their primary physician in conjunction with their addiction specialist.

This *Guide* is intended to serve as a resource for the recovering chemically dependent person and the medical professional prescribing treatment. It is not meant to be used exclusively or as the sole means for providing advice regarding medications. Indeed, this *Guide* would be best utilized in conjunction with other concurrent reference materials.

Decisions about particular prescription medication(s) should be tailored to the needs of the individual patient under the direction of a health professional. This *Guide* is not intended to be exhaustive, nor an endorsement of any particular brand name medication. Rather it is intended to provide relevant pharmacological information to the recovering person and health care providers treating those in recovery.

GUARDING AGAINST ADDICTION

Recovering alcoholics and addicts must be constantly alert to the possibility of triggering a relapse of their disease through the intake of drugs or alcohol. Just as a diabetic needs to be cautious about the intake of sugar, the recovering alcoholic must be sensitive to drugs and the recovering addict must be sensitive to alcohol, and both must be sensitive to other mood-altering drugs, including prescribed and over-the-counter preparations.

This *Guide* is designed to serve as a resource when making decisions regarding what medication(s) to take, as well as a reference tool for those who prescribe medication for persons in recovery. The lists provided will serve as a resource when questioning the risk factors of the most commonly encountered drugs, including preparations containing alcohol.

USING THIS GUIDE

Under **strict** medical guidelines, sometimes medications listed under "Potential Risk" may need to be dispensed. Any such medications need to be firmly **limited** in both time and quantity, and administered under intensive **rules** including a signed contract with the patient. Special caution must be exercised for over-the-counter drugs that are for sale in supermarkets, department stores, drug stores, discount stores, etc. Individuals who do not realize cough syrups, tonics, vitamin preparations, and mouthwashes are sources of alcohol may be negatively affected. Other substances that must be flagged include: antihistamines, cold preparations, and sinus medications. Frequently these medications trigger the recurrence of cravings and the addictive process. This *Guide* may be used to reference specific products and the associated risk factors. Additionally, a safe listing is included. Decisions about specific medications should be tailored to the needs of the individual by their treating physician and an addiction specialist.

THE DANGERS OF CROSS-ADDICTION

An individual may think the use of addictive substances other than their drug of choice is permissible without risk of relapse. In reality, any addictive drug or compound, including alcohol, will trigger specific receptor areas in the brain and eventually lead the addict back to active addiction either with their original drug of choice or a new drug of choice.

Recovering individuals frequently do not consider alcohol as a drug or prescriptions as being safe. Just as patients with other serious medical conditions may not use certain foods/substances, the alcoholic and/or addict cannot use any addictive substance unless prescribed by a health professional knowledgeable in addiction medicine. This *Guide* is critical for the identification of substances that should be carefully evaluated, as well as those that are acceptable.

If you have any questions regarding the information contained in this *Guide*, please contact an addiction medicine specialist.

Medication Classification	Mood Altering Ingredient to Avoid	Potential Risk	Safe Medication List
<i>Allergy / Decongestants (Systemic)</i>	Brompheniramine	Dimetane®, Dimetap®	Travist-1® (Clemastine Fumarate) Claritin® (Loratadine) Clarinex® (Desloratadine) Allegra® (Fexofenadine) Zyrtec® (Cetizine)
	Chlorpheniramine	Chlor-Trimeton® Efidac®, Teldrin®	
	Dexchlorpheniramine	Polaramine-RX®	
	Diphenhydramine	Benadryl® Benylin Cough®	
	Tripolidine	Actifed®	
	Cyproheptadine	Perictin-RX®	
	Phenylephrine	AH-Chew D®, Entex LA® Nalex-A®, Prolex-D® Sinutuss DM® Tussafed-EX®	Potential Risk Allegra D® Claritin D® Zytrec D® (contains pseudoephedrine)
	Promethazine	Phenergan-RX®	
Pseudoephedrine	Sudafed®, Novafed, Profen		
<i>Anorexiant, Stimulants, and Weight Control</i>	Amphetamine Salts	Adderall®, Dexedrine®	RX Xenical® (Orlistat) Diet Ayds® (candy) Slim-Mint® (gum) Slim Fast®, Slender®
	Benzphetamine HCl	Didrex®	
	Caffeine	Red Dog®, Rip Tide®, Others	
	Diethylpropion HCl	Tenuate®, Tepanilz®	
	Ephedrine, Ephedra, Ma Haung	Metabolife®, Metabolite®	
	Modafinil	Provigil®	
	Methylphenidate	Concerta®, Metadate® Methylin®, Methylphenidate	
	Nicotine	Tobacco products Nicorette®, Nicoderm®	
	Pemoline	Cylert®	
	Phendimetrazine Tartate	Bontril PDM®, Anorex® Melfiat-105®, Prelu-2®	
Phentermine HCl	Fastin®, Adipex-P® Ionamin®, Obephen®		

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Analgesics (pain relief)	Hydromorphone HCl	Dilaudid®	OTC Advil®, Aleve®, Aspirin® Bufferin®, Tylenol® RX Disalcid®, Salflex® Dolobid®, Trilisate® Non-steroidal Anti-inflammatory Agents Anaprox®, Ansaid® Arthrotec®, Bextra® Cataflam®, Celebrex® Clinoril®, Daypro® Feldene®, Indocin® Lodine®, Meclomen® Mobic®, Motrin® Nalfon®, Naprelan® Naprosyn®, Orudis® Oruvail®, Ponstel® Relafen®, Tolectin® Toradon®, Vioxx® Voltaten®
	Levorphanol Tartate	Levo-Dromoran®	
	Methadone HCl	Dolophine®	
	Meperidine HCl	Demerol® Mepergan Fortis®	
	Morphine Sulfate	Avinza®, Duramorph® MS Contin®, MSIR® Roxanol®	
	Opium	Paregoric®	
	Alfentanil HCl	Alfenta®	
	Fentanyl	Sublimaze® Duragesic®	
	Oxymorphone HCl	Numorphan®	
	Propoxyphene	Wygesic®, Darvon® Darvocet®	
	Sufentanil Citrate	Sufenta®	
	Hydrocodone Bitartrate	Anexsia®, Bancap® Hycodan®, Hydrocet® Lorcet®, Lorcet-HD® Lortab®, Maxidone® Norco®, Vicodin® Vicoprofen®, Zydone®	
	Methotrimeprazine	Levoprome®	
	Malbuphine HCl	Nubain®	
	Pentazocine	Talwin NX®, Talacen®	
	Tramadol HCl	Ultram®, Ultracet®	
	Carisoprodol	Soma, Soma Compound with Codeine	Dantrium®, Flexeril® Lioresal®, Robaxin® Skelaxin®
	Levomethadyl	ORLAAM®	
	Buprenorphine HCl	Buprenex®	Imitrex® (migraines) Zomig® (migraines)
	Codeine	Empirin #3,4® Fiorcet w/ codeine® Fiorinal w/ codeine®	
	Analgesics with Barbiturates	Esgic®, Fioricet® Triad®, Phrenilin® Axocet®, Bucet® Fiorinal®, Axotal	
	Butorphanol Tartrate	Stadol®	
	Caffeine	Vanquish®, Excedrin® Goody's Powder®, Midol®, BC Powder® Cope®	
Dihydrocodeine Bitrtrate	DHC Plus® Caps Panlor SS® Synalgos-DC® Caps		
Oxycodone HCl	Oxcotin®, Oxyir® Percodan®, Percocet® Roxicet®, Tylox®		

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<i>Asthma Medication</i>	Ephedrine	Primatene® Tablets	RX Advair®, Alupent® Brethine®, Combivent® Duoneb®, Maxair® Proventil, Pulimart® Qvar®, Vanceril® Volmax®
	Epinephrine	Primatene® Mist	
<i>Cough / Cold (Preparation)</i>	Codeine	Ambenyl®, Brontex® Hovahistine DH® Nucofed®, Phenegran with Codeine Robitussin AC®	OTC (Guaifenesin) Naldecon Senior EX® Organidin NR® Robitussin® Plain Breonesin® Capsule RX (Guaifensin) Organidin NR® Duratuss G® Fenesin Tablets® Humibid LA® (Benzonatate-sofgels) Tessolon Perles®
	Dextromethorphan	Benylin®, Delsym® Dimetap Cough® Comtrex®, Contac® Duratuss® plain or DM Nyquil® Novihistine DMX® Novafed® Profen® Robitussin DM® Vicks Formula 44D®	
	Hydrocodone Compound	Hycodan® Tabs & syrup Hycomine®	
	Hydrocodone Syrup (Multiple generics and trade names)	Anaplex HD® Bitartrate/Guaifensin syrup, Duratuss HD® Hycotuss® Hycotuss® Expectorant Hydrocodone Protuss/ProtussD Vicodan Tuss® Expectorant, Others	
<i>Diarrhea</i>	Alcohol	Imodium A-D Liquid® Paregoric®, Pepto Diarrhea Control®	Diasorb® Donnagel® Tabs Kaopectate® Kaopetolin®, Kaodene® Lactinex® Imodium® A-D capsules/tablets Pepto-Bismol® Rheaban®
	Diphenozylate HCL Atropine Sulfate	Lomotil®, Logen® Lonox®	
	Tincture of Opium	Donnagel Liquid®	
<i>Mouthwash / Mouthcare Dental Hygiene</i>	Alcohol	Advance Formula N'Ice® Throat Spray, Cepacol® Cheracol Sore Throat Spray®, Listerine® Listermint®, Peridex® Perioguard®, Plax® Scope® Sucrettes® Spray	Cepastar® Chloraseptic Gly-Oxide® Halls® Lozenges Mycinette® N'Ice® Lozenges Orajel® Perioseptic Sucrets® Lozenges Vicks® Cough Drops Vicks® Throat Discs

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Sedatives / Antianxiety Agents	Meprobamate	Equanil®, Miltown® Meprospan®	RX	
	Benzodiazepines:	Benzodiazepines:	Adapine®, Buspar® (Buspirone HCL) Desyrel® (Trazadone) Elavil®, Mellaril®, Paxil® Seroquel®, Sinequan® Thorazine®, Trilafon®	
	Alprazolam	Xanax®		
	Chlordiazepoxide	Librium®, Libritabs® Librax®		
	Clonazepam	Klonopin®		
	Clorazepate	Tranxene®		
	Dipotassium	Gen-Xene®		
	Diazepam	Valium®, Valrelease® Dizax®		OTC
	Etazolam	ProSom®		Warm Milk
	Flurazepam	Dalmane®		
	Halazepam	Paxipam®		
	Lorazepam	Ativan®		
	Oxazepam	Serax®		
	Quazepam	Doral®		
	Temazepam	Restoril®		
	Tiazolam	Halcion®		
	Non-Benzodiazepines:	Non-Benzodiazepines:		
	Chlormezanone	Trancopal®		
	Doxepin HCl	Sinequan®, Adapin®		
	Hydroxyzine HCl	Vistaril/generic		
	Hydroxyzine Pameate	Atarax/generic		
	Chloral Hydrate	Chloral Hydrate		
	Ethchlorvynol	Placidyl®		
	Glutethimide	Doriden®		
	Paraldehyde	Paral®		
	Zaleplon	Sonata		
	Zolpidem Tartrate	Ambien®		
	Barbiturates:	Barbiturates:		
	Amobarbital/Secobarbital Combinations	Tuinal Pulvules®		
	Amobarbital Sodium	Amytal Sodium®		
	Aprobarbital	Alurate®		
	Butabarbital Sodium	Butisol Sodium®		
	Mephobarbital	Mebaral®		
Pentobarbital Sodium	Nembutal Sodium®			
Phenobarbital	Solfoton®, Luminal®			
Secobarbital	Seconal Sodium®			

		OTC: Benadryl®, Compoz® Dormin® Extra-Strength Tylenol PM®, Excedrin PM® Legatrin PM®, Nervine® Nighttime Pamprin® Nytol®, Sleep-eze® Sominex®, Twilite® Unisom®	OTC: Doxylamine Succinate
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<i>Nasal Decongestant Sprays</i>	Ephedrine	Pretz-D®	OTC Ayr Saline®, Humist® Ocean®, NaSal® Salinex® RX Aerobid®, Astelin® Attovert®, Azmacort® Beconase®, Flonase® Nasacort®, Nasalcrom® Nasalide®, Nasarel® Nasonex®, Rhinocort® Vancanase®
	Epinephrine HCL	Adrenaline Chloride Solution	
	L-Desoxyephedrine	Vicks® Inhaler	
	Naphazoline HCl	Privine®	
	Oxymetazoline HCl	Afrin®, Allerest® Dristan®, Duration® 4-Way®, Sinarest®	
	Phenylephrine HCl	Neo-Synephrine® Sinex®, Alconefin® Nostril®	
	Propylhexedrine	Denzedrex®	
	Tetrahydrozoline HCl	Tyzine®	
	Xylometazoline HCl	Otrivin®	
<i>Nausea (Anti-emetic / Anti-vertigo Agents)</i>	Cyclizine	Marezine®	OTC Emetrol®, Emecheck® Pepto-Bismol®, Nausetrol® RX Anzemet®, Compazine® Kytril®, Metoclopramide: Reglan®, Maxolon® Octamide®, Norzine® Thorazine®, Tigen® (trimethobenzamide HCl) Torecan®, Trilafon® Zofran®
	Chlorpromazine Buclizine HCl	Bucladen®	
	Dimehydrinate	Dramamine®, Triptone® Vertab®	
	Diphenhydramine	Benadryl®	
	Diphenidol	Vontrol®	
	Dronabinol	Marinol®	
	Meclizine	Antivert®, Bonine® Dramamine®, Vergon®	
	Promethazine	Phenegrans® Tablets	
	Scopolamine Transdermal	Transderm-Scop®	

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<http://www.talbottcampus.com/>