



Medication utilization is disproportionately higher among those 65 years and older. This population is twice as likely as those below age 65 to have adverse drug effects and is almost seven times as likely to be hospitalized; many of which could be preventable. Please review and avoid use in the elderly when possible. The following is a list to avoid use in the elderly (age 65 and over) often referred to the Beers List, named after the researcher who compiled the list. More information about the list may be found at www.dcri.duke.edu/ccge/curtis/beers.html.

Drug Class	Drugs to be Avoided			Alternative Therapy
anorexic agents				reconsider medical necessity
antiadrenergic also combination	• clonidine • reserpine	• doxazosin	• methyl dopa	reconsider medical necessity
antiarrhythmics	• amiodarone	• digoxin	• disopyramide	reconsider medical necessity
antianxiety also combination	• meprobamate			reconsider medical necessity citalopram
anticholinergics	• oxybutin			
antiemetics	• scopolamine	• trimethobenzamide		reconsider medical necessity low dose ondansetron
analgesics	• indomethacin • oxaprozin	• ketorolac • piroxicam	• naproxen	acetaminophen
antidepressants	• amitriptyline	• doxepin	• fluoxetine	reconsider medical necessity
antihistamines also combination	• chlorpheniramine • diphenhydramine • tripeleminamine	• cyproheptadine • hydroxyzine	• dexchlorpheniramine • promethazine	loratadine
antihistamines, H2	• cimetidine			famotidine
antiplatelet	• ticlopidine			
antipsychotic, typical	• mesoridone	• thioridazine		reconsider medical necessity
amphetamines	• amphetamine • benzphetamine • methylphenidate • phentermine	• dextroamphetamine • diethylpropion • pemoline	• dexmethylphenidate • methamphetamine • phendimetrazine	reconsider medical necessity
barbituates	• amobarbital • pentobarbital	• butabarbital • phenobarbital	• mephobarbital • secobarbital	reconsider medical necessity
benzodiazepines also combination	• alprazolam • diazepam • lorazepam • temazepam	• chlordiazepoxide • flurazepam • oxazepam • triazolam	• clorazepate • halazepam • quazepam	reconsider medical necessity low dose zolpidem
calcium channel blockers	• nifedipine--short acting			amlodipine
GI antispasmodics	• dicyclomine	• propantheline		reconsider medical necessity
belladonna alkaloids also combination	• atropine	• belladonna	• hyoscyamine	reconsider medical necessity
laxatives	• bisacodyl	• cascara sagrada	• mineral oil	reconsider medical necessity
skeletal muscle relaxants also combination	• carisoprodol • metaxalone	• chlorzoxazone • methocarbamol	• cyclobenzaprine • orphenadrine	reconsider medical necessity
oral estrogens also combination	• conjugated estrogens	• esterified estrogens	• estropipate	reconsider medical necessity
oral hypoglycemics	• chlorpropamide			glipizide, glimepiride, metformin
narcotics also combination	• belladonna-opium • propoxyphene	• meperidine	• pentazocine	
vasodilators	• cyclandelate • isoxsuprine	• dipyridamole	• ergot mesloid	reconsider medical necessity
testosterone	• methyltestosterone			reconsider medical necessity
urinary anti-infectives	• nitrofurantion			TMP/SMX
thyroid hormone	• thyroid desiccated			levothyroxine