

**Medications That Should Be Avoided, If Possible,
When Certain Diseases Are Present**

Seek the advice of your pharmacist and/or physician before making any changes to your medication regimen.

Disease/Condition	Medications	Alert
Heart Failure	Disopyramide (Norpace [®] , Norpace CR [®])	May weaken the pumping of the heart and may worsen heart failure.
	medications with high salt (sodium) content	May lead to water retention, which may worsen heart failure.
Diabetes	beta blockers (Tenormin [®] , Inderal [®] , Lopressor [®])	May block symptoms of low blood sugar in diabetics on treatment with insulin or an oral diabetes medication.
	Corticosteroids (prednisone)	May worsen diabetic control.
Hypertension/high blood pressure	diet pills; amphetamines	May increase blood pressure.
Respiratory or lung diseases, such as asthma, emphysema	beta blockers (Tenormin [®] , Inderal [®] , Lopressor [®])	May worsen breathing function in persons with respiratory or lung diseases, such as asthma, emphysema, or bronchitis.
	sedative/hypnotics (Halcion [®] , Ambien [®] , Dalmane [®])	May slow breathing in persons with respiratory or lung diseases, such as asthma, emphysema, or bronchitis.
Ulcers	non-steroidal anti-inflammatory medications (ibuprofen, Motrin [®] , Aleve [®])	May worsen ulcer disease and GERD (reflux disease).
	Aspirin in doses above 325 MG	May worsen ulcer disease and GERD (reflux disease).
	potassium supplements (all)	May cause stomach irritation with symptoms similar to ulcer disease.
Seizures/Epilepsy	clozapine (Clozaril [®]) chlorpromazine (Thorazine [®]) thioridazine (Mellaril [®]) chlorprothixene (Taractan [®])	Make seizures more likely.

Disease/Condition	Medications	Alert
Circulation Problems	beta blockers (Tenormin [®] , Inderal [®] , Lopressor [®])	May worsen blood flow through small arteries and cause circulation problems
	metoclopramide (Reglan [®])	May worsen blood flow through small arteries and cause circulation problems.
Blood Clotting Disorders (Only those on blood thinners/anticoagulant therapy)	Aspirin	May cause bleeding in those using blood thinners/anticoagulants.
	non-steroidal anti-inflammatory medications (ibuprofen, Motrin [®] , Aleve [®])	May cause bleeding in those using blood thinners/anticoagulants.
	dipyridamole (Persantine [®]) Ticlopidine (Ticlid [®])	May cause bleeding in those using blood thinners/anticoagulants.
Prostate Disease/Benign Prostatic Hyperplasia (BPH)	Antihistamines chlorpheniramine (Chlor-Trimeton [®]) diphenhydramine (Benadryl [®]) hydroxyzine (Vistaril [®] , Atarax [®]) cyproheptadine (Periactin [®])	May impair urination and cause obstruction in persons with BPH.
	stomach and intestinal antispasmodics dicyclomine (Bentyl [®]) hyoscyamine (Levsin [®] , Levsinex [®]) propantheline (Pro-Banthine [®]) belladonna alkaloids (Donnatal [®]) clidinium/chlordiazepoxide (Librax [®])	May impair urination and cause obstruction in persons with BPH.

	muscle relaxants cyclobenzaprine (Flexeril®) methocarbamol (Robaxin®) carisoprodol (Soma®) oxybutynin (Ditropan®); chlorzoxazone (Paraflex®); metaxalone (Skelaxin®);	May impair urination and cause obstruction in persons with BPH.
	narcotics propoxyphene and combination products (Darvon®, Darvocet N-100®) meperidine (Demerol®)	May impair urination and cause obstruction in persons with BPH.
	oxybutynin (Ditropan®)	May impair the ability to urinate in persons with BPH.
	urecholine (Bethanechol®)	May impair the ability to urinate in persons with BPH.
	certain antidepressants amitriptyline (Elavil®) chlordiazepoxide/amitriptyline (Limbitrol®) perphenazine/amitriptyline (Triavil®) doxepin (Sinequan®)	May impair the ability to urinate in persons with BPH.
Incontinence	alpha blockers Doxazosin (Cardura®) Prazosin (Minipress®) Terazosin (Hytrin®)	May cause incontinence by relaxing the bladder.
Constipation	Narcotic pain relievers	Will cause or worsen constipation.
	Certain antidepressants amitriptyline (Elavil®) chlordiazepoxide/amitriptyline (Limbitrol®) perphenazine/amitriptyline (Triavil®) doxepin (Sinequan®)	May worsen constipation.
	Iron products	Will cause or worsen constipation.

Disease/Condition	Medications	Alert
Dizziness/Lightheadedness or Falls	beta blockers (Tenormin [®] , Inderal [®] , Lopressor [®])	May slow the heart and weakens the pumping action of the heart. May cause dizziness/lightheadedness or falls.
	Antianxiety medications diazepam (Valium [®]) flurazepam (Dalmane [®])	May contribute to falls due to sleepiness, confusion, and other side effects.
Abnormal heart rhythms/Arrhythmias	tricyclic antidepressants amitriptyline (Elavil [®]) chlordiazepoxide/amitriptyline (Limbitrol [®]) perphenazine/amitriptyline (Triavil [®]) doxepin (Sinequan [®])	May induce abnormal heart rhythm.
Insomnia	Decongestants (Sudafed [®])	May cause or worsen insomnia.
	Theophylline (Theodur [®])	May cause or worsen insomnia.
	Certain antidepressants (Desipramine, SSRIs, MAO Inhibitors)	May cause or worsen insomnia.
	beta agonists albuterol (Proventil [®] , Ventolin [®])	May cause or worsen insomnia.

Adapted from Beers MH, Ouslander JG, Rollinger I, Reuben DB, Brooks J, Beck JC. Explicit criteria for determining inappropriate medication use in nursing home residents. Arch Intern Med 1991; 151:1825-32. and Beers MH. Explicit criteria for determining potentially inappropriate medication use by the elderly: an update. Arch Intern Med 1997; 157:1531-6.