

## Drugs to Avoid in the Elderly (Age 65 and Over)

While medication utilization is disproportionately higher among those 65 years and older, this population is twice as likely as those below age 65 to experience adverse drug effects and is almost seven times as likely to be hospitalized. It is estimated that 2 in 5 adverse drug events in the elderly are preventable. Please review the table below and avoid the use of high-risk drugs in the elderly whenever possible.

Drug Class	Drugs to be Avoided	Alternative Therapy
Antianxiety (includes combination drugs)	<ul style="list-style-type: none"> <li>• meprobamate</li> </ul>	<ul style="list-style-type: none"> <li>• citalopram</li> <li>• re-evaluate need</li> </ul>
Antiemetics	<ul style="list-style-type: none"> <li>• scopolamine</li> <li>• trimethobenzamide</li> </ul>	<ul style="list-style-type: none"> <li>• low dose ondansetron</li> <li>• re-evaluate need</li> </ul>
Analgesics	<ul style="list-style-type: none"> <li>• ketorolac</li> </ul>	<ul style="list-style-type: none"> <li>• acetaminophen</li> </ul>
Antihistamines (includes combination drugs)	<ul style="list-style-type: none"> <li>• diphenhydramine</li> <li>• promethazine</li> <li>• cyproheptadine</li> <li>• dexchlorpheniramine</li> <li>• hydroxyzine</li> <li>• tripelemnamine</li> </ul>	<ul style="list-style-type: none"> <li>• loratadine</li> <li>• fexofenadine</li> </ul>
Antipsychotic, typical	<ul style="list-style-type: none"> <li>• mesoridazine</li> <li>• thioridazine</li> </ul>	<ul style="list-style-type: none"> <li>• low dose risperidone</li> <li>• re-evaluate need</li> </ul>
Amphetamines	<ul style="list-style-type: none"> <li>• amphetamine</li> <li>• benzphetamine</li> <li>• dexmethylphenidate</li> <li>• dextroamphetamine</li> <li>• diethylpropion</li> <li>• methamphetamine</li> <li>• methylphenidate</li> <li>• pemoline</li> <li>• phendimetrazine</li> <li>• phentermine</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Barbiturates	<ul style="list-style-type: none"> <li>• amobarbital</li> <li>• butobarbital</li> <li>• mephobarbital</li> <li>• pentobarbital</li> <li>• phenobarbital</li> <li>• secobarbital</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Long-acting benzodiazepines (includes combination drugs)	<ul style="list-style-type: none"> <li>• chlordiazepoxide</li> <li>• diazepam</li> <li>• flurazepam</li> </ul>	<ul style="list-style-type: none"> <li>• low-dose triazolam</li> <li>• low-dose zolpidem</li> <li>• re-evaluate need</li> </ul>
Calcium channel blockers	<ul style="list-style-type: none"> <li>• nifedipine—short-acting</li> </ul>	<ul style="list-style-type: none"> <li>• amlodipine</li> <li>• felodipine</li> </ul>
Gastrointestinal antispasmodics	<ul style="list-style-type: none"> <li>• dicyclomine</li> <li>• propantheline</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Belladonna alkaloids (includes combination drugs)	<ul style="list-style-type: none"> <li>• atropine</li> <li>• belladonna</li> <li>• hyoscyamine</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Skeletal muscle relaxants (includes combination drugs)	<ul style="list-style-type: none"> <li>• orphenadrine</li> <li>• carisoprodol</li> <li>• metaxalone</li> <li>• methocarbamol</li> <li>• chlorzoxazone</li> <li>• cyclobenzaprine</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Oral estrogens (includes combination drugs)	<ul style="list-style-type: none"> <li>• conjugated estrogens</li> <li>• esterified estrogen</li> <li>• estropipate</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Oral hypoglycemics	<ul style="list-style-type: none"> <li>• chlorpropamide</li> </ul>	<ul style="list-style-type: none"> <li>• glipizide</li> <li>• glimepiride</li> <li>• metformin</li> </ul>
Narcotics (includes combination drugs)	<ul style="list-style-type: none"> <li>• propoxyphene</li> <li>• belladonna-opium</li> <li>• pentazocine</li> <li>• meperidine</li> </ul>	<ul style="list-style-type: none"> <li>• tramadol</li> </ul>
Vasodilators	<ul style="list-style-type: none"> <li>• cyclandelate</li> <li>• dipyridamole—short-acting</li> <li>• ergot mesyloid</li> <li>• isoxsuprine</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Testosterone	<ul style="list-style-type: none"> <li>• methyltestosterone</li> </ul>	<ul style="list-style-type: none"> <li>• re-evaluate need</li> </ul>
Urinary Anti-infectives	<ul style="list-style-type: none"> <li>• nitrofurantoin</li> </ul>	<ul style="list-style-type: none"> <li>• ciprofloxacin</li> <li>• TMP/SMX</li> </ul>
Thyroid hormone	<ul style="list-style-type: none"> <li>• thyroid desiccated</li> </ul>	<ul style="list-style-type: none"> <li>• levothyroxine</li> </ul>