

DRUGS TO AVOID - COMPLIANCE

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 your COMPLIANCE OFFICER 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 stimulants, 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 TO your Compliance Officer.

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