

## Pharmacy Department

### High Risk Medication in the Elderly and Possible Alternatives

Class	Medications	Alternatives
First-generation antihistamines (single agent or combination product)	Brompheniramine Carbinoxamine Chlorpheniramine Clemastine Cyproheptadine Dexbrompheniramine Dexchlorpheniramine Diphenhydramine (oral) Doxylamine Hydroxyzine Promethazine Triprolidine	<ul style="list-style-type: none"> <li>• <b>Insomnia:</b> Sleep hygiene, ramelteon (Rozerem), melatonin</li> <li>• <b>Antihistamine:</b> Second-generation antihistamines including loratadine (Claritin), cetirizine (Zyrtec) and fexofenadine (Allegra) or nasal corticosteroid fluticasone (Flonase)</li> <li>• <b>Nausea/vomiting:</b> Ondansetron (requires a B/D prior authorization), meclizine</li> <li>• <b>Pruritus:</b> Emollient (Eucerin), capsaicin cream, lidocaine jelly</li> </ul>
Antiparkinson agents	Benzotropine (oral) Trihexyphenidyl	<ul style="list-style-type: none"> <li>• <b>Extrapyramidal effects:</b> Discontinue antipsychotic or decrease dose</li> </ul>
Antithrombotics	Ticlopidine Dipyridamole (oral, short-acting)	<ul style="list-style-type: none"> <li>• Low dose aspirin, clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox)</li> </ul>
Anti-infectives	Nitrofurantoin (cumulative supply >90 days)	<ul style="list-style-type: none"> <li>• Sulfamethoxazole/trimethoprim, ciprofloxacin, cephalexin</li> </ul>
Alpha blockers, central	Guanabenz Guanfacine Methyldopa Reserpine (>0.1 mg/day)	<ul style="list-style-type: none"> <li>• Thiazide diuretics, ACE inhibitors, ARBs, beta blockers, calcium channel blockers</li> </ul>
Cardiovascular, other	Disopyramide	<ul style="list-style-type: none"> <li>• Digoxin (0.125 mg/day), quinidine, procainamide, sotalol, flecainide</li> </ul>
	Digoxin (>0.125 mg/day)	<ul style="list-style-type: none"> <li>• Reduce dose to 0.125 mg/day</li> </ul>
	Nifedipine (immediate release)	<ul style="list-style-type: none"> <li>• Other calcium channel blocker or long-acting nifedipine</li> </ul>
Tertiary TCAs (single agent or combination product)	Amitriptyline Clomipramine Doxepin (>6mg/day) Imipramine Trimipramine	<ul style="list-style-type: none"> <li>• TCA without active metabolites (nortriptyline, desipramine)</li> <li>• <b>Depression:</b> SSRI or SNRI (sertraline, paroxetine, etc)</li> <li>• <b>Insomnia with comorbid depression:</b> Trazodone, mirtazapine</li> <li>• <b>Neuropathic pain:</b> SNRI, gabapentin, topical agents (lidocaine, capsaicin)</li> </ul>

Antipsychotics, first generation	Thioridazine Mesoridazine	<ul style="list-style-type: none"> <li>• Second-generation antipsychotics</li> </ul>
Barbiturates	Amobarbital Butobarbital Butalbital Mephobarbital Pentobarbital Phenobarbital Secobarbital	<ul style="list-style-type: none"> <li>• <b>Anxiety:</b> SSRI or SNRI, buspirone</li> <li>• <b>Severe anxiety:</b> Short acting benzodiazepine (alprazolam, lorazepam, oxazepam)</li> <li>• <b>Insomnia:</b> Sleep hygiene, ramelteon (Rozerem), melatonin</li> </ul>
Central Nervous System, other	Chloral hydrate Meprobamate	<ul style="list-style-type: none"> <li>• <b>Anxiety:</b> SSRI or SNRI, buspirone</li> <li>• <b>Severe anxiety:</b> Short acting benzodiazepine (alprazolam, lorazepam, oxazepam)</li> <li>• <b>Insomnia:</b> Sleep hygiene, ramelteon (Rozerem), melatonin</li> </ul>
Non-benzodiazepine hypnotics	Eszopiclone Zolpidem Zaleplon	<ul style="list-style-type: none"> <li>• Sleep hygiene</li> <li>• ramelteon (Rozerem)</li> <li>• melatonin</li> </ul>
Vasodilators for dementia	Ergoloid mesylates Isoxsuprine	<ul style="list-style-type: none"> <li>• donepezil (Aricept)</li> <li>• rivastigmine (Exelon)</li> </ul>
Endocrine	Desiccated thyroid	<ul style="list-style-type: none"> <li>• levothyroxine</li> </ul>
	Estrogens (oral or transdermal)	<ul style="list-style-type: none"> <li>• <b>Hot flashes:</b> Nonpharmacologic therapy (layer clothing, cool environment), SSRIs</li> <li>• <b>Urogenital symptoms/vaginal atrophy:</b> Vaginal estrogens</li> <li>• <b>Bone density:</b> Calcium and vitamin D, bisphosphonates, raloxifene (Evista)</li> </ul>
	Megestrol	<ul style="list-style-type: none"> <li>• dronabinol</li> </ul>
Sulfonylureas, long-duration	Chlorpropamide Glyburide	<ul style="list-style-type: none"> <li>• glipizide</li> <li>• glimepiride</li> </ul>
Gastrointestinal	Trimethobenzamide	<ul style="list-style-type: none"> <li>• ondansetron</li> <li>• meclizine</li> </ul>
Pain medications/non COX-selective NSAIDs (oral and injectable)	Meperidine Pentazocine Indomethacin Ketorolac	<ul style="list-style-type: none"> <li>• <b>Mild pain:</b> acetaminophen or short acting NSAID (ibuprofen)</li> <li>• <b>Moderate or severe pain:</b> morphine, hydrocodone/acetaminophen, oxycodone, oxycodone/acetaminophen</li> <li>• <b>Topical agents:</b> lidocaine, capsaicin</li> </ul>
Skeletal muscle relaxants (single agent or combination product)	Carisoprodol Chlorzoxazone Cyclobenzaprine Metaxalone Methocarbamol Orphenadrine	<ul style="list-style-type: none"> <li>• Nonpharmacologic therapy (physiotherapy, correct seating and footwear)</li> <li>• <b>Spasticity:</b> Baclofen, tizanidine (Zanaflex), dantrolene</li> </ul>