

LIST OF DRUGS NOT TO BE USED IN THE ELDERLY AS ADOPTED BY OHQC (July 2009)

Beers List 2003† / CIHI - Drugs not to be used

Product Name

Anti-histamines:

chlorpheniramine	
diphenhydramine	Benadryl
hydroxyzine	Atarax
cyproheptadine*	

Stimulant laxatives *on long-term basis, except in presence of chronic pain requiring opioids*

bisacodyl	Dulcolax
cascara	

Amiodarone	Cordarone
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Amitriptyline	Elavil
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Amphetamines	
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Anorexic agents:

Aminorex	
Fenfluramine	
Dexfenfluramine	

Barbiturates (except phenobarbital):

pentobarbital	
secobarbital	

Belladonna alkaloids	Donnatal
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Benzodiazepines - short acting: *above max dose for elderly (which is usually 1/2 max dose in younger adults)*

alprazolam	Xanax
flurazepam	Dalmane
lorazepam	Ativan
oxazepam	Serax
temazepam	Restoril
triazolam	Halcion

Benzodiazepines, long-acting:	
chlordiazepoxide (oral, parental)	Librium
diazepam	Valium
Carisoprodol*	Soma
Chlorpropamide	Diabinese
Cimetidine	Tagamet
Clonidine	Catapres
Clorazepate	Tranxene
Cyclobenzaprine	Flexeril
Dessicated thyroid	
Dicyclomine	Bentyl
Digoxin - <i>avoid dose >.125 mg/d</i>	Lanoxin
Dipyridamole - <i>avoid only short-acting form</i>	Persantine
Disopyramide	Norpace, Norpace CR
Doxazosin	Cardura
Doxepin	Sinequan
Ergot mesyloids	Ergotamine
Estrogens, oral	
Ethacrynic acid*	Edecrin
Ferrous sulfate - <i>avoid only if dose >325 mg</i>	iron
Fluoxetine <i>on daily basis</i>	Prozac
Guanethidine *	Ismelin
Indomethacin	Indocin, Indocin SR
Ketorolac	Toradol
Meperidine	Demerol
Methocarbamol *	Robaxin
Methyldopa	Aldomet
Methyltestosterone	Android, Virilon, Testrad

Mineral oil	
Nifedipine - <i>avoid only short acting form</i>	Procardia, Adalat
Nitrofurantoin	Microdantin
Non-COX selective NSAIDs on long-term basis	
naproxen	Naprosyn
oxaprozin	
piroxicam	
Orphenadrine	Norflex
Oxybutynin - <i>avoid only immed rls form</i>	Ditropan
Ppentazocine	Talwin
Perphenazine-amitriptyline*	Triavil
Promethazine	Phenergan
Propantheline	Pro-Banthine
Propoxyphene <i>and combination products</i>	Darvon
Reserpine - avoid dose >.25mg/d *	Serpalan, Serpasil
Thioridazine	Mellaril
Ticlopidine	Ticlid
Tripelennamine*	
* = available in Canada but not on ODB formulary (i.e. not paid for by govt drug insurance for seniors)	

† Drug Claims by Seniors: An Analysis Focusing on Potentially Inappropriate Medication Use, 2000 to 2006 (CIHI 2007), see www.cihi.ca/cihiweb/.../Potentially_Inappropriate_Medications_EN.pdf

†† Zehn et al. JAMA 2001; 286 (22):2823-9