

Some Medications Are Nothing To Cheer About



Contact the Prescriber if Potentially Harmful Medications are Identified.

The Beers Criteria¹ identifies medications that have high potential risks that may outweigh potential benefits for persons over 65.

Inappropriate Medications Prescribed Most Often*

1. **Bisacodyl**
(Alophen, Bisa-Plex, Bisac-Evac, Bisco-Lax, Bisolax, Carters Little Pills, Colax, Dulcogen, Dulcolax, Evac-U-Gen, Fleet Bisacodyl, Modane)
2. **Fluoxetine**
(Prozac, Prozac Weekly, Sarafem)
3. **Amlodipine**
(Norvasc, Lotrel, Caduet)
4. **Nitrofurantoin**
(Furadantin, Macrobid, Macrochantin)
5. **Iron**
6. **Diltiazem**
(Cardizem, Cardizem CD, Cardizem LA, Cardizem SR, Cartia XT, Dilacor XR, Diltia XT, Tiazac)
7. **Amiodarone**
(Cordarone, Pacerone)
8. **Tolterodine**
(Detrol, Detrol LA)
9. **Felodipine**
(Plendil)
10. **Ipratropium**
(Atrovent Nasal Spray, Atrovent MDI, Combivent, Duoneb)

Most Potentially Harmful Inappropriate Medications*

1. **Propoxyphene**
(Darvocet, Darvon, Darvon-N, PP-Cap)
2. **Fluoxetine** (Prozac, Prozac Weekly, Sarafem)
3. **Diphenhydramine**
(40 Winks, Aler-Dryl, Banophen, Benadryl, Calm-Aid, Compoz Nighttime Sleep Aid, Diphedryl, Diphen, Genahist, Hydramine, Nu-Med, Nytol Caplet, Quenalin, Scot-Tussin Allergy Relief Formula, Sleep, Sleepinal, Sominex, Twilite, Unisom Sleepgels Maximum Strength)
4. **Promethazine**
(Phenadoz, Phenergan, Promethegan)
5. **Diazepam** (Diastat, Valium)
6. **Bisacodyl**
(Alophen, Bisa-Plex, Bisac-Evac, Bisco-Lax, Bisolax, Carters Little Pills, Colax, Dulcogen, Dulcolax, Evac-U-Gen, Fleet Bisacodyl, Modane)
7. **Amiodarone** (Cordarone, Pacerone)
8. **Hydroxyzine** (Atarax, Rezine, Vistaril)
9. **Nitrofurantoin**
(Furadantin, Macrobid, Macrochantin)
10. **Anti-spasmodics**
(Anaspaz, Bentyl, Dicyclomine, Cystospaz, Cystospaz-M, Hyoscyamine, Levbid, Levsin, Levsin SL, Levsinex SR)

*CFMC Potentially Inappropriate Medications in Nursing Home Project, 2006. (www.cfmc.org)

¹Updating the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults, Fick DM, Cooper JW, Wade WE, Waller JL, Maclean R, Beers MH. Archives of Internal Medicine 2003;163:2716-2724.

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