

## **MEDICATION USE FOR PEOPLE IN RECOVERY**

There have been many in recovery that have relapsed after taking certain over the counter and prescription medications. It is important for chemically dependent people in recovery to know what medications can compromise their recovery. Physicians, dentists, psychiatrists and psychologists that you work with need to be aware that you are chemically dependent and that there are certain medications that should be avoided if possible. It would also be helpful to work with these types of professionals that are familiar with chemical dependency.

The following is a list of over the counter (OTC) and Rx (prescription) medications that people in recovery for chemical dependency need to avoid when possible. There are many medications that work for people that are not addictive or mood altering.

### **OPIOID-BASED**

- Codeine (Tylenol #3)
- Fentanyl (Duragesic patch)
- Hydrocodone (Vicodin, Vicoprofen, Lortab)
- Hydromorphone (Dilaudid)
- Morphine
- Oxycodone (Percodan, Percocet, OxyCotin)
- Propoxyphene (Darvon, Darvocet)

### **Medical Marijuana is NOT allowed while attending treatment.**

The following are some alternative pain medications that are not mood altering/addictive.

### **OTC**

- Acetaminophen (Tylenol)
- Aspirin (Bayer)
- Ibuprofen (Motrin, Advil)
- Naproxen (Naprosyn, Alleve)

### **PRESCRIPTION**

- Celecoxib (Celebrex)
- Infliximab (Remicade)
- Ketorolac (Toradol)
- Methotrexate (Rheumatrex)

### **ALTERNATIVE PAIN TREATMENT**

- Acupressure
- Acupuncture
- Behavioral Strategies such as Mini Breaks and Pacing
- Biofeedback
- Chiropractic or Osteopathic Medicine
- Exercise
- Heat or Ice
- Massage Therapy
- Physical Therapy
- Prayer
- Stress Management

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- Tai Chi or Qi Gong
- Yoga or Traditional Chinese Medicine

In general, people in recovery should avoid using opioids, but there are times that due to an illness, surgery or accident need to use opioids for pain. Inform your doctor that you are chemically dependent and ask him/her to help you with a plan to taper off the medication. Utilize support from sponsor, family or friends in recovery.

### **DENTAL ANESTHESIA**

Inform your dentist that you are chemically dependent. Avoid using nitrous oxide (laughing gas). Ask your dentist to use injectable lidocaine (Novocaine) for numbing pain relief. Nitrous oxide is an addictive drug and has mood-altering effects, which can cause cravings and lead you to a return to used. For appropriate pain medications needed, refer to the safe and unsafe medication list.

### **PLANNING AHEAD FOR EMERGENCY SITUATIONS**

You can plan ahead in terms of informing people that are close to you to inform your doctor that you are chemically dependent if you are not able to inform the doctor. Ask someone to be your advocate in emergency situations.

### **MEDICATION FOR DEPRESSION, ANXIETY OR OTHER MENTAL HEALTH DISORDERS**

During our active addiction, many of us used other drugs to cope with our depression, anxiety, bipolar or other psychiatric disorders. These disorders along with our addiction are called co-occurring disorders. Work with your psychiatrist/doctor in regards to the appropriate medications to use. There are safe medications that you can take for these disorders that would not put your recovery at risk.

### **AVOID PSYCHIATRIC MEDICATIONS THAT CONTAIN BENZODIAZEPHINE**

- Alprazolam (Xanax)
- Clonacepan (Klonopin)
- Diazepam (Valium)
- Lorazepam (Ativan)
- Midazolam (Versed)
- Oxazepan (Serax)

### **SAFE MEDICATIONS FOR CO-OCCURRING DISORDERS**

- Amitriptyline (Elavil)
- Bupropion (Wellbutrin)
- Buspirone (BuSpar)
- Citalopram (Celexa)
- Clomipramine (Anafranil)
- Duloxetine (Cymbalta)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac)
- Imipramine (Tofranil)
- Mirtazapine (Remeron)
- Nefaxodone (Serzone)
- Nortriptyline (Aventyl, Pamelor)
- Paroxetine (Paxil)
- Sertraline (Zoloft)
- Trazodone (Desyrel)
- Venlafaxine (Effexor)

### **AVOID THESE (RX) MEDICATIONS USED TO TREAT ADHD**

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- Methlphenidate (Ritalin)
- Dextroamphetamine (Adderall, Dexedrine)

### **SAFE (RX) MEDICATIONS USED TO TREAT ADHD**

- Atomoxetine (Strattera)
- Bupropion (Wellbutrin)

### **AVOID ALL DIET MEDICATIONS THAT CONTAIN ANY FORM OF AMPHETAMINE**

Develop an alternative diet plan with your doctor that includes:

- Positive lifestyle changes
- Cardiovascular exercise or weight training
- Good nutrition and dietary counseling or support

### **COLD AND ALLERGY MEDICATIONS**

Some medications contain pseudoephedrine, which has stimulant-like properties, which should be avoided

- Advil Cold & Sinus
- Alavert-D
- Claritin-D
- DayQuil
- Sudafed
- Theraflu
- Tylenol Cold & Sinus

### **OTHER'S TO AVOID**

- Brompheniramine (Dimetapp, Elixir)
- Chlorpheniramine (Chlor-Trimeton)
- Clemastine (Tavist)
- Dextromethorphan (Robitussin DM or any cough syrup with DM on the label)
- Diphenhydramine (Benadryl)
- Ephedrine (Bronkaid, Primatene)
- Nighttime preparations that contain alcohol (NyQuil)

### **SAFE COLD AND ALLERGY (OTC) MEDICATION INCLUDE**

- Benzonatate (Tessalon Perless)
- Cough Drops (Halls)
- Guaifenesin (Mucinex, Vicks 44E)
- Nasal Strips (Breath Right)
- Saline Nasal Spray (Ocean)
- Salt Water (for gargling)
- Sore Throat Lozenges
- Vicks VapoRub, Vicks VapoSteam

### **SLEEP MEDICATIONS SHOULD BE AVOIDED AS THEY CONTAIN DEPRESSANT-LIKE PROPERTIES**

- Diphenhydramine (Unison, Sominex) OTC
- Zolpidem (Ambien) Rx
- Zaleplon (Sonata) Rx

### **IF A PRESCRIPTION SLEEP AID IS A ABSOLUTE NEED**

- Remeron
- Rozerem

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- Trazodone

**ALTERNATIVE WAYS TO RELAX**

- Listening To Calming Music
- Meditation
- Taking A Hot Bath

**SAFE (OTC) MEDICATIONS FOR HEARTBURN AND UPSET STOMACH**

- Acid Reducers (Prilosec, Pepcid AC)
- Antacids (Tums, Maalox, Mylanta, Rolaid)
- Ranitidine (Zantac)

**SAFE (OTC) MEICATIONS FOR DIARRHEA**

- Docusate Calcium (Kaopectate)
- Loperamide (Immodium A-D)

**SAFE (OTC) MEDICATIONS FOR CONSTIPATION**

- Docusate Sodium (Colace)
- Senna (Senokot)

**AVOID MOTION SICKNESS MEDICATIONS THAT MAY CONTAIN MOOD ALTERING EFFECTS**

- Dimenhydrinate (Dramine-OTC)
- Meclizine (Bonine- OTC, Antiver-Rx)
- Scopolamine Patch (Transderm Scop- Rx)

**MOUTHWASH WHICH CONTAINS ALCOHOL IN IT SHOULD BE AVOIDED SUCH AS**

- Cepacol
- Listerine
- Plax
- Scope

**SAFE MOUTHWASH INCLUDES**

- Act
- Act Kids
- Cogate Fluorigard