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

*Includes all combination products conta		Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Allergy Mediciations*	Non-Medication Choices ¹	Medication Choices ²	Please check drug coverage in your health plan's formulary.
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
brompheniramine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
carbinoxamine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
chlorpheniramine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
clemastine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
cyproheptadine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
dexchlorpheniramine	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	
diphenhydramine, oral	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	
	Avoid things such as pollen,	cetirizine (ZYRTEC)	For allergies:
	mold, cats and dust mites that	fexofenadine (ALLEGRA)	levocetirizine
	may set off your allergies	loratadine (CLARITIN)	ievoceunzine
	1. Go to bed and wake up at		For difficulty sleeping:
	about the same time each day		low-dose trazodone
	2. Do not take daytime naps		
	3. Make your bedroom		
	comfortable, avoding extreme		
hu du converiu a	temperatures, noise and light		
hydroxyzine	4. Participate in relaxing		
	activities before bedtime		
	5. Exercise regularly but not late		zolpidem and zaleplon
	in the evening		(less than 90 days per year total)
	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
hydroxyzine (continued)			Selective Serotonin Reuptake Inhibitors (SSRIs) such as <i>fluoxetine</i> and <i>paroxetine</i>
			Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as <i>venlafaxine</i> and <i>duloxetine</i> (CYMBALTA)
triprolidine	Avoid things such as pollen, mold, cats and dust mites that may set off your allergies	cetirizine (ZYRTEC) fexofenadine (ALLEGRA) loratadine (CLARITIN)	levocetirizine
Medications that Stop Blood from Clotting	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices ²	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
ticlopidine		low-dose aspirin	clopidogrel
dipyridamole (does NOT include AGGRENOX)		low-dose aspirin	clopidogrel
Medication for Parkinson's Disease	Non-Medication Choices ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
		Wedication Choices	selegiline
	If taking antipsychotic		carbidopa/levodopa
	medication(s) may be causing		ropinirole or pramipexole
	Parkinson's symptoms, consider		entacapone
benztropine , oral	decreasing the antipsychotic		If antipsychotic medication(s) may be causing Parkinson's symptoms, consider
	dose(s) or stopping the		changing antipsychotic(s) to:
	medication(s) if appropriate		quetiapine
	and the second s		clozapine
			selegiline
	If taking antipsychotic		carbidopa/levodopa
	medication(s) may be causing		ropinirole or pramipexole
	Parkinson's symptoms, consider		entacapone
trihexyphenidyl	decreasing the antipsychotic dose(s) or stopping the		If antipsychotic medication(s) may be causing Parkinson's symptoms, consider changing antipsychotic(s) to:
	medication(s) if appropriate		quetiapine
	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		clozapine
25.11.11.00.77.1		Over-the-Counter (OTC)	Safer Prescription Medication Choices ³
Medications for Urinary Concerns	Non-Medication Choices ^{1,3}	Medication Choices ¹	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)	(sugar-free for those with		To prevent infections that keep coming back:
	diabetes)		trimethoprim/sulfamethoxazole
			ciprofloxacin
			ofloxacin
			cephalexin
			Vaginal cream such as ESTRACE for postmenopausal women
phenazopyridine-butabarbital-hyoscyamine		AZO STANDARD	
(i.e. PYRELLE, PYRIDIUM PLUS)		AZO-GESIC	

High Blood Pressure Medications*	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Ingii biood i ressure medications	Tion Medication Choices	Medication Choices	Please check drug coverage in your health plan's formulary.
			Thiazide such as hydrochlorothiazide
			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril and ramipril
guanfacine			Angiotensin II Receptor Blocker (ARB) such as losartan
guanjacine			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 and ramipril
			Angiotensin II Receptor Blocker (ARB) such as losartan
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 and ramipril
reserpine			Angiotensin II Receptor Blocker (ARB) such as losartan
(more than 0.1 mg per day)			Beta-blocker such as atenolol or metoprolol
(Calcium channel blocker such as <i>amlodipine</i>
			See MyPrime.com for specific combination product containing one of these medications
			Calcium channel blockers such as <i>amlodipine</i> and long-acting <i>nifedipine</i>
			Other calcium channel blockers such as felodipine, isradipine, nicardipine and nisoldipine
			Thiazide such as hydrochlorothiazide
nifedipine, immediate release			Angiotensin-Converting Enzyme (ACE) inhibitors such as lisinopril and ramipril
			Angiotensin II Receptor Blocker (ARB) such as losartan
			Beta-blocker such as atenolol or metoprolol
			See MyPrime.com for specific combination product containing one of these medications
		Over-the-Counter (OTC)	Safer Prescription Medication Choices
Heart Medications	Non-Medication Choices ²	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		
	1	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Medications for Depression*	Non-Medication Choices ¹	Medication Choices²	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 <i>venlafaxine</i>
			mirtazapine
			bupropion
amitriptyline			For nerve pain:
			desipramine
			nortriptyline
			duloxetine (CYMBALTA)
		capsaicin (CAPZASIN)	LYRICA
			gabapentin
			lidocaine patch (LIDODERM)

	1. Go to bed and wake up at	For difficulty sleeping:
	about the same time each day	For unicuty seeping:
	2. Do not take daytime naps	
	3. Make your bedroom	
	comfortable, avoiding extreme	low-dose trazodone
	temperatures, noise and light	
	Participate in relaxing	
amitriptyline (continued)	activities before bedtime	
	5. Exercise regularly but not late	
	in the evening	
	6. Avoid eating meals or large	
	snacks right before bedtime	zolpidem and zaleplon
	7. Avoid caffeine after noon	(less than 90 days per year total)
	8. Avoid alcohol or nicotine	
	later in the evening	
	inter in the evening	For depression:
		desipramine
		nortriptyline
		trazodone
clomipramine		Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
		Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as <i>venlafaxine</i>
		mirtazapine
		bupropion
		For depression:
		desipramine
		nortriptyline
		trazodone
		Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
		Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
		mirtazapine
		bupropion
	1. Go to bed and wake up at	For difficulty sleeping:
	about the same time each day	
	2. Do not take daytime naps	
doxepin	3. Make your bedroom	
(more than 6mg per day)	comfortable, avoiding extreme	low-dose trazodone
	temperatures, noise and light	low dose tragounte
	4. Participate in relaxing	
	activities before bedtime	
	5. Exercise regularly but not late	
	in the evening	
	6. Avoid eating meals or large	
		zolpidem and zaleplon
	snacks right before bedtime	(less than 90 days per year total)
	7. Avoid caffeine after noon	(loss than 70 days per year total)
	8. Avoid alcohol or nicotine	
	later in the evening	

			For depression:
			desipramine
			nortriptyline
			trazodone
			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
			mirtazapine
imipramine			bupropion
			For nerve pain:
			desipramine
			nortriptyline
		capsaicin (CAPZASIN)	duloxetine (CYMBALTA)
			LYRICA
			gabapentin
			lidocaine patch (LIDODERM)
			For depression:
			desipramine
			nortriptyline
tuin in ugusis a			trazodone
trimipramine			Selective Serotonin Reuptake Inhibitor (SSRI) such as sertraline
			Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) such as venlafaxine
			mirtazapine
			bupropion
Antipsychotic Medications	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Antipsychotic Medications	Non-Medication Choices	Medication Choices	Please check drug coverage in your health plan's formulary.
			ABILIFY
			olanzapine
			SAPHRIS
			haloperidol
thioridazine			FANAPT
			LATUDA
			INVEGA
			quetiapine
			risperidone
			ziprasidone

Barbiturates	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
BUTISOL	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	Fo	or difficulty sleeping: low-dose trazodone
BOTISOL	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		zolpidem and zaleplon (less than 90 days per year total)
	1. Co to had and wake up at	Fo	To prevent seizures: divalproex levetiracetam lamotrigine carbamazepine or difficulty sleeping:
NEMBUTAL	 Go to bed and wake up at about the same time each day Do not take daytime naps Make your bedroom comfortable, avoiding extreme temperatures, noise and light Participate in relaxing activities before bedtime Exercise regularly but not late 	PU	low-dose trazodone
	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		zolpidem and zaleplon (less than 90 days per year total)

			To prevent seizures:
			divalproex
			levetiracetam
			lamotrigine
			carbamazepine
	1. Co to had and make up at		For difficulty sleeping:
	1. Go to bed and wake up at		For unicuity seeping.
	about the same time each day		
	2. Do not take daytime naps		
	3. Make your bedroom		low-dose trazodone
phenobarbital	comfortable, avoiding extreme		
prienovarona	temperatures, noise and light		
	4. Participate in relaxing		
	activities before bedtime		
	5. Exercise regularly but not late		
	in the evening		
	Avoid eating meals or large		zolpidem and zaleplon
	snacks right before bedtime		(less than 90 days per year total)
	7. Avoid caffeine after noon		
	8. Avoid alcohol or nicotine		
	later in the evening		
	1. Go to bed and wake up at		For difficulty sleeping:
	about the same time each day		
	2. Do not take daytime naps		
	3. Make your bedroom		
	comfortable, avoiding extreme		low-dose trazodone
	temperatures, noise and light		
	4. Participate in relaxing		
SECONAL	activities before bedtime		
SECONE	5. Exercise regularly but not late		
	in the evening		
	6. Avoid eating meals or large		
	snacks right before bedtime		zolpidem and zaleplon
	7. Avoid caffeine after noon		(less than 90 days per year total)
	8. Avoid alcohol or nicotine		
	later in the evening	0 4 6 4 (0770)	
Medications for Anxiety*	Non-Medication Choices	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
		Medication Choices	Please check drug coverage in your health plan's formulary.
			buspirone
meprobamate			Selective Serotonin Reuptake Inhibitors (SSRIs) such as fluoxetine and paroxetine
···-r			Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) such as venlafaxine and duloxetine
			(CYMBALTA)

Medications for Difficulty Sleeping	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ²
	1. Go to bed and wake up at		zolpidem and zaleplon
LUNESTA	about the same time each day		(less than 90 days per year total)
	2. Do not take daytime naps		low-dose trazodone
zolpidem	3. Make your bedroom		Limit use to less than 90 days per year total with zaleplon
-	comfortable, avoiding extreme		low-dose trazodone
zaleplon	temperatures, noise and light		Limit use to less than 90 days per year total with zolpidem low-dose trazodone
	Participate in relaxing activities before bedtime		zolpidem and zaleplon
chloral hydrate	5. Exercise regularly but not late		(less than 90 days per year total)
Chiorai nyaraic	in the evening		low-dose trazodone
	6. Avoid eating meals or large		zolpidem and zaleplon
	snacks right before bedtime		(less than 90 days per year total)
doxylamine	7. Avoid caffeine after noon		(, , , , , , , , , , , , , , ,
	8. Avoid alcohol or nicotine		low-dose trazodone
	later in the evening		
		Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Medications to Dilate the Blood Vessels	Non-Medication Choices	Medication Choices²	Please check drug coverage in your health plan's formulary.
			galantamine
ergoloid mesylate			rivastigmine
			donepezil
igangunning		low-dose aspirin	clopidogrel
isoxsuprine		low-dose aspirin	cilostazol
Hormone Medications	Non-Medication Choices ^{1,2}	Over-the-Counter (OTC)	Safer Prescription Medication Choices ^{2,3}
	Non-Medication Choices	Medication Choices ^{1,2}	Please check drug coverage in your health plan's formulary.
dessicated thyroid			For low thyroid:
(i.e. ARMOUR THYROID)			levothyroxine
			For hot flashes:
	1. Carlandinanana		Selective Serotonin Reuptake Inhibitor (SSRI) such as fluoxetine and paroxetine
Estrogens with or without progesterone,	1. Cool environment		gabapentin
oral and topical patches only (i.e. PREMARIN, PREMPRO, FEMHRT,	2. Layered clothing3. Work towards and maintain a		venlafaxine For bone health:
ACTIVELLA, CLIMARA, COMBIPATCH	healthy weight through diet and	calcium and vitamin D	Bisphosphonates such as alendronate
VIVELLE)	regular exercise	caicium and viiamin D	EVISTA
VIVELLE)	regular exercise		For vaginal symptoms or urinary infections that keep coming back:
			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
25 11 11 12 12 12 12 12		Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Medications for Diabetes	Non-Medication Choices	Medication Choices	Please check drug coverage in your health plan's formulary.
ahlamui-l-			glimepiride
chlorpropamide			glipizide
glyburide			glimepiride
			glipizide

### Paramethoberscanishe Pain Medications* Non-Medication Choices* Non-Medication Choices	Medications for Nausea	Non-Medication Choices	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
reinethobenzanide promethazine Non-Medication Choleses Non-Medication Choleses Apply lest or cold acceptance from the color of the containing for the color of				
Palm Medications Non-Medication Cholices Over-the-Counter (OTC) Safer Prescription Medication Cholices Over-the-Counter (OTC) Over-th	trimethobenzamide			
Paín Medications* Non-Medication Choices* Non-Medication Choices* I Apply heat or cold Correct seating and footwest Strengthering exercises A work towards and maintain healthy weight I Apply heat or cold Captación (CAPZASIN) I Apply hea				
Paín Medications* Non-Medication Choices* Non-Medication Choices* I Apply heat or cold Correct seating and footwest Strengthering exercises A work towards and maintain healthy weight I Apply heat or cold Captación (CAPZASIN) I Apply hea				Ÿ
Pain Medications Non-Medication Choices Over-the-Counter (OTC) Sacry Prescription Medication Choices Place (Medication Choices Pla	promethazine			
Pain Medications Non-Medication Choices				granisetron
Notice	D . M. I	27 27 11 11 67 1 12	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
Apply lead or cold 2. Correct seating and footweat strength and inflammatory (NSAID) such as subgrading exercises 4. Work towards and maintain a healthy weight 5. Apply lead or cold 2. Apply lead or cold 5. App	Pain Medications*	Non-Medication Choices	Medication Choices ^{1,2}	
Apply heat or cold 2. Correct seating and flootwead 5. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight 4. Apply heat or cold 5. Correct seating and flootwead 5. Correct seating and flootwead 5. Correct seating and maintain a healthy weight 5. Correct seating and flootwead 5. Correct seating and flootwea			1. acetaminophen (TYLENOL)	
2. Correct seating and footwear sheather of a short number of days (NoTRIN, NDUL) for a short number of days (NOTR		1 Apply best or sold		-
Range-of-motion and strengthening exercises A. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footweard 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footweard 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight A. Avoid things such as certain foots, caffeine, alcohol, stress or without cordeine Avoid things such as certain foots, caffeine, alcohol, stress or disc, efforts (CAPZASIN) Avoid things such as certain foots, caffeine, alcohol, stress or disc, efforts (CAPZASIN) Avoid things such as certain foots, caffeine, alcohol, stress or disc, efforts (CAPZASIN) Avoid things such as certain foots, caffeine, alcohol, stress or dissing meals that may trigger a file. FIORMAL-COORER) Avoid things such as certain foots, caffeine, alcohol, stress or discharge file and the moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing meals that may trigger a face to moderate pain: Avoid things such as certain foots, caffeine, alcohol, stress or missing m			inflammatory (NSAID) such as	codeine/acetaminophen
S. Kange-intoloid and strengthening exercises 4. Work towards and maintain a healthy weight				Non-steroidal anti-inflammatory (NSAID) such as ibuprofen for a short number of days (not
A Work towards and maintain a health weight A Work towards and m				indomethacin or ketorolac)
healthy weight			-	Topical NSAIDs such as VOLTAREN for osteoarthritis pain
meperidine Part Pa				For moderate to moderately severe pain:
Some network of the part of	manaridina	meaning weight		hydrocodone/acetaminophen (VICODIN)
Apply heat or cold 2. Correct seating and footweat strengthening exercises 4. Work towards and maintain healthy weight 2. Apply heat or cold 2. Correct seating and footweat strengthening exercises 4. Work towards and maintain healthy weight 2. Apply heat or cold 2. Correct seating and footweat strengthening exercises 4. Work towards and maintain healthy weight 4. Capsaicin (CAPZASIN) 4. Capsaicin (CAPZASIN) 5. Capsaicin (CAPZASIN)	терените			oxycodone/acetaminophen
Capsaicin (CAPZASIN)				For nerve pain:
Capsaicin (CAPZASIN) LYRICA gabapentin Idocatine patch (LIDODERM) LYRICA gabapentin Idocatine patch (LIDODERM) Idocatine (CYMBALTA)				desipramine
Position				
Lappy heat or cold 2. Correct seating and footweard 3. Rangeo-of-motion and strengthening exercises 4. Work towards and maintain healthy weight 4. Work			capsaicin (CAPZASIN)	
Lacetaminophen (TYLENOL) 1. Apply heat or cold 2. Correct seating and footweat strengthening exercises 4. Work towards and maintain healthy weight 4. Capsaicin (CAPZASIN) 4. Capsaicin (CAP				
1. Apply heat or cold 2. Correct seating and footwears 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight 4. Capsaicin (CAPZASIN) 5. capsaicin (CAPZASIN) 6. capsaicin (CA				0 1
Apply heat or cold 2. Correct seating and footwers 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footwers 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footwers 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footwers 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footwers 3. Range-of-motion and strengthening exercises 4. Work towards and maintain a healthy weight Apply heat or cold 2. Correct seating and footwers 4. Work towards and maintain a healthy weight Apply heat or cold 2. Range 2. Non-steroidal anti-inflammatory (NSAID) such as indomethacin or ketorolac) Topical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Topical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we has VoLTAREN for osteoarthritis pain 4. Popical NSAIDs we have to moderately severe pain: For moderate to moderate pain 1. Acceptation phen (VICODIN)				· ·
Apply Neat or cold Correct seating and footwead strengthening exercises A Work towards and maintain healthy weight Pentazocine			_	•
Correct seating and footwean Range-of-motion and strengthening exercises 4. Work towards and maintain healthy weight Work towards and maintain healthy weight Vortect		1. Apply heat or cold		
A sange-of-motion and strengthening exercises A work towards and maintain a healthy weight			-	
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(i.e. FIORINAL/CODEINE) headache For moderate to moderately severe pain:			= -	
			101 a short number of days	
(i.e. PHRENILIN) oxycodone/acetaminophen				,

Pain Medications	Non-Medication Choices ^{1,2}	Over-the-Counter (OTC)	Safer Prescription Medication Choices ²
1 am Medications	Non-Medication Choices	Medication Choices ^{1,2}	
indomethacin	Apply heat or cold Correct seating and footwear.	Medication Choices ^{1,2} 1. acetaminophen (TYLENOL) 2. Non-steroidal anti- inflammatory (NSAID) such as ibuprofen (MOTRIN, ADVIL) for a short number of days 3. capsaicin (CAPZASIN)	Please check drug coverage in your health plan's formulary. For mild to moderate pain:
			CELEBREX except if you have heart failure 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
ketorolac	3. Range-of-motion and strengthening exercises	1. acetaminophen (TYLENOL) 2. Non-steroidal anti- inflammatory (NSAID) such as ibuprofen (MOTRIN, ADVIL) for a short number of days 3. capsaicin (CAPZASIN)	For mild to moderate 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 ibuprofen (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 ²	Over-the-Counter (OTC) Medication Choices	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.
carisoprodol	_		baclofen tizanidine baclofen
chlorzoxazone			tizanidine
cyclobenzaprine	Treat underlying problem Apply heat or cold		baclofen tizanidine
metaxalone	3. Correct seating and footwear		baclofen tizanidine
methocarbamol			baclofen tizanidine
orphenadrine			baclofen tizanidine

Medications for Irregular Bowel Movements	Non-Medication Choices ¹	Over-the-Counter (OTC) Medication Choices ¹	Safer Prescription Medication Choices ² Please check drug coverage in your health plan's formulary.	
	Increase fiber in diet by eating		For difficulty having a bowel movement:	
	foods containing wheat grains,	•	polyethylene glycol	
belladonna alkaloids-phenobarbital (i.e. DONNATAL)	oats, fruits and vegetables 2. Drink plenty of fluidsfour to six 8-ounce glasses per day 3. Establish a regular pattern for bathroom visits	(MIR AT AX)	lactulose	
		loperamide (IMODIUM)	For watery bowel movements:	
		aluminum hydroxide	loperamide	
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2. PL Detail-Document, Potentially Harmful	Drugs in the Elderly: Beers List. I	Pharmacist's Letter/Prescriber's Le	tter. June 2012.	
3. PL Detail-Document, Choosing a UTI An	tibiotic for Elderly Patients. Pharm	nacist's Letter/Prescriber's Letter. I	December 2011.	
4. The American Geriatrics Society 2012 Beers Criteria Update Expert Panel (2012), American Geriatrics Society Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults. Journal				
of the American Geriatrics Society, 60: 616–631. doi: 10.1111/j.1532-5415.2012.03923.x				
5. Clinical Pharmacology. N.p., n.d. Web. July-Aug. 2013.				
6. MICROMEDEX 2.0. N.p., n.d. Web. July	-Aug. 2013.			