

Health Professional Recovery Program

Supporting Michigan Health Professionals since 1994

SAFE AND UNSAFE DRUGS FOR RECOVERING ADDICTS

The following is a partial list of medications and preparations, which are generally considered to be **unsafe** for those who are recovering from the diseases of alcoholism and drug addiction:

1. Any preparation, which contains **alcohol (ethanol)**. This includes most cough preparations and mouthwashes. When in doubt, always read the label. Beware of foods which are prepared with alcoholic beverages, such as wine or sherry, the alcohol may (but not always) be evaporated if added prior to cooking.
2. **Benzodiazepines and other tranquilizers** - i.e. Valium, Librium, Limbitrol, Tranxene, Dalmane, Serax, Xanax, Klonopin, Halcion, Ativan, Versed, Miltown, Equanil, Equagesic, Soma and others.
3. **Barbiturates and other sedatives** - i.e. Phenobarbital, Nembutal, Seconal, Fiorinal, Esgic, Donnatal, Doriden, Placidyl, Chloral Hydrate, Ambien, Sonata and others.
4. **Narcotics** - i.e. Morphine, Demerol, Dilaudid, Dolophine (Methadone), Percodan, Duragesic (Fentanyl), Tylox, Synalgos-DC, Codeine (Tylenol #3, etc), Talwin, Darvocet, Wygesic, Vicodin, Lortab, Lorcet, Nubain, Stadol, Ultram and others.
5. **Amphetamines and other stimulants** - i.e. Dexedrine, Bensedrine, Fastin, Ionamin, Tenuate, Ephedrine, Ritalin, Cylert, Adderall, Meridia and others.
6. **Decongestants or weight-control preparations** which contain Ephedrine, Pseudoephedrine or Phenylpropanolamine.

The following are usually considered to be acceptable medications, *however*, remember **ALL PRESCRIPTIONS and OVER THE COUNTER** medications need to be approved by you Addictionist: Aspirin, Tylenol, non-steroidal anti-inflammatory drugs (i.e. Motrin, Nuprin, Advil, Naprosyn, Anaprox and others), antibiotics, some cough syrups and some antihistamines (i.e. Allegra and Claritin).

At times, individuals in recovery need to be maintained on psychiatric medications, but the decision to do so should be made jointly by the patient's Psychiatrist and Addictionist. Drugs prescribed to control psychiatric disorders should be used only with caution and a secure diagnosis.