

# High-Risk Medications

## What are high-risk medications?

High-risk medications are those that may increase the risk of unwanted and potentially dangerous side effects in patients 65 years old or greater. Some concerning side effects include dry mouth, constipation, tiredness, dizziness or low blood sugar. These side effects may

lead to more serious conditions, including blood clots, increased risk of falls and bone fractures.

**Please review the list of high-risk medications below.** If you are currently taking one of these high-risk medications, you may want to discuss safer alternatives with your doctor.

Medication Name	Rationale	Health First Health Plans Medicare Advantage Formulary Alternatives
<b>Anti-Depressants</b>		
<ul style="list-style-type: none"> <li>■ Amitriptyline (Elavil®)</li> <li>■ Clomipramine (Anafranil®)</li> <li>■ Doxepin (Silenor®)*</li> <li>■ Imipramine (Tofranil®)</li> <li>■ Trimipramine (Surmontil®)</li> </ul>	<ul style="list-style-type: none"> <li>■ Dizziness upon standing</li> <li>■ Dry mouth</li> <li>■ Sleepiness</li> <li>■ Confusion</li> <li>■ Delirium</li> <li>■ Decreased brain function</li> </ul>	<ul style="list-style-type: none"> <li>■ Fluoxetine, paroxetine, citalopram</li> <li>■ Duloxetine, venlafaxine</li> <li>■ Nortriptyline</li> <li>■ Desipramine</li> </ul>
<b>Estrogens</b>		
<ul style="list-style-type: none"> <li>■ Estradiol and Estrogen products with or without progesterone (oral and topical patch products only) (Estrace®, Femring®, Prempro®, Vivelle-Dot®)</li> </ul>	<ul style="list-style-type: none"> <li>■ Increased risk of breast and endometrial cancer</li> <li>■ Decreased absorption</li> </ul>	<ul style="list-style-type: none"> <li>■ Premarin Vaginal®</li> <li>■ Vagifem®</li> </ul>
<b>Skeletal Muscle Relaxants</b>		
<ul style="list-style-type: none"> <li>■ Carisoprodol (Soma®)</li> <li>■ Cyclobenzaprine (Flexeril®)</li> <li>■ Metaxalone (Skelaxin®)</li> <li>■ Methocarbamol (Robaxin®)</li> <li>■ Orphenadrine (Norflex®)</li> </ul>	<ul style="list-style-type: none"> <li>■ Increased risk of falls and fractures</li> <li>■ Dry mouth</li> <li>■ Sleepiness</li> <li>■ Confusion</li> </ul>	<ul style="list-style-type: none"> <li>■ Baclofen</li> <li>■ Dantrolene</li> <li>■ Tizanidine</li> </ul>
<b>Sleep Aid Agents</b>		
<ul style="list-style-type: none"> <li>■ Zolpidem (Ambien®)</li> <li>■ Eszopiclone (Lunesta®)</li> <li>■ Zaleplon (Sonata®)</li> </ul>	<ul style="list-style-type: none"> <li>■ Increased falls and confusion</li> <li>■ Increased fractures</li> <li>■ Increased sleepiness</li> </ul>	<ul style="list-style-type: none"> <li>■ Rozerem®</li> <li>■ Temazepam</li> <li>■ Trazodone</li> <li>■ Melatonin (OTC only, not on formulary)</li> </ul>
<b>Anti-Diabetic Agents</b>		
<ul style="list-style-type: none"> <li>■ Glyburide (Diabeta®, Glucovance®)</li> </ul>	<ul style="list-style-type: none"> <li>■ Severe drop in blood sugar levels</li> </ul>	<ul style="list-style-type: none"> <li>■ Glipizide</li> <li>■ Glimepiride</li> </ul>