

## DRUGS TO AVOID

The following is a **partial list of drugs** which have been known by actual experience to be hazardous in sobriety. We recommend that you give a copy of this list to your physician for your records. You keep the original. Prior to taking any new medication prescribed by your physician, you are required to check with the RNP staff to make certain it is appropriate.

**Medicines for sleep:** Ambien, Lunesta, Dalmane, Restoril, Halcion, Nembutal, Seconal, Doriden, Placidyl, Chloral Hydrate, Tuinal, Sleepeze, Sominex, Unisom, Tylenol PM, Diphenhydramine.

**Narcotics:** codeine (Tylenol #2, 3, 4 or Empirin #2, 3, 4), Morphine, Dilaudid, Demerol, Stadol, Nubain, Talwin, Darvon, Darvocet, Percodan, Percocet, Vicodin, Tylox, Norco, dolophine, duragesic, MS Contin, Oxycontin, propoxyphene, Roxanol, Ultriva, Hydrocodone, Ultram/Tramadol, Nucynta/Tapentadol, Fentanyl, or any of the synthetic derivatives of opioids/narcotics, Methadone, Suboxone, Subutex,

**Tranquilizers, Sedatives, Hypnotics, Barbiturates :** meprobamate (Miltown, Equanil), Butalbital, Phenobarbital, Tuinal, Seconal, and Benzodiazepines (Valium, Librium, Serax, Xanax, Ativan, Tranxene, Klonopin etc.). The Benzodiazepines are particularly hazardous because of their wide usage, easy availability, and high addiction potential.

**Stimulants:** cocaine, amphetamines, Ritalin, Adderall, Concerta , Vyvanse, Ephedra, Phentermine/Adipex and all weight control and diet aids.

**Over-the-counter medications:** These are a frequent cause of relapse. Beware of OTC medications in general. Some, including cough and cold medicines, may be 30-40 proof and contain alcohol (i.e. Nyquil, any medication containing dextromethorphan, herbal supplements with sedative effects.

**Mouthwash/Dental Hygiene,** Dr. Tichner's, :Listerine, Mouthwashes containing alcohol

**Alcohol** (liquor, beer, wine, cough medicines, etc.). Food items where the full alcohol content has not been cooked out, extracts. "Elixir" contains alcohol.- cooking wine

**Antihistamines:** This will mean avoidance of all remedies *containing decongestants such as pseudoephedrine (or drugs having a mood altering effect)* for coughs, colds, hay fever, sinus trouble, and related conditions. (Examples: Contact, Dristan, Novahistine, Dramamine, Benadryl, Vistaril and Atarax, Chlor-Trimeton, Dimetane, sudafed hydroxyzine, Periactin, Tavist, )

**Muscle Relaxants:** Flexeril, Norflex, Soma, Norgesic, Robaxisal, Parafon Fort

**Gastrointestinal Issues:**

Lomotil, GI Cocktails containing phenobarbital or atrophines

**Others:**

Phenergan

Benadryl (anything OTC with “PM” in its name)

Sudafed (any drug with”-D” after its name)

Spice, Bath Salts, Marijuana, Hashish

Any Illegal or Mood Altering Herbal Products or Medications

Phencyclidines – PCP and related drugs.

**Inhalants** – Solvents such as gasoline and paint thinners. Amyl and butyl nitrite. Nitrous oxide.

Remember, if it makes you feel different, it could be mood altering. Avoid it! If you don’t know what is in a prescribed drug, ask your doctor or pharmacist. Ask before you take it, not after!

**Prior to ingesting any new drug prescribed to you, you must speak with a staff member of the RNP/MAP.**

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## **THE FOLLOWING ARE PERMISSIBLE TO TAKE**

### **Head Congestion/Allergy/Itching**

Claritin, Allegra ,Zyrtec, nasonex

**Colds**-Echinacea , Zinc,Fluids, rest,

**Cough**-Robitussin (not DM, only guaifenesin),Mucinex, Tessalon Perles

Non-alcohol cough syrup

**Sore Throat**-Cepacol or Sucrets Lozenges, Hall's mentholiptus

**Nausea/Vomiting**-Emetrol , Zophran

**Diarrhea**-Kaopectate, Pepto-Bismol, Imodium Complete Tablets

**Constipation**-Milk of Magnesia,Colace, Pericolace, Metamucil, Perdiem

Correctol, Ex-Lax

**Indigestion/Heartburn/Gastritis**-Mylanta, Maalox, Riopan, Tums, Roloids, H2 blockers, proton pump inhibitors

**Headache/Arthritis/Pain**-Aspirin, Advil, Nuprin, Tylenol, Motrin, Naprosyn, Disalcid, Feldene, Aleve, Toradol, NSAIDs, BC Powder or Goodies, Imitrex, Zomig (non-mood altering migraine medications)

**Infection**-All antibiotics

**Sleep:** Melatonin, Rozerem, trazadone

**Antidepressants:** All SSRI/SNRI antidepressants, Deplin, Buspar

**ADD/ADHD**-Strattera, Wellbutrin

(This is not a comprehensive list; any drugs must be reviewed by your monitoring counselor- *please call to clarify **before** taking the medication. It is your responsibility to be accountable for medications you ingest. If a medical necessity requires the use of a drug that is not approved, you are responsible for notifying the Board of Nursing immediately.*)