

Mississippi Board of Nursing Recovering Nurse Program

DRUGS TO AVOID

The following is a **partial list of drugs** which have been known by actual experience to be hazardous in sobriety. We recommend that you give a copy of this list to your physician for your records. You keep the original.

Prior to taking any new medication prescribed by your physician, you are required to check with the RNP staff to make certain it is appropriate. Also, anytime you are going to have surgical procedures or are in any situation needing to take a drug on this list you **MUST contact and speak to a staff member of the RNP prior to ingestion (except in emergency situations such as treatment in the ER)**

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Medicines for sleep: Ambien, Lunesta, Dalmane, Restoril, Halcion, Nembutal, Seconal, Quaalude (Soper), Doriden, Placidyl, Chloral Hydrate, Tuinal, Sleepeze, Somnax, Unisom, Tylenol PM, diphenhydramine.

Narcotics: codeine (Tylenol #2, 3, 4 or Empirin #2, 3, 4), morphine, Dilaudid, Demerol, Stadol, Nubain, Talwin, Darvon, Darvocet, Percodan, Percocet, Vicodin, Tylox, Norco, dolophine, duragesic, morphine, MS Contin, Oxycontin, propoxyphene, Roxanol, Ultriva, hydrocodone, any of the synthetic derivatives of opioids/narcotics, methadone, suboxone

Tranquilizers: meprobamate (Miltown, Equanil), and Benzodiazepines (Valium, Librium, Serax, Xanax, Ativan, Tranxene, Klonopin etc.). The Benzodiazepines are particularly hazardous because of their wide usage, easy availability, and high addiction potential.

Stimulants: cocaine, amphetamines, Ritalin, Adderall, Concerta , Vyvanse, Ephedra, phentermine/adipex and all weight control tablets.

Over-the-counter medications: These are a frequent cause of relapse. Beware of OTC medications in general. Some, including cough and cold medicines, may be 30-40 proof (i.e. Nyquil, any medication containing dextromethorphan

Mouthwash/Dental Hygiene, Dr. Tichner's, Listerine, Mouthwashes containing alcohol

Alcohol: (liquor, beer, wine, cough medicines, etc.). Food items where the full alcohol content has not been cooked out, extracts. "Elixir" contains alcohol.-cooking wine

Antihistamines: This will mean avoidance of almost all remedies for coughs, colds, hay fever, sinus trouble, and related conditions. (Examples: Contact, Dristan, Novahistine, Dramamine, Benadryl, Vistaril and Atarax, Chlor-Trimeton, Dimetane, hydroxyzine, Periactin, Tavist,)

Antidepressants: Elavil, Aventyl, Vivactil, Norpramin, Pertofrane, Endep, Sinequan, Tofranil, Imipramine, Ludiomil, tricyclic antidepressants, etc. In serious depressions, these drugs may be necessary and indicated, but should be used only under extraordinarily close medical supervision.

Muscle Relaxants: Flexeril, Norflex, Soma, Norgesic, Robaxial, Parafon Fort

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Gastrointestinal Issues:

Lomotil

GI Cocktails containing phenobarbitol or atrophines

Others:

Ultram/Tramadol

Ambien

Butalbitol, phenobarbitol , Klonapin (Benzodiazepine)

Phenergan

Benadryl (anything OTC with “PM” in its name)

Sudafed (any drug with”-D” after its name)

Marijuana, hashish, (illegal drugs) etc.

Hallucinogens: LSD, mushrooms, peyote, STP, MDMA (Ecstasy), etc.

Phencyclidines – PCP and related drugs.

Inhalants – Solvents such as gasoline and paint thinners. Amyl and butyl nitrite. Nitrous oxide.

Remember, if it makes you feel different, it could be mood altering. Avoid it! If you don't know what is in a prescribed drug, ask your doctor or pharmacist. Ask before you take it, not after!

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THE FOLLOWING ARE PERMISSIBLE TO TAKE

Head Congestion/Allergy/Itching

Claritin
Allegra
Zyrtec
Flonase, nasonex

Colds

Echinacea , Zinc
Fluids, rest,

Cough

Robitussin (not DM, only guaifenesin)
Mucinex
Tessalon Perles

Sore Throat

Cepacol or Screts Lozenges, Hall's menthollyptus

Nausea/Vomiting

Emetrol

Diarrhea

Kaopectate
Pepto-Bismol
Imodium Complete Tablets

Constipation

Milk of Magnesia
Colace, Pericolace
Metamucil, Perdiem
Correctol, Ex-Lax

Indigestion/Heartburn/Gastritis

Mylanta, Maalox, Riopan
Tums, Roloids, H2 blockers, proton pump inhibitors

Headache/Arthritis/Pain

Aspirin
Advil, Nuprin
Tylenol

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Motrin, Naprosyn, Disalcid, Feldene, Aleve
Toradol
NSAIDs
BC Powder or Goodies
Imitrex, Zomig

Infection

All antibiotics

Sleep:

Melatonin, Rozerem

Antidepressants:

SSRI antidepressants, Deplin, Buspar, Trazodone

ADD/ADHD

Strattera, Wellbutrin

*If you have any questions, please call to clarify **before** taking the medication. It is your responsibility to be accountable for medications you ingest. If a medical necessity requires the use of a drug that is not approved, you are responsible for notifying the Board of Nursing immediately.*