

SUMMARY OF MEDICATIONS GUIDELINES

GENERAL PRINCIPLES

YOU ARE RESPONSIBLE FOR WHAT YOU INGEST.

1. Any mind-altering drugs with potential to impair thinking or judgement may affect your ability to provide high quality care to others. They may also trigger a return to use in susceptible people. Mind altering simply means anything you take that changes the way you feel and carries an elevated risk for impaired thinking, behavior, or actions. (high, sleepy, hyper, up, down, groggy, etc.)
2. An artificial change in mood may impair judgement and may increase your risk for resuming use of your drug of choice, whatever that may be, or developing a new substance or behavior of choice, or of relapse with a mood or anxiety episode.
3. Many doctors are unaware of the concept of cross-addiction, addiction interaction, or other mental health conditions and will continue to prescribe high risk medications to people with Substance Use Disorders or addiction.
4. Cross-addiction or addiction interaction is the concept whereby a person with a substance use disorder or addiction can become more easily dependent on other types of substances or behaviors that may not be related to their drug of choice or original problematic behavior. (This includes gambling, sex, etc.)
5. It is up to you to keep yourself safe and to avoid taking a potentially dangerous drug.
6. If so stated in the discussion of the symptoms below as SAFE or ALLOWED, the medication may be considered "PRE-APPROVED" so that you do not need to wait for approval in the Affinity system before starting them. However, an image of the directions and content should still be uploaded into your Affinity account.

PAIN

When you have pain, you may be accustomed to taking something and having it quickly relieved. Try other non-medication alternatives first. These include physical therapy, massage, chiropractic care, acupuncture, heat, ice, rest, and others. Chemical remedies for pain can be very risky despite what marketing may claim. Always ask (get approval) before you ingest.

For mild to moderate pain, safe drugs include Tylenol (acetaminophen), aspirin, ibuprofen (Motrin, Advil,), naproxen (Aleve, Naprosyn, Anaprox), and other non-steroidal anti-inflammatory drugs (NSAIDS), provided you have no contraindication to taking the medication. Lidocaine patches are also approved.

Use of narcotics for mild to moderate pain is discouraged. These include but are not limited to the following drugs: oxycodone, Lortab, Lorcet, Vicodin (hydrocodone) Tylox,

Percodan, Tylenol #3 or #4 (codeine), Darvocet (propoxyphene), Demerol (meperidine), Dilaudid (hydromorphone), methadone, Oxycontin, MS Contin, morphine, Ultram (tramadol), and many others.

Fioricet/Esgic (butalbital) and Midrin are not approved for headaches. Imitrex (sumatriptan) and similar medications are safe for genuine migraine headaches.

DENTAL CARE

Most dental procedures can be performed under local anesthesia only (such as an injection of novocaine or other local anesthetic). Do not use the “gas” (nitrous oxide) as this is immediately mood altering. Of course, other major dental procedures such as a full dental extraction are different and should be treated differently.

SLEEP

In early recovery, sleep patterns are always disturbed and insomnia is very common, but this usually improves over time. A cup of warm milk with a bit of sugar or Sleepy time Tea may be helpful as can be mindful meditations available on several apps. The CBT-I App also has reasonable results. Utilizing therapy to determine contributors and thinking patterns around sleep are recommended no matter what stage of recovery you are in. If you have a mood disorder, sleep disturbances may be an early warning of destabilization and should be reported to your psychiatric/therapy team as well as your facilitated group.

Over the counter sleep medications such as Sominex, or anything with “PM” after the name is not safe. These medications generally contain a sedating antihistamine, most commonly diphenhydramine (Benadryl), and should not be taken. Ambien, Sonata, zolpidem, and Belsomra, are not safe. Melatonin is considered safe.

WAKEFULNESS

The opposite of this is that no drugs, prescription or non-prescription, should be taken to help keep you awake. (No Doz, Mini-Thins, Hydroxy Cut, Vivarin, Two-ways, Modafinil, Ritalin, Concerta, etc.) Energy drinks, (such as 5-hour Energy) usually contain caffeine, which can adversely impact sleep cycles. For established sleep disorders, approval any medications must follow the participant guidelines prior to approval.

ANXIETY and SLEEP MEDICATIONS (cont.)

All sedatives and tranquilizers may be quite dangerous. These include Klonopin, Tranxene, Dalmane, Ativan, Valium, Xanax, Librium, Ambien, Restoril, Prosome, Halcion, Rohypnol, Quaalude, Vistaril, Atarax, and others. The orexin receptor antagonists drugs such as Belsomra, Dayvigo, and Quviviq are not approved. Prior approval for non-emergency use is necessary for those listed as not approved in this paragraph and will need documentation for necessity and other requirements per your participant manual.

COLD/ALLERGY/SINUS PROBLEMS

Many over the counter cold/allergy drugs are not safe. They may have decongestants (such as pseudoephedrine) or antihistamines (such as diphenhydramine) in them. Any of these ingredients may be mood/mind altering. Of course, regarding mood altering effects, all antibiotics are safe. For seasonal allergic rhinitis, a steroid nasal inhaler such as Vancenase AQ, Rhinocort, Flonase, Nasacort, and others are fine. For congestion, plain nasal saline nose spray works well and may be used short term. Use of phenylephrine sprays (Neo-Synephrine or 4-way Nasal spray) is approved for short-term use (five days or less) if you have no other contraindications. Afrin or other sprays containing oxymetazoline are not approved.

NOTE: According to a SAMSHA site search on 1/10/2024, regarding positive toxicology results for methamphetamine, please note the following: MRO Report: Positive for Methamphetamine Note: Early in 2016, l-methamphetamine was removed from the Vicks® VapoInhaler®, and a reformulated inhaler was reintroduced to the market. However, a number of decongestant inhalers on the OTC market contain l-methamphetamine. This ingredient may also be identified as levmetamfetamine, L-desoxyephedrine, or levmethamphetamine. Examples of current levmetamfetamine products include but are not limited to Amoray® Vaporizing Inhaler (in which it is not listed as an active ingredient), NeilMed Sinu Inhaler®, and Equate® Vapor Inhaler. In addition, Vicks® VapoInhalers® containing l-methamphetamine may remain in some medicine cabinets. References: HHS Medical Review Officer G.

An explanation that you ingested the above will not be sufficient to explain this positive test result. DO NOT TAKE THEM.

Cough suppressants containing dextromethorphan (but not alcohol) may be used for up to five days if you have never abused this medication. Opioid containing cough preparations (Hycodan, preparations containing codeine, Tussionex) are not safe. Tessalon Perles (benzonatate) and Humabid (guaifenesen) are safe to use.

Non-sedating antihistamines such as plain Tavist, Claritin, and Allegra are safe to take. Tamiflu (an antiviral medication) for diagnosed influenza is safe.

Many medications (especially liquids such as Nyquil), as well as many mouthwashes (Listerine, etc.) contain alcohol. Please examine all product labels closely and do not use products containing any alcohol.

Avoid pseudoephedrine, as it is very stimulating. Usually any drug with “D” after it means it has pseudoephedrine in it. If this is recommended by your doctor, you will need to submit a visit note so stating. Ephedra compounds are dangerous including Ma Huang. Phenylephrine tablets may be taken for five days or less.

APPROVED MEDICATIONS IN A NUTSHELL

There are certain types of medications that are approved for colds, upset stomach, sore throats, etc. The following medications are safe to take: Robitussin PE (alcohol free), Mucinex, Humibid, throat lozenges, Pepto Bismol, Pepcid AC, Zantac, Prilosec, etc. Tessalon Perles are approved for cough. Phenylephrine nasal spray is approved for use

up to five days. Dextromethorphan is approved for up to five days IF you have no history of abuse of this or similar preparations.

TAKE HOME POINT

Do not treat yourself. Leave treatment to an informed family doctor, psychiatrist, or addictionologist. In early recovery, stay away from Health Food stores. The words “herbal” and “natural” do not mean a medication is safe. CBD and medical marijuana are not approved. No diet pills are safe. Plain multi-vitamins are okay. When in doubt, ask first, not afterwards.

CONTACT PRN FOR ANY QUESTIONS

In emergency or urgent situations, please follow the physician’s instructions and contact your PRN Case Manager for additional direction.