

MEDICATIONS AND RECOVERY

AN IMPORTANT PIECE OF THE PUZZLE



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Medications and the Recovering Person

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A guide to maintaining sobriety while receiving treatment for other health problems

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Medications and Recovery – Introduction

There are many types of medications which may present a hazard to a person beginning the journey of recovery from chemical dependency. These include prescription and over-the-counter medications. The danger is not always that a recovering addict may develop a new addiction – though this certainly can happen – but that one can be led back into dependence on their drug of choice. Recent scientific research has proven that all the dependence-producing drugs act on the brain in the same way to produce addiction – despite having different effects or a different kind of “high” when taken. In addition, if urine drug screening is part of the recovering person’s continuing treatment program, use of many types of medications can result in falsely positive tests for the more highly addictive classes of drugs, resulting in negative consequences.

Therefore, it is very important for a recovering person to learn about the different types of medications and drugs – and which ones present a special risk to continuing recovery and sobriety. The commonly available medications and drugs are divided into three classes – **A**, **B** and **C** – to indicate three levels of risk.

Class A drugs must be avoided completely, as they are well known to produce addiction and are the most dangerous of all. Only under very unusual conditions can the **Class A** drugs be taken by a recovering addict or alcoholic – and only when given by a physician or dentist. These exceptional circumstances can include: severe illness and injuries including major surgery, car accidents and other trauma, tests or procedures which can only be done under sedation or anesthesia. Medication treatments for certain psychiatric conditions are in this category, as are medications used for drug detoxification. The “street drugs” are also included in **Class A**. At times, a **Class A** medication may be necessary for an individual with an addiction history to take under the supervision of a physician. It is recommended that the individual be proactive and have someone else be responsible for the medication that is needed to be given dose by dose at appropriate times. This recommendation also includes certain **Class B** medications.

The medications in **Class B** are also potentially very dangerous – especially when taken by recovering persons without the guidance of a physician or another healthcare professional. However, under certain circumstances, the **Class B** group can be taken safely under a physician’s care.

Class C medications are generally safe from the point of view of addiction recovery. However, overuse of any medication – even the common over-the-counter remedies – can result in unwanted side effects. **Class C** medications are left out of this pamphlet.

People who have struggled with drug addiction or alcoholism must remain aware of the tendency to look for “external solutions for internal problems” – and should avoid taking ANY of these medications on their own, in order to medicate emotions and feelings. The tools of recovery – including participation at 12-Step fellowship meetings, working the Steps or talking with a sponsor, counselor, doctor or individual counseling - provide safe and healthy ways to deal with the strong feelings that can come up at any time in early sobriety.

Medications and Recovery – Introduction

Many recovering people also have other chronic illnesses or mental health issues, such as depression, bipolar disorder, diabetes or hypertension, which require prescription medications and other treatments to remain healthy. Staying clean and sober from drugs and alcohol often requires continued use of these medications. Stopping the prescribed treatments without a doctor's guidance can result in a relapse into active addiction.

The medications that appear on the following pages include both the BRAND NAME, listed first, (i.e.: "Valium"), followed by the GENERIC NAME (i.e.: "diazepam") in parentheses– as the majority of prescription bottles are labeled with the generic name. For "street drugs", the COMMON NAME is listed first, and the (chemical name or "slang" name) is in parentheses. For each drug group in **Class A and B**, there is also a brief explanation of the dangers associated with taking the medication or street drug.

At the end of the document there are two tables. The first is a list of alcohol-free products grouped by therapeutic category. The manufacturer is listed next to each product name. The second is a table of alcohol-containing medications.

Use of **Class A** and certain **Class B** medications listed should become a rarity for a recovering addict and alcoholic.

Please remember, this information does not include all drugs and is only intended as a quick reference because manufacturers change product ingredients and brand names frequently.

This guide is not intended to be a substitute for advice that only your own personal physician can provide. In particular, it is VERY IMPORTANT that on the basis of the information contained in this guide, you do not suddenly discontinue or make any changes in the doses of medication that you may have been prescribed. Doing so may result in unexpected problems - such as withdrawal reactions - which in some cases can be life-threatening. You MUST check with your doctor before making ANY medication changes.

It is also essential that you inform ALL of your personal physicians, dentists and other health care providers of your chemical dependency history so that medications can be prescribed safely and appropriately when they are deemed necessary.

The bottom line is that a recovering addict or alcoholic needs to become a good consumer, and ask a healthcare professional if there are questions about taking ANY kind of medication – BEFORE taking it.

Remember that **"RECOVERY IS ITS OWN REWARD"** – being healthy and gaining a happy life is YOUR responsibility!

Chapter 1

Class A – Avoid Completely

Alcohol (Ethanol) Sedative Hypnotic:

Ale	Whiskey
Beer (including “non-alcoholic” forms)	Wine
Brandy	Wine Cooler
Liquor	

Alcohol consumption initially reduces social inhibitions and produces pleasure and a sense of well-being and relaxation. Those effects are replaced by drowsiness as the alcohol leaves the system. Drinking alcohol initially increases the release of dopamine in the reward centers of the brain which promotes the experience of pleasure. Alcohol increases the inhibitory activity of GABA receptors which is likely the cause of the sedating effects of alcohol. Alcohol also decreases the excitatory activity of NMDA glutamate receptors which is responsible for the memory deficits experienced after drinking. Chronic alcohol drinking compromises memory formation, abstract thinking, problem solving, attention and concentration and perception of emotion. Tolerance, dependence and withdrawal occur with continued use. The “non-alcohol” or “NA” forms of beer should not be consumed because there is a small amount of alcohol present and research shows that smell may be enough to trigger cravings and a subsequent relapse among certain alcoholics. Please note that there is a variety of cough and cold preparations that contain alcohol and medications which can be taken in tablet form will not contain ethyl alcohol. Certain topical products, soft-gels and capsules contain ethyl alcohol and should be avoided.

Anorexiant:

Adipex-P (phentermine tablet & capsule) Also CNS stimulant	Qsymia ER (phentermine/ topiramate capsule) Also CNS stimulant
Belviq (lorcaserin tablet)	Regimex (benzphetamine tablet) Also CNS stimulant
Bontril PDM ER (phendimetrazine capsule)	Suprenza (phentermine tablet orally disintegrating) Also CNS stimulant
Bontril PDM (phendimetrazine tablet)	Tenuate (diethylpropion tablet) Also CNS stimulant
Desoxin (methamphetamine tablet) Also CNS stimulant	

The mechanism of action in reducing appetite for the stimulants appears to be secondary to the central nervous system effects. All of these medications have a high abuse potential and prolonged use may lead to dependency and withdrawal. See stimulant section for further information.

Antitussives/Antihistamines/Decongestants/Expectorants/Combo Products:

Codeine	Codeine, continued
Allfen CD (codeine/guaifenesin tablet)	Phenylhistine DH (codeine/ chlorpheniramine/pseudoephedrine elixir)
Allfen CDX (codeine/guaifenesin tablet)	Robafen AC (codeine/guaifenesin syrup)
Cheratussin DAC (codeine/ guaifenesin/pseudoephedrine syrup)	Robitussin AC (codeine/guaifenesin liquid)
Codar AR (codeine/chlorpheniramine liquid)	Tricode AR (codeine/chlorpheniramine/pseudoephedrine liquid)
Codar D (codeine/pseudoephedrine liquid)	Tricode GF (codeine/guaifenesin/pseudoephedrine liquid)
Codar GF (codeine/guaifenesin liquid)	Tuzistra XR (codeine/chlorpheniramine suspension)
Dex-Tuss (codeine/guaifenesin liquid)	Virtussin DAC (codeine/guaifenesin/pseudoephedrine liquid)
Guaiatussin AC (codeine/guaifenesin syrup)	Hydrocodone
lophen C-NR (codeine/guaifenesin liquid)	Hycofenix (hydrocodone/guaifenesin/pseudoephedrine solution, oral)
Lexuss 210 (codeine/chlorpheniramine liquid)	Hydromet (hydrocodone/homatropine syrup)
Lortuss EX (codeine/guaifenesin/pseudoephedrine liquid)	Obredon (hydrocodone/guaifenesin solution, oral)
M Clear (codeine/guaifenesin capsule)	Rezira (hydrocodone/pseudoephedrine solution)
M Clear WC (codeine/guaifenesin liquid)	TussiCaps ER(hydrocodone/ chlorpheniramine capsule)
Mar-Cof CG (codeine/guaifenesin solution)	Tussigon (hydrocodone/homatropine tablet)
Ninjacof-XG (codeine/guaifenesin liquid)	Tussionex PennKinetic ER (hydrocodone/chlorpheniramine suspension)
Notuss-DC (codeine/pseudoephedrine liquid)	Vituz (hydrocodone/chlorpheniramine solution)
Phenergan with Codeine (codeine/promethazine syrup)	Zutripro (hydrocodone/ chlorpheniramine/pseudoephedrine solution)
Phenergan VC with Codeine (codeine/promethazine/phenylephrine syrup)	

Any cough medications containing narcotics such as codeine or hydrocodone should not be used. These medications bind to opiate receptors in the central nervous system, altering the perception of and response to pain and produce generalized central nervous system depression and may alter mood or cause sedation.

Ecstasy:

Adam (MDMA)	Methylenedioxyamphetamine (MDMA)
Beans	Molly
Eve (MDE)	Rolls
Love (MDA)	X
Methylenedioxyamphetamine (MDA)	XTC
Methylenedioxyethylamphetamine (MDE)	

MDMA increases dopamine, norepinephrine and to a greater extent, serotonin. With high doses, users can experience jitteriness, teeth clenching, dry mouth, muscle cramping and nausea. MDMA can cause a distorted sense of perception, hallucinogen-like effects and hyperactivity. Overdose can occur leading to increased body temperature, hypertension and kidney failure. Ecstasy is often combined in tablet or powder form with other drugs of abuse such as: methamphetamine, dextromethorphan, ephedrine, pseudoephedrine, caffeine, cocaine, piperazine drugs (mCPP, TFMPP, BZP) and ketamine. This increases the risks of adverse effects.

Gastrointestinal (Anti-Diarrheal):

Donnatal (phenobarbital/atropine/hyoscyamine/scopolamine elixir oral, tablet oral)	Motofen (atropine/difenoxin tablet oral)
Donnatal Extentabs (phenobarbital/atropine/hyoscyamine/scopolamine tablet ER oral)	Opium (morphine tincture oral) Also opiate
Lomotil (atropine/diphenoxylate solution oral, tablet oral)	Paregoric (morphine tincture oral) Also opiate
Lonox (atropine/diphenoxylate tablet oral)	Viberzi (eluxadoline oral)

Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use. Adverse reactions of euphoria and feeling drunk were reported in clinical trials with the use of Viberzi. Paregoric and Opium belong to the opiate class of medications. See opiates section for more information.

Gastrointestinal (Antispasmodic):

Librax (chlordiazepoxide/clidinium capsule oral) Chlordiazepoxide is also a benzodiazepine	
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Librax can cause drowsiness, ataxia and confusion. Withdrawal can occur after prolonged use. See benzodiazepine section for more information.

Hallucinogens:

4-bromo-2,5-dimethoxyphenethylamine (2-CB)	Lysergic Acid Diethylamide (acid, blotter, California sunshine, LSD, microdot, paper, trip, yellow sunshine and many others)
Ayahuasca (caapi, yage, vegetal)	Mescaline (buttons, mesc, mescal, topi, peyote)
Belladonna Alkaloids (atropine, scopolamine, belladonna, deadly nightshade, Jimsonweed, stink weed, mandrake)	Phencyclidine (PCP, angel dust, T, PeaCe pill)
Dextromethorphan (CCC, robo, red devils, poor man’s PCP, DXM, Dex)	Psilocybin (boomers, magic mushroom, shrooms)
Dimethyltryptamine (DMT, businessman’s special)	Salvia Divinorum (ska, Maria, la Maria, ska Pastora)
Ketamine (Special K, K)	

At high doses, people begin to perceive an experience as actually happening when it is not. Hallucinogen effects include feelings of detachment from one’s surroundings, emotional swings and an altered sense of space and time. Hallucinations and a sense of separation from one’s body can occur. Physical effects include jitteriness, racing or slowed heart rate, chills, nausea, numbness and changes in coordination. Belladonna alkaloids can stimulate the heart and increase body temperature. At the point where hallucinations occur, the user is at or very near a life-threatening level. PCP can cause seizures, coma, or psychosis lasting several days. “Flashbacks” of the original hallucination can occur.

Inhalants:

Aimes	Glues
Anesthetics (nitrous oxide, Whippets, halothane, ether)	Locker Room
Bolt	Sprays
Bullets	Nitrites (amyl, butyl)
Climax	Paints
Fuels (butane, propane, gasoline)	Poppers

Inhalants, Continued:

Rush	Solvents (benzene, toluene, methanol, chloroform, freon, coolants)
Snappers	

Nitrites can cause visual distortions. Sedation occurs as doses increase. Later effects of solvents use lead to depression and at times hallucinations. Solvents can cause disorientation and loss of muscle coordination. Long term effects can include damage to the brain, heart, lungs, kidneys, liver and blood. All can lead to overdose at increased doses.

Marijuana:

Blanche	Marinol (dronabinol)
Bhang	Old Man
Charas (extracted plant resin)	Pot
Dagga	Reefer
Ganga	Sinsemilla
Grass	Smoke (dried plant material)
Hash (hash oil)	THC
Hashish (tar)	Weed
Herb	

Drowsiness and sedation follow the initial effects of marijuana. Eating marijuana can lead to hallucinations. The effects of marijuana on learning and memory can be long-lasting. Because it takes a long time to eliminate THC from the body, a person's cognitive function can be affected for a day or more after a single dose. Marijuana can impair judgement and coordination. Chronic marijuana smoking can lead to lung damage. Chronic usage can also lead to tolerance dependence and withdrawal if stopped suddenly.

Neuropathic Pain:

Lyrica (pregabalin capsule oral, solution oral)	
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Lyrica can lead to withdrawal symptoms upon discontinuation. It also produces euphoria, blurred vision, difficulty with attention and concentration and a "drunk or high" feeling in certain individuals.

Opiates:

Alfenta (alfentanyl solution injection)	Fentanyl, continued
Belladonna & Opium (suppository rectal)	lonsys (fentanyl iontophoretic transdermal system)
Buprenorphine	Lazanda (fentanyl intranasal spray)
Bunavail (buprenorphine/naloxone film, buccal)	Onsolis (fentanyl film, buccal)
Buprenex (buprenorphine injection solution)	Sublimaze (fentanyl solution injection)
Butrans (buprenorphine transdermal patch)	Subsys (fentanyl sublingual spray)
Suboxone (buprenorphine/naloxone film, sublingual)	Heroin (down, dreck, H, horse, smack, mojo, white lady, brown)
Subutex (buprenorphine sublingual tablet)	Heroin & Cocaine (speedball)
Zubsolv (buprenorphine/naloxone tablet, sublingual)	Hydrocodone
Stadol (butorphanol solution nasal & injection)	Hysingla ER (hydrocodone tablet ER oral)
Codeine	Hycet (hydrocodone/acetaminophen solution oral)
Trezix (dihydrocodeine/acetaminophen/caffeine capsule oral)	Norco (hydrocodone/acetaminophen tablet oral)
Tylenol #2, #3 or #4 (codeine/acetaminophen tablet oral)	Verdrocet (hydrocodone/acetaminophen tablet oral)
Tylenol with Codeine (codeine/acetaminophen solution & suspension oral)	Vicodin(hydrocodone/acetaminophen tablet oral)
Fentanyl	Vicodin ES (hydrocodone/acetaminophen tablet oral)
Abstral (fentanyl tablet sublingual)	Vicodin HP (hydrocodone/acetaminophen tablet oral)
Actiq (fentanyl lozenge, transmucosal)	Xodol (hydrocodone/acetaminophen tablet oral)
Duragesic (fentanyl patch, transdermal)	Zohydro ER (hydrocodone capsule ER oral)
Fentora (fentanyl tablet buccal)	

Opiates, Continued:

Hydromorphone	Morphine, continued
Dilaudid (hydromorphone tablet oral, solution oral & injection, suppository rectal)	Morphine (solution intravenous)
Exalgo (hydromorphone tablet ER oral)	MS Contin (morphine tablet ER oral)
Levo-Dromoran (levorphanol tablet oral)	Oramorph SR (morphine)
Meperidine	RMS (morphine suppository rectal)
Demerol (meperidine tablet oral, solution, injection)	Roxanol (morphine solution oral)
Meperitab (meperidine tablet oral)	Nubain (nalbuphine solution injection)
Methadone	Opium (Chinese molasses, dreams, gong, O, skee, toys, zero)
Dolophine (methadone tablet oral)	Oxycodone
Methadose (methadone tablet oral)	Combunox (oxycodone/ibuprofen tablet oral)
Methadose (methadone solution concentrate oral)	Endocet(oxycodone/acetaminophen tablet oral)
Methadone Intensol (methadone solution concentrate oral)	Endodan (oxycodone/aspirin tablet oral)
Metadol (methadone solution oral)	Oxycodone (solution concentrate oral)
Morphine	Oxycodone (solution oral)
Astramorph/PF (morphine solution injection)	Oxycontin (oxycodone ER tablet oral)
Avinza (morphine capsule ER oral)	OxylR (oxycodone capsule oral)
Duramorph (morphine solution injection)	Percocet (oxycodone/acetaminophen tablet oral)
Embeda (morphine/naltrexone capsule CR oral)	Percodan (oxycodone/aspirin tablet oral)
Infumorph (morphine solution injection)	Primlev (oxycodone/acetaminophen tablet oral)
Kadian (morphine capsule ER oral)	Roxicet (oxycodone/acetaminophen solution oral)
Morphine (solution concentrate oral)	Roxicodone (oxycodone tablet oral)
Morphine (solution intramuscular)	Targiniq ER (oxycodone/naloxone tablet oral)
	Xartemis XR (oxycodone/acetaminophen tablet oral)

Opiates, Continued:

Oxymorphone	Tapentadol
Opana (oxymorphone solution injection)	Nucynta (tapentadol tablet)
Opana (oxymorphone tablet oral)	Nucynta ER (tapentadol tablet)
Opana ER (oxymorphone tablet oral)	Tramadol
Opana ER (oxymorphone tablet oral)	Active-Tramadol (cream external)
Pentazocine	ConZip (tramadol capsule ER oral)
Talacen (pentazocine/acetaminophen tablet oral)	EnovaRX (tramadol cream external)
Talwin (pentazocine solution injection)	Rybix (tramadol tablet orally disintegrating)
Talwin NX (pentazocine/naloxone tablet oral)	Synapryn FusePaq (tramadol suspension oral)
Ultiva (remifentanul solution intravenous)	Ultram (tramadol tablet oral)
Sufenta (sufentanil solution intravenous)	Ultram ER(tramadol tablet oral)

Opiate use causes decreased sensitivity to pain as well as slowed breathing, skin flushing, pinpoint pupils, drowsiness, nausea vomiting and constipation. Overdose can be lethal as the opiate suppresses the respiratory system. Tolerance or drug dependence may result from extended use. Buprenorphine binds to mu receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria. Opiates have the potential for drug dependency and abrupt cessation may precipitate withdrawal.

Sedatives:

Increased doses can cause dizziness, vertigo, drowsiness, slurred speech and muscle incoordination. Memory for events occurring while under the influence and learning is impaired. Unexpected effects include: anxiety, nightmares, hostility and rage. Overdose of sedatives can lead to suppression of breathing, heart failure and death. Tolerance and dependence develop after a few weeks or more of sedative use. Sudden withdrawal can produce seizures.

Sedatives:

Analgesic, Anti-Migraine:

Midrin (acetaminophen/ dichloralphenazone/ isometheptene capsule oral)	Nodolor (acetaminophen/ dichloralphenazone/ isometheptene capsule oral)
Migragesic (acetaminophen/ dichloralphenazone/ isometheptene capsule oral)	

Sedatives:**Analgesic, Anti-Migraine, Continued:**

Dichloralphenazone is converted to chloral hydrate which is a sedative. Dependence can occur leading to headaches which occur more frequently and more severe than before.

Sedatives:**Antianxiety:**

Equanil (meprobamate tablet oral)	Quaalude, Sopor (methaqualone)
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Tolerance, psychological and physical dependence and withdrawal can occur with prolonged use. Central nervous system depression can occur with routine use. Equanil can also cause heart arrhythmias, decreased blood pressure, dizziness and weakness.

Sedatives:**Barbiturates:**

Alagesic LQ (butalbital/acetaminophen/caffeine liquid, oral)	Amytal (amobarbital solution, reconstituted, injection)
Ascomp with Codeine (butalbital/codeine/aspirin/caffeine capsule, oral)	Fiorinal (butalbital/aspirin/ caffeine capsule, oral)
Brevital (Methohexital solution, reconstituted, injection)	Fiorinal with Codeine (butalbital/codeine/aspirin/caffeine capsule, oral)
Bupap (butalbital/acetaminophen tablet, oral)	Nembutal (pentobarbital solution, injection)
Butisol (butabarbital elixir & tablet oral)	Phrenilin Forte (butalbital/acetaminophen capsule, oral)
Esgic (butalbital/acetaminophen/caffeine capsule, oral)	Mysoline (primidone tablet oral)
Fioricet (butalbital/acetaminophen/caffeine capsule, oral)	Phenobarbital (elixir oral, solution oral, solution injection, tablet oral)
Fioricet with Codeine (butalbital/codeine/acetaminophen/caffeine capsule, oral)	Seconal (secobarbital capsule oral)
Margesic (butalbital/acetaminophen/caffeine capsule, oral)	Zebutal (butalbital/acetaminophen/caffeine capsule, oral)
Dolgic Plus (butalbital/acetaminophen/caffeine tablet, oral)	

Sedatives:

Benzodiazepines:

Alprazolam Intensol (alprazolam concentrate oral)	Niravam (alprazolam tablet orally disintegrating)
Ativan (lorazepam solution injection, tablet oral)	Onfi (clobazam suspension oral & tablet oral)
Dalmane (flurazepam capsule oral)	ProSom (estazolam tablet oral)
Diazepam Intensol (concentrate oral)	Restoril (temazepam capsule oral)
Diastat (diazepam gel rectal)	Rohypnol (flunitrazepam, roofies)
Doral (quazepam tablet oral)	Serax (oxazepam capsule oral)
Halcion (triazolam tablet oral)	Tranxene-T (clorazepate tablet oral)
Klonopin (clonazepam tablet oral & tablet orally disintegrating)	Valium (diazepam solution injection, solution oral, tablet oral)
Limbitrol (chlordiazepoxide/amitriptyline tablet oral)	Xanax (alprazolam tablet oral)
Lorazepam Intensol (concentrate oral)	Xanax XR (alprazolam tablet oral)

Benzodiazepines can cause amnesia at therapeutic doses.

Sedatives:

Hypnotics (Sleep Medications):

Ambien (zolpidem tablet oral)	Lunesta (eszopiclone tablet oral)
Ambien CR (zolpidem tablet CR oral)	Somnote (chloral hydrate capsule oral, syrup oral)
Belsomra (suvorexant tablet oral)	Sonata (zaleplon capsule oral)
Edular (zolpidem tablet sublingual)	Zolpimist (zolpidem solution oral spray)
Intermezzo (zolpidem tablet sublingual)	

Most drugs in this class act on a benzodiazepine receptor that induces sleep. These medications can cause amnesia for activities that occur during the time it is effective. These activities can include: sleep driving, sleep eating, sleep shopping, sleep sex, sleep e-mailing and criminal activity. Daytime drowsiness, dizziness, hallucinations and agitation can occur. Belsomra can cause temporary paralysis during early sleep and early wake cycles.

Sedatives:**Other Central Nervous System Depressants:**

GHB (G, gamma-hydroxybutyrate, everclear, Xyre)	
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GHB can be added to drinks to cause sedation leading to rape or sexual assault. After ingestion, a person begins to feel weak, dizzy lightheaded or confused. Abuse is common in teenagers and young adults. Overdose can occur leading to death. Tolerance and withdrawal occur with regular use.

Skeletal Muscle Relaxants:

Soma (carisoprodol tablet oral)	Soma Compound with Codeine (codeine/carisoprodol/aspirin tablet oral) Also opiate
Soma Compound (carisoprodol/aspirin tablet oral)	

Soma can impair physical and mental abilities and has been rarely associated with seizures. Tolerance and dependence and withdrawal are common. Withdrawal can include: insomnia, vomiting, abdominal pain, headache, tremors, ataxia, hallucinations or psychosis.

Stimulants:

Adderall (dextroamphetamine/amphetamine tablet)	Dexedrine (dextroamphetamine tablet, oral)
Adderall XR (dextroamphetamine/amphetamine capsule)	Evekeo (amphetamine table, oral)
Amphetamine (crank, bennies, uppers)	Focalin (dexmethylphenidate tablet, oral)
Aptensio XR (methylphenidate capsule, oral)	Focalin XR (dexmethylphenidate capsule, oral)
Cathinone	MDPV (bath salts, ivory wave, bliss, bubbles, meow meow, explosion, vanilla sky)
Cocaine (coke, blow, candy, crack, jack, jimmy, rock, nose candy, whitecoat)	Mephedrone
Concerta ER (methylphenidate tablet, oral)	Metadate CD (methylphenidate capsule, oral)
Daytrana (methylphenidate patch transdermal)	Metadate ER (methylphenidate tablet, oral)
Dexedrine ER (dextroamphetamine capsule, oral)	Methamphetamine (crystal meth, meth, crystal, ice)

Stimulants, Continued:

Methcathinone (cat, Khat, crank, goob)	Quillivant XR (methylphenidate suspension oral)
Methylin (methylphenidate solution oral & tablet chewable, oral)	Ritalin (methylphenidate tablet, oral)
Methylone	Ritalin LA (methylphenidate capsule, oral)
Nuvigil (armodafinil tablet, oral)	Vyvanse (lisdexamfetamine capsule, oral)
Provigil (modafinil tablet, oral)	

Heart rate and blood pressure are increased at therapeutic doses of stimulants. High doses can cause lethal cardiac effects, stroke, hyperthermia, seizures and death. Repeated high doses over days to weeks can cause a state of hostility and paranoia, similar to paranoid schizophrenia. Bizarre, repetitive movements (picking at imaginary insects under the skin leading to wounds, repeated conversations and sexual activity) can become extreme. Long term effects depend on how the drug is administered and include: nasal ulcerations, bleeding in the lungs, stomach ulcers, atherosclerosis, damage to the heart muscle and difficulties with memory and decision making. Tolerance, dependence and withdrawal can occur.

Chapter 2

Class B – Take Only with Your Doctor’s Approval or Prescription

***NOTE: Read all labels on OTC products. Many come in different dosage forms such as: tablets, capsules, gel capsules, liquids, suspensions and powders. Some stores also carry their own generic formulation of brand name products. Many cough and cold medications contain more than one product. Caution should be used when taking more than one cough and cold medication, changing products and taking pain relievers in addition to these products for this reason. Taking more than one product can put you at risk of receiving higher than recommended daily doses of medications. Tylenol (acetaminophen) is a common pain reliever found in combination products. ***

NOTE: Although the medications listed below in the “Addiction Treatments” section are specifically intended to be taken for prevention of relapse for dependence upon one or more drugs, none of them are habit-forming or addictive themselves, and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.

Addiction Treatments:

Antabuse (disulfiram)	Revia (naltrexone)
Campral (acamprosate)	Symmetrel (amantadine)
Catapres (clonidine)	Vivitrol (naltrexone ER)
Chantix (varenicline)	Zyban (bupropion)

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome. Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

Anabolic Steroids (Androgens):

Fluoxymesterone	Testosterone, continued
Androxy	Axiron
Methyltestosterone	Depo-Testosterone
Android	First-Testosterone
Methitest	First-Testosterone MC
Testred	Fortesta
Oxandrolone	Natesto
Oxandrin	Striant
Testosterone	Testim
Androderm	Testopel
AndroGel	Vogelxo
Aveed	

Anabolic Steroids (Androgens), Continued:

Anabolic steroids is the familiar name for synthetic variants of the male sex hormone testosterone. Anabolic refers to the drugs ability to promote muscle growth and steroid refers to the chemical structure. Androgens are male hormones. Anabolic steroids do not take effect immediately. After several weeks of use, some people experience euphoria, increased energy and an increase in combativeness and competitiveness. Depression, fatigue, loss of appetite, insomnia and headaches can be seen when the use of anabolic steroids stops. High-doses and prolonged use of anabolic steroids can lead to an increase in lipid levels in the blood, heart attack, stroke, decreased libido and decreased sperm production and breast development in men. The use of certain anabolic steroids can lead to liver disease, liver cancer or blood-filled cysts on the liver. Physicians may prescribe anabolic steroids to men who have inadequate or no testosterone production. Anabolic steroids may also be used in women to treat certain breast cancers, fibrocystic breast disease and endometriosis. They may also be used in certain people for weight gain and to treat delayed puberty. All anabolic steroids used as above are considered Class B. Anabolic steroids should not be used to increase muscle mass or to improve athletic performance. There are many anabolic steroids that are illegally produced in bootleg labs or underground and are marketed for this purpose. These medications may have different names which are not included in this list. **Androgens are dangerous if used in this way would be considered Class A.**

Antihistamines (Sedating):

Atarax (hydroxyzine hydrochloride)	Periactin (cyproheptadine)
Benadryl Allergy (diphenhydramine) OTC	Polarmine (dexchlorpheniramine)
Chlorphen-12 (chlorpheniramine) OTC	Robitussin Nighttime Cough DM, Maximum Strength (dextromethorphan/doxylamine) OTC
Chlor-Trimeton (chlorpheniramine) OTC	Tavist (clemastine) OTC
Coricidin HBP Cold & Flu (acetaminophen/chlorpheniramine) OTC	Vicks Cough Nyquil (dextromethorphan/doxylamine) OTC
Coricidin HBP Multi-Symptom Cold Night (acetaminophen/chlorpheniramine/dextromethorphan) OTC	Vistaril (hydroxyzine pamoate)
Karbinal ER (carbinoxamine)	

Sedating antihistamines should be used with caution because they have the potential to alter judgment and cause drowsiness, grogginess, dizziness or fatigue.

Antitussives/Expectorants:

Coricidin HBP Maximum Strength Flu (acetaminophen/chlorpheniramine/dextromethorphan) OTC	Coricidin HBP Multi-Symptom Cold Nighttime(acetaminophen/dextromethorphan/doxylamine) OTC
Coricidin HBP Chest Congestion & Cough (dextromethorphan/guaifenesin) OTC	Coricidin HBP Cough & Cold (chlorpheniramine/dextromethorphan) OTC

Antitussives/Expectorants, Continued:

Coricidin HBP Multi-Symptom Cold Day (dextromethorphan/guaifenesin) OTC	Delsym Cough (dextromethorphan) OTC
Delsym Cough + Chest Congestion, DM, Max Strength (dextromethorphan/guaifenesin) OTC	Diabetic Tussin DM (dextromethorphan/guaifenesin) OTC
Mucinex DM & DM ER (dextromethorphan/guaifenesin) OTC	Vicks Cough DayQuil (dextromethorphan) OTC
Mucinex Fast-Max DM Max, Cough & Chest Congestion (dextromethorphan/guaifenesin) OTC	Vicks NyQuil (acetaminophen/dextromethorphan/doxylamine) OTC
Phenergan DM (dextromethorphan/promethazine)	Vicks NyQuil Cold & Flu (acetaminophen/dextromethorphan/doxylamine) OTC
Robitussin Cough + Chest Congestion DM Regular and Maximum Strength(dextromethorphan/guaifenesin) OTC	Vicks NyQuil Cough (dextromethorphan/doxylamine) OTC
Robitussin DM (dextromethorphan/guaifenesin) OTC	

Perceptual distortions and a dissociative state can also be seen in those people taking large doses of dextromethorphan, similar to symptoms as seen in PCP and ketamine. Toxic doses can cause confusion, disorientation, elevated body temperature, high blood pressure and nausea or vomiting. Dextromethorphan mixed with decongestants can raise blood pressure. Dextromethorphan combined with chlorpheniramine can cause a serotonin syndrome-like toxicity.

Corticosteroids:

Cortisone	Florinef (fludrocortisone)
Cortef (hydrocortisone)	Medrol (methylprednisolone)
Decadron (dexamethasone)	Orapred (prednisolone)
Deltasone (prednisone)	

It is important to take corticosteroids exactly as directed. Corticosteroids are similar to cortisol, a hormone naturally made by the adrenal glands. If corticosteroids are taken for more than a few weeks, cortisol production is decreased in the adrenal glands. Gradually tapering the dosage of the corticosteroid gives the adrenal glands time to resume normal function. Corticosteroids suppress the immune system and can cause insomnia, nervousness, cataracts and bone loss.

Decongestants:

Nasal Sprays:

4-Way (phenylephrine) OTC	Neo-Synephrine Cold & Sinus Mild Strength (phenylephrine) OTC
Afrin Original, Severe Congestion, Sinus, Extra Moisturizing (oxymetazoline) OTC	Neo-Synephrine Cold & Sinus Regular Strength (phenylephrine) OTC
Afrin Original, Maximum Strength (oxymetazoline) OTC	Neo-Synephrine Extra Strength (phenylephrine) OTC
Afrin Nasal Spray, Severe Congestion, Maximum Strength Plus Menthol (oxymetazoline) OTC	Vicks QlearQuil (oxymetazoline) OTC
Benzedrex Nasal Inhaler (propylhexamine) OTC	Vicks Sinex (oxymetazoline) OTC
Dristan (oxymetazoline) OTC	Vicks VapoInhaler (levmetamfetamine) OTC
Nostrilla (oxymetazoline) OTC	Zicam Intense Sinus Relief (oxymetazoline) OTC

Benzedrex has been used recreationally for its psychostimulant effects. Intranasal decongestants (oxymetazoline, phenylephrine) should be used for a maximum of 3 days. Intranasal decongestants attach to receptors on the blood vessels in the nose. After the decongestant attaches to the receptors, the blood vessels constrict. This reduces inflammation and swelling. After a while, the cells realize the receptors are being overstimulated and remove some receptors to create balance. The decongestant then stops working. If an individual continues to use the decongestant, more is used to overcome this “tolerance”. When the individual stops using the decongestant, the few receptors left on the blood vessels of the nose are not enough and there is a huge rebound in the nasal congestion.

Decongestants (Many are cough, cold & flu combination products):

Phenylephrine:

Advil Allergy & Congestion Relief (chlorpheniramine/ibuprofen/ phenylephrine) OTC	Alka Seltzer Plus Night Cold & Flu (acetaminophen/ dextromethorphan/doxylamine/phenylephrine) OTC
Advil Sinus Congestion & Pain (ibuprofen/phenylephrine) OTC	Alka Seltzer Plus Severe Sinus Congestion Allergy & Cough (acetaminophen/ dextromethorphan/ doxylamine/phenylephrine) OTC
Alka Seltzer Plus Cold & Flu Severe (acetaminophen/ chlorpheniramine/ dextromethorphan/phenylephrine) OTC	Alka Seltzer Plus Day Multi-Symptom (acetaminophen/ dextromethorphan/ phenylephrine) OTC
Alka Seltzer Plus Severe Sinus Congestion & Cough Night (acetaminophen/ dextromethorphan/ doxylamine/phenylephrine) OTC	Alka Seltzer Plus Severe Sinus Congestion & Cough Day (acetaminophen/ dextromethorphan/phenylephrine) OTC

Decongestants (Many are cough, cold & flu combination products):**Phenylephrine, Continued:**

Alka Seltzer Plus Cold & Cough (aspirin/chlorpheniramine/ dextromethorphan/phenylephrine) OTC	Dristan Cold (acetaminophen/chlorpheniramine/ phenylephrine) OTC
Alka Seltzer Plus Cold Night (aspirin/ chlorpheniramine/ doxylamine/phenylephrine) OTC	Mucinex Fast-Max Cold & Sinus (acetaminophen/guaifenesin/phenylephrine) OTC
Alka-Seltzer Plus Cold (aspirin/ chlorpheniramine/phenylephrine) OTC	Mucinex Fast-Max Cold, Flu & Sore Throat (acetaminophen/dextromethorphan/ guaifenesin/phenylephrine) OTC
Allerest PE (chlorpheniramine/phenylephrine) OTC	Mucinex Fast-Max Day Time Severe Cold (acetaminophen/dextromethorphan/ phenylephrine) OTC
Benadryl Severe Allergy Plus Sinus Headache (acetaminophen/diphenhydramine/ phenylephrine) OTC	Mucinex Sinus-Max Night (acetaminophen/ diphenhydramine/phenylephrine) OTC
Comtrex Cold & Cough Day (acetaminophen/dextromethorphan/ phenylephrine) OTC	Mucinex Fast-Max Night Time Cold & Flu (acetaminophen/diphenhydramine/ phenylephrine) OTC
Comtrex Cold & Cough Night (acetaminophen/ chlorpheniramine/ dextromethorphan/phenylephrine) OTC	Mucinex Fast-Max Severe Congestion & Cold, Multi-Symptom, Maximum Strength (dextromethorphan/guaifenesin/ phenylephrine) OTC
Contact Cold + Flu Night Maximum Strength (acetaminophen/chlorpheniramine/ phenylephrine) OTC	Mucinex Fast-Max Severe Cold Multi-Symptom, Maximum Strength (acetaminophen/ dextromethorphan/ guaifenesin/ phenylephrine) OTC
Contact Cold + Flu Day Maximum Strength (acetaminophen/phenylephrine) OTC	Mucinex Sinus-Max Day (acetaminophen/guaifenesin/phenylephrine) OTC
Delsym Cough + Cold Day Time (acetaminophen/dextromethorphan/guaifenesin/ phenylephrine) OTC	Mucinex Sinus-Max Pressure & Pain (acetaminophen/guaifenesin/phenylephrine) OTC
Delsym Cough + Cold Nighttime (acetaminophen/diphenhydramine/ phenylephrine) OTC	Mucinex Sinus-Max Severe Congestion Relief (acetaminophen/guaifenesin/phenylephrine) OTC
Dristan Cold (acetaminophen/chlorpheniramine/ phenylephrine) OTC	Robitussin CF (dextromethorphan/ guaifenesin/phenylephrine) OTC
Delsym Cough + Cold Nighttime (acetaminophen/diphenhydramine/ phenylephrine) OTC	Robitussin Peak Cold Multi-Symptom Cold, Maximum Strength, CF Max (dextromethorphan/ guaifenesin/phenylephrine) OTC

**Decongestants (Many are cough, cold & flu combination products):
Phenylephrine, Continued:**

Robitussin Peak Cold Multi-Symptom Cold, CF Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC	TheraFlu Severe Cold & Cough Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC
Sine Off (acetaminophen/chlorpheniramine/phenylephrine) OTC	Theraflu Multi-Symptom Severe Cold Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC
Sudafed PE Pressure + Pain + Cold (acetaminophen/ dextromethorphan/ guaifenesin/phenylephrine) OTC	TheraFlu Severe Cold & Cough Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC
Sudafed PE Severe Cold (acetaminophen/diphenhydramine/phenylephrine) OTC	Theraflu Warming Relief Flu & Sore Throat (acetaminophen/diphenhydramine/phenylephrine) OTC
Sudafed PE Sinus & Allergy (chlorpheniramine/phenylephrine) OTC	Theraflu Daytime (acetaminophen/dextromethorphan/phenylephrine) OTC
Sudafed PE Cough & Cold (dextromethorphan/guaifenesin/phenylephrine) OTC	Theraflu ExpressMax Severe Cold & Cough Daytime (acetaminophen/dextromethorphan/phenylephrine) OTC
Sudafed PE (phenylephrine) OTC	Theraflu Multi-Symptom Severe Cold (acetaminophen/dextromethorphan/phenylephrine) OTC
Sudafed PE Pressure + Pain + Cough (acetaminophen/dextromethorphan/phenylephrine) OTC	TheraFlu Severe Cold & Cough Daytime (acetaminophen/ dextromethorphan/phenylephrine) OTC
Sudafed PE Pressure + Pain + Mucus (acetaminophen/guaifenesin/phenylephrine) OTC	Theraflu ExpressMax Flu, Cough, & Sore Throat (acetaminophen/diphenhydramine/phenylephrine) OTC
Sudafed PE Triple Action (acetaminophen/guaifenesin/phenylephrine) OTC	Theraflu ExpressMax Severe Cold & Cough Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC
Sudafed PE Pressure + Pain (acetaminophen/phenylephrine) OTC	Tylenol Cold Head Congestion Severe (acetaminophen/ dextromethorphan/ guaifenesin/phenylephrine) OTC
Sudafed PE Pressure + Pain Maximum Strength (acetaminophen/phenylephrine) OTC	Tylenol Cold Multi-Symptom Night (acetaminophen/chlorpheniramine/ dextromethorphan/phenylephrine) OTC
Theraflu Multi-Symptom Severe Cold Nighttime (acetaminophen/diphenhydramine/phenylephrine) OTC	Tylenol Cold Multi-Symptom Severe (acetaminophen/dextromethorphan/ guaifenesin/phenylephrine) OTC

Decongestants (Many are cough, cold & flu combination products):**Phenylephrine, Continued:**

Tylenol Cold Multi-Symptom Day (acetaminophen/dextromethorphan/phenylephrine) OTC	Tylenol Sinus Congestion & Pain Nighttime (acetaminophen/chlorpheniramine/phenylephrine) OTC
Tylenol Cold & Flu Severe (acetaminophen/dextromethorphan/guaifenesin/phenylephrine) OTC	Tylenol Sinus Congestion & Pain Daytime (acetaminophen/phenylephrine) OTC

Decongestants can raise blood pressure and should be used with caution because they are stimulating and can trigger relapse.

Decongestants (Many are cough, cold & flu combination products):**Pseudoephedrine:**

Advil Cold & Sinus (ibuprofen/pseudoephedrine) OTC	Nexafed Sinus Pressure + Pain (acetaminophen/pseudoephedrine) OTC
Alavert-D 12 Hour Allergy & Sinus (loratadine/pseudoephedrine) OTC	Pseudo-Gest (pseudoephedrine) OTC
Advil Allergy Sinus (chlorpheniramine/ibuprofen/pseudoephedrine) OTC	Semprex-D (acrivastine/pseudoephedrine)
Aleve-D Sinus & Cold (naproxen/pseudoephedrine) OTC	Silfedrine (pseudoephedrine) OTC
Aleve-D Sinus & Headache (naproxen/pseudoephedrine) OTC	Sudafed (pseudoephedrine) OTC
Allegra-D 12 Hour Allergy & Congestion (fexofenadine/ pseudoephedrine) OTC	Sudafed 12 Hour (pseudoephedrine) OTC
Allegra-D 24 Hour Allergy & Congestion (fexofenadine/ pseudoephedrine) OTC	Sudafed 12 Hour Pressure + Pain (naproxen/pseudoephedrine) OTC
Bromfed DM (brompheniramine/pseudoephedrine) OTC	Sudafed 24 Hour (pseudoephedrine) OTC
Mucinex D Original & Maximum Strength (guaifenesin/ pseudoephedrine) OTC	

Gabapentin (Postherpetic Neuralgia, Seizures):

Fanatrex FusePaq (gabapentin, suspension)	Neurontin (gabapentin, capsule, solution, tablet)
Gralise (gabapentin, 24-hour tablet)	

Gabapentin (Postherpetic Neuralgia, Seizures), Continued:

Gabapentin abuse, misuse and diversion are common in the addicted population. Risk factors include a history of substance abuse, especially opioid abuse, and psychiatric co-diagnosis. Cases of acute gabapentin overdose have occurred. Gabapentin has been abused in combination with alcohol. Gabapentin is often used off-label for any type of pain and anxiety. This type of use is not recommended due to the potential for misuse and abuse. Patients have reported snorting gabapentin, using gabapentin to get high and to potentiate opioid drug effects and . Patients have attempted to smuggle gabapentin into treatment facilities.

Patients taking gabapentin can exhibit drug-seeking behaviors, such as exaggerating symptoms in order to obtain the drug. Gabapentin is sold illicitly on the street. Gabapentin should only be taken with physician supervision.

Gastrointestinal (Constipation):

Dulcolax (bisacodyl) OTC	Senokot (sennosides) OTC
Senokot-S (docusate sodium/sennosides) OTC	

Frequent use of laxatives can cause the body to become deficient in potassium, sodium and magnesium. These deficiencies can result in electrolyte imbalances that can cause muscle pain, spasms, irregular heartbeat and possibly death. Laxative abuse can cause: laxative dependency; long term digestion problems; decreased immune response; dehydration and the inability of the individual to hold their bowels.

Gastrointestinal (Nausea/Vomiting):

Compazine (prochlorperazine)	Tigan (trimethobenzamide)
Phenergan (promethazine)	Zofran (ondansetron)
Reglan (metoclopramide)	

Compazine and Phenergan can cause altered heart rhythm, dystonia, hypotension and sedation. Tigan can cause central nervous system depression, dizziness, drowsiness and blurred vision. Reglan can cause tardive dyskinesia (abnormal muscle movements). These movements happen mostly in the face muscles and are not controllable. The movements may not go away even after stopping Reglan. Zofran can cause an abnormal heart beat and serotonin syndrome in combination with other medication.

Quetiapine (Bipolar Disorder, Adjunct to Major Depression Treatment, Schizophrenia):

Quetiapine (Seroquel, Seroquel XR)	
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Quetiapine (Bipolar Disorder, Adjunct to Major Depression Treatment, Schizophrenia), Continued:

Quetiapine abuse, misuse and diversion is common in the addicted population. Quetiapine is often used off-label for anxiety, sleep and PTSD. This type of use is not recommended due to the potential for misuse and abuse. Patients have attempted to smuggle quetiapine into treatment facilities.

Patients taking quetiapine can exhibit drug-seeking behaviors, such as exaggerating symptoms in order to obtain the drug, and often use of quetiapine in conjunction with alcohol. Quetiapine is sold illicitly on the street. A recent report from the Drug Abuse Warning Network has shown an increase of quetiapine-related emergency department visits involving misuse and abuse. Quetiapine should only be taken with physician supervision.

Skeletal Muscle Relaxants:

Dantrolene (dantrium)	Parafon Forte (chlorzoxazone)
Flexeril (cyclobenzaprine)	Robaxin (methocarbamol)
Lioresal (baclofen)	Skelaxin (metaxalone)
Norflex (orphenadrine)	Zanaflex (tizanidine)

Muscle relaxants can cause heart arrhythmias and central nervous system depression (sedation, dizziness), which may impair physical or mental abilities. Serotonin syndrome can occur in combination with other medication.

Sleep Aids:

Advil PM (diphenhydramine/ibuprofen) OTC	Sominex (diphenhydramine) OTC
Aleve PM (diphenhydramine/naproxen) OTC	Tylenol PM Extra Strength (diphenhydramine/acetaminophen) OTC
Excedrin PM Headache (acetaminophen/ aspirin/diphenhydramine) OTC	Unisom Sleepgels (diphenhydramine) OTC
Nytil Quickcaps (diphenhydramine) OTC	Unisom SleepTabs (doxylamine) OTC
Simply Sleep (diphenhydramine) OTC	Vicks ZzzQuil (diphenhydramine) OTC

Sleep aids act in the central nervous system and can alter judgment and cause sedation. H1 antagonists suppress the wake promoter pathway and cause the person to become sleepy. After about three days, a person develops a tolerance to the drowsiness, therefore the sleep medication is not effective for more than a few days at a time if used for sleep.

Vertigo/Motion Sickness

Bonine (meclizine) OTC	Transderm Scop (scopolamine)
Dramamine (dimenhydrinate) OTC	

These medications affect the central nervous system and can cause dizziness, drowsiness, or blurred vision.

Other:

Asthmanefrin (racepinephrine) OTC	
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Asthmanefrin is used to treat asthma and can cause nervousness, restlessness, sleeplessness, palpitations, tachycardia, chest pain, muscle tremors, dizziness and flushing.

Chapter 1 and 2 References:

Kuhn, C; Swartzwelder, S; Wilson, W. (2014). *BUZZED The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy*. New York, NY: W. W. Norton & Company.

Chapter 3

A Partial List of Non-Prescription and Prescription Alcohol-Free Products

Alcohol is present in many over the counter and prescription liquid medications. Research shows that even the smell of alcohol may be enough to trigger cravings and a subsequent relapse among certain recovering individuals. Please note that there are a variety of cough and cold preparations that contain alcohol and medications which can be taken in tablet form will not contain ethyl alcohol. When purchasing liquid medications for the household, check the label to be sure the product is alcohol-free. When receiving a prescription for a liquid medication, ask the pharmacist if the medication is alcohol-free. The following is a selection of alcohol-free products grouped by therapeutic category. The list is not comprehensive. Manufacturers change product ingredients and brand names frequently. Manufacturers are listed after each product name. The following medications are safe for recovering people to take. The cough, cold and allergy medications should be used with caution. See individual sections on antihistamines, antitussives and decongestants for explanations.

Product	Manufacturer	Product	Manufacturer
Analgesics		Cough, cold, and allergy preparations, continued	
Acetaminophen Infants drops	Ivax	Aquatab DM syrup	Adams
Advil Children's suspension	Wyeth Consumer	Banophen elixir	Major
APAP elixir	Bio-Pharm	Benadryl Allergy solution	Pfizer Consumer
Genapap Children's elixir	Ivax	Benadryl-D Allergy & Sinus	Johnson &
Genapap Infant's drops	Ivax	Children's solution	Johnson Consumer
Motrin Children's suspension	McNeil Consumer	Bromaline syrup	Rugby
Motrin Infants' suspension	McNeil Consumer	Bromaline DM elixir	Rugby
Silapap Infant's drops	Silarx	Bromatan-DM suspension	Cypress
Tylenol Children's suspension	McNeil Consumer	Bromhist Pediatric solution	Cypress
Tylenol Extra Strength solution	McNeil Consumer	Bromhist-DM solution	Cypress
Tylenol Infants' suspension	McNeil Consumer	Bromhist-DM Pediatric syrup	Cypress
Cough, cold, and allergy preparations		Bromhist-NR solution	Cypress
Accuhist PDX Drops solution	Pediamed	Bromhist-PDX syrup	Cypress
Accuhist PDX syrup	Pediamed	Bromphenex DM solution	Breckenridge
Allanhist PDX syrup	Allan	Bromplex DM solution	Prasco
Altarussin DM syrup	Altaire	Bromtuss DM solution	Breckenridge
Amerifed liquid	Ambi	Broncotron liquid	Seyer Pharmatec
Amerifed DM liquid	Ambi	Broncotron-D suspension	Seyer Pharmatec
Anaplex DM syrup	ECR	Carbofed DM syrup	Hi-Tech Pharmacal
Anaplex DMX suspension	ECR	Cardec solution	Qualitest
Andehist DM NR syrup	Cypress	Cardec DM solution	Qualitest
Andehist NR syrup	Cypress	Children's Dimetapp Cold & Allergy solution	Wyeth Consumer

Product	Manufacturer	Product	Manufacturer
Cough, cold, and allergy preparations, continue		Cough, cold, and allergy preparations, continued	
Children's Dimetapp DM Cold & Cough solution	Wyeth Consumer	Lodrane liquid	ECR
Children's Dimetapp Long Acting Cough Plus Cold solution	Wyeth Consumer	Lodrane D suspension	ECR
Children's Dimetapp Nighttime Flu syrup	Wyeth Consumer	Lodrane XR suspension	ECR
Children's Mucinex syrup	Adams	Lohist D syrup	Larken
Children's Mucinex Cold solution	Adams	Lohist DM syrup	Larken
Children's Mucinex Cough syrup	Adams	Lortuss DM solution	Proethic
Corfen DM solution	Cypress	Motrin Cold Children's Suspension	McNeil Consumer
Crantex syrup	Breckenridge	Nasop suspension	Hawthorn
De-Chlor DM solution	Cypress	Neotuss-D liquid A.G.	Marin
Dex PC syrup	Boca Pharmacal	Norel DM liquid	US Pharmaceutical
Diabetic Tussin solution	Health Care Products	Organidin NR liquid	Medpointe
Diabetic Tussin Allergy Relief Liquid	Health Care Products	PediaCare Children's syrup	Johnson & Johnson Consumer
Diabetic Tussin Cough lozenges	Health Care Products	PediaCare Cough + Cold Children's liquid	Johnson & Johnson Consumer
Diabetic Tussin DM liquid	Health Care Products	PediaCare Decongestant & Cough liquid	Johnson & Johnson Consumer
Diabetic Tussin DM solution	Health Care Products	PediaCare Long-Acting Cough solution	Johnson & Johnson Consumer
Diabetic Tussin EX liquid	Health Care Products	PediaCare Multi-Symptom Cold liquid	Johnson & Johnson Consumer
Diabetic Tussin Night Time Formula solution	Health Care Products	Pediahist DM syrup	Boca Pharmacal
Duratan DM suspension	Proethic	Pedia-Relief liquid	Major
Duratuss DM solution	Victory	Phanattuss syrup	Pharmakon
Duratuss DM12 suspension	Victory	Phanattuss DM Diabetic Choice syrup	Pharmakon
Endacof DM solution	Larken	Q-Tussin liquid	Qualitest
Ganidin NR liquid	Cypress	Q-Tussin PE liquid	Qualitest
Gani-Tuss NR liquid	Cypress	Quintex syrup	Qualitest
Genexpect-DM liquid	Pharm Generic	Relacon-DM NR solution	Cypress
Genexpect-PE liquid	Pharm Generic	Rescon-DM liquid	Capellon
Hydramine elixir	Ivax	Rescon-GG liquid	Capellon
		Robitussin Chest Congestion syrup	Wyeth Consumer

Product	Manufacturer	Product	Manufacturer
Cough, cold, and allergy preparations, continued		Cough, cold, and allergy preparations, continued	
Robitussin Cough & Allergy solution	Wyeth Consumer	Sudafed Children's solution	Pfizer
Robitussin Cough & Cold CF syrup	Wyeth Consumer	Sudafed Children's Cold & Cough solution	Pfizer
Robitussin Cough & Congestion liquid	Wyeth Consumer	TriTuss solution	Everett
Robitussin Cough, Cold & Flu Nighttime solution	Wyeth Consumer	Tusdec-DM solution	Cypress
Robitussin Cough DM syrup	Wyeth Consumer	Tussi-Organidin DM NR solution	Wallace
Robitussin DM syrup	Wyeth Consumer	Tussi-Organidin NR solution	Wallace
Robitussin Head & Chest Congestion PE syrup	Wyeth Consumer	Tussi-Pres liquid	Kramer-Novis
Robitussin PE syrup	Wyeth Consumer	Tussi-Pres Pediatric solution	Kramer-Novis
Robitussin Pediatric Cough syrup	Wyeth Consumer	Tylenol Cold Children's Suspension	McNeil Consumer
Robitussin Pediatric Cough & Cold CF solution	Wyeth Consumer	Tylenol Cold Infants' drops	McNeil Consumer
Robitussin Pediatric Cough & Cold Long-Acting solution	Wyeth Consumer	Tusdec-DM solution	Cypress
Robitussin Pediatric Night Relief liquid	Wyeth Consumer	Tussi-Organidin DM NR solution	Wallace
Rondec solution	Biovail	Tylenol Cold Plus Cough Children's suspension	McNeil Consumer
Rondec DM drops	Biovail	Tylenol Flu Children's suspension	McNeil Consumer
Rondec DM solution	Biovail	Tylenol Flu Night Time Max Strength liquid	McNeil Consumer
Scot-Tussin Diabetes CF liquid	Scot-Tussin	Tylenol Sinus Children's suspension	McNeil Consumer
Scot-Tussin DM solution	Scot-Tussin	Vazol solution	Wraser Pharm
Scot-Tussin Expectorant solution	Scot-Tussin	Vicks Dayquil Multi-Symptom liquid	Procter & Gamble
Scot-Tussin Original solution	Scot-Tussin	Z-Cof 8 DM suspension	Zyber
Scot-Tussin Senior solution	Scot-Tussin	Z-Cof 12 DM suspension	Zyber
Siladryl Allergy solution	Silarx	Z-Cof DM solution	Zyber
Sildec-DM syrup	Silarx	Z-Cof DMX solution	Zyber
Sildec-PE solution	Silarx	Z-Tuss DM syrup	Magna
Sildec PE-DM solution	Silarx	Z-Tuss Expectorant solution	Magna
Simply Cough liquid	McNeil Consumer		

Product	Manufacturer	Product	Manufacturer
Ear, nose, and throat products		Gastrointestinal agents, continued	
4-Way Saline Moisturizing Mist spray	Bristol-Myers	Liqui-Doss liquid	Ferndale
Ayr Baby Saline spray	B.F. Ascher	Mylicon Infants' suspension	Johnson & Johnson/Merck
Gly-Oxide solution	GlaxoSmithKline	Topical products	
Listermint solution	Johnson & Johnson Consumer	Aloe Vesta 2-N-1 Antifungal ointment	Convatec
Nasal Moist gel	Blairex	Dermatone Lips 'n Face Protector ointment	Dermatone
Orajel Baby liquid	Del	Dermatone Moisturizing Sunblock cream	Dermatone
Orajel Baby Day & Night gel	Del	Dermatone Skin Protector cream	Dermatone
Orajel Baby Nighttime gel	Del	HandClens solution	Woodward
Orajel Baby Nighttime Teething Pain Medicine gel	Del	Neutrogena Acne Wash liquid	Neutrogena
Orajel Baby Teething Pain Medicine liquid	Del	Neutrogena Antiseptic liquid	Neutrogena
Tanac liquid	Del	Neutrogena Antiseptic solution	Neutrogena
Gastrointestinal agents		Neutrogena Clear Pore gel	Neutrogena
Baby Gasz drops	Lee	Neutrogena T/Derm liquid	Neutrogena
Kaopectate Advanced Formula Suspension	Pharmacia Consumer	Neutrogena Toner liquid	Neutrogena
Lodrane liquid	ECR	Neutrogena Toner solution	Neutrogena
Lodrane D suspension	ECR	Sea Breeze Foaming Face Wash gel	Clairol
Lodrane XR suspension	ECR	Tiger Balm Arthritis Rub lotion	Prince of Peace Enterprises
		Vitamins, minerals, and supplements	
		Poly-Vi-Sol drops	Mead Johnson

List of Alcohol-Free Products from:
 Gourley, D; Eoff, J. (2013). *The APhA Complete Review for Pharmacy. 10th ed.* American Pharmacists Association. Washington, DC: American Pharmacists Association.

Chapter 4 - A Partial List of Non-Prescription and Prescription Products that Contain Alcohol

Below is a partial list of alcohol-containing products. All of these products should be avoided. Some nasal sprays used for allergic rhinitis and nasal/sinus congestion contain alcohol. Alcohol-containing nasal sprays that should be avoided by recovering persons, especially those taking Antabuse, include Flonase and Nasonex nasal sprays. The majority of mouthwashes contain alcohol. Remember to always check labels for alcohol.

Act Restoring Mouthwash Anticavity, Icy Cool Vanilla Mint, Cinnamon and Mint 11% Water Alcohol	McNeil PPC	Cepacol Antibacterial Mouthwash with Ceepryn 14% Denatured	Combi
Advanced Listerine with Tartar Protection Arctic Mint 21.6% Water Alcohol	Pfizer	Colgate Peroxyl Antiseptic Oral Cleanser Original & Refreshing Cool Mint 6% Ethyl Alcohol	Colgate Oral Pharmaceuticals INC
Brometane DX Syrup (brompheniramine/ pseudoephedrine/ dextromethorphan)	Hi Tech Pharmacial	Ferrous Sulfate Elixir 5%	Rugby
Cepacol Antibacterial Mouthwash with Ceepryn 14% Denatured	Combi	Hydroxyzine HCl Syrup 0.5%	Hi Tech Pharmacial
Chlorhexidine Oral Rinse 11.6%	Teva	Imodium A-D Liquid (loperamide) 0.5%	McNeil Consumer Healthcare
Cheracol D Maximum Strength Cough Formula (dextromethorphan/ guaifenesin) 4.75%	Lee Pharmaceuticals	Listerine Whitening Rinse 8% Water Alcohol	Pfizer
Act Restoring Mouthwash Anticavity, Icy Cool Vanilla Mint, Cinnamon and Mint 11% Water Alcohol	McNeil PPC	Listerine Antiseptic Cool Mint or Natural Citrus .095%	Pfizer
Advanced Listerine with Tartar Protection Arctic Mint 21.6% Water Alcohol	Pfizer	Listerine Antiseptic 26.9% Water Alcohol	Pfizer
Brometane DX Syrup (brompheniramine/ pseudoephedrine/ dextromethorphan)	Hi Tech Pharmacial	Metoclopramide Solution <1%	Taro
Nystatin Suspension <1%	Taro	Scope Cinnamon Ice 12%	Procter & Gamble

Plax Soft Mint Advanced Formula Plaque Loosening Rinse 8.7%	Pfizer	Scope Cool Peppermint 14.3%	Procter & Gamble
Prednisolone Syrup 15 mg/5ml 5%	Hi Tech Pharmacal	Scope Original Mint 15%	Procter & Gamble
Vicks Formula 44 Cough Relief (dextromethorphan)	Procter & Gamble	Sulfamethoxazole and Trimethoprim oral suspension 0.26%	Hi Tech Pharmacal
Vicks Formula 44 D Cough & Head Congestion Relief, (dextromethorphan/phenylephrine)	Procter & Gamble	TheraFlu Warming Relief Daytime Severe Cold (acetaminophen/dextromethorphan/phenylephrine) 10%	Novartis
Vicks Formula 44 E Cough & Chest Congestion Relief (dextromethorphan/guaifenesin)	Procter & Gamble	TheraFlu Warming Relief Nighttime Severe Cold (acetaminophen/diphenhydramine/phenylephrine) 10%	Novartis
Promethazine VC Plain (phenylephrine/promethazine) 7%	Alpharma	Triaminic Thin Strips Cough & Runny Nose Grape (diphenhydramine)	Novartis
Promethazine Plain Syrup 7%	MGP	Triaminic Thin Strips Long-Acting Cough (dextromethorphan)	Novartis
Promethazine with DM Syrup (dextromethorphan/promethazine) 7%	MGP	Triaminic Thin Strips Cough & Cold (dextromethorphan/phenylephrine)	Novartis
Robitussin Maximum Strength Cough 1.4%	Wyeth	Vicks Nyquil Cold Flu Liquid, Original & Cherry (acetaminophen/dextromethorphan/doxylamine)	Procter & Gamble
Robitussin Maximum Strength Cough & Cold 1.4%	Wyeth	Vicks NyQuil Cough Liquid (dextromethorphan/doxylamine)	Procter & Gamble
Scope Citrus Splash 10%	Procter & Gamble	Vicks Formula 44 M Cough Cold & Flu Relief (acetaminophen/chlorpheniramine/dextromethorphan)	Procter & Gamble
Zantac Syrup (ranitidine)	GlaxoSmith Kline		

5% Alcohol (10-Proof)	
Diphenhydramine Elixir	Kay Ciel Liquid (potassium)
Benylin Cough Syrup	Guiatuss AC Syrup (guaifenesin/codeine)
Cheracol-D Cough Syrup (guaifenesin/dextromethorphan)	Phenergan VC Syrup (promethazine/phenylephrine)
Dihstine DH Elixir (chlorpheniramine/pseudoephedrine/codeine)	Tussend Syrup (guaifenesin/chlorpheniramine/ pseudoephedrine/hydrocodone)
Dramamine Liquid (dimenhydrinate)	Tylenol Extra Strength Liquid
Feosol (iron) Elixir	Tylenol with Codeine Elixir
Imodium A-D (loperamide)	Vicks 44 D (dextromethorphan/pseudoephedrine)
Kaon Liquid (potassium)	Vicks 44 E (guaifenesin/dextromethorphan)
10% Alcohol (20-Proof)	
Excedrin PM Liquid (acetaminophen/diphenhydramine)	Nu-Iron Elixir (iron)
Geritol Tonic Liquid (multivitamin)	Vicks Nyquil (doxylamine/pseudoephedrine/dextromethorphan/ acetaminophen)
Hycotuss Expectorant Syrup (hydrocodone/guaifenesin)	Vicks Formula 44M (chlorpheniramine/pseudoephedrine/ dextromethorphan/acetaminophen)
Niferex Elixir (iron)	
15% Alcohol (30-Proof)	
Cepacol Mouthwash	Lomotil Liquid (diphenoxylate/atropine)
Gerivite Elixir (multivitamin)	
20% Alcohol (40-Proof)	
Gevraban Liquid (vitamins)	Lufyllin Elixir (theophylline)
Listerine Mouthwash (flavored)	Theophylline Elixir
25% Alcohol (50-Proof)	
Listerine Mouthwash (regular)	N'ice Throat Spray



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