



ORIGINS
BEHAVIORAL HEALTHCARE

ORIGINS' MEDICATION GUIDE

FOR PEOPLE IN RECOVERY

INTRODUCTION

This guide is a basic primer on medications which people in recovery should treat with care. This guide is broken into two sections. The first contains drugs which should be avoided in recovery (Class A), and the second contains drugs which should be used only under the supervision of a doctor (Class B).

Please remember that this guide is only intended as a quick reference and never as a substitute for the advice of your own personal physician. It is essential that you inform each of your doctors, dentists and other health care providers of your substance use disorder history so that medications can be prescribed safely and appropriately. Never discontinue or make any changes in the doses of medication that you may have been prescribed. Doing so may result in unexpected problems such as withdrawal reactions, which in some cases can be life-threatening. As sober people, we are responsible for our own recovery.



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[Headwaters at Origins](#) | [Hanley Center at Origins](#) | [Hannah's House by Origins](#) | [Origins South Padre](#) | [Transitions at Origins](#)

CLASS A DRUGS

Absolutely Avoid

The following drugs are considered dangerous to people in recovery and should be avoided.

ANTITUSSIVES/EXPECTORANTS

Any cough medications containing narcotics such as codeine or hydrocodone should be avoided. These medications bind to opiate receptors in the central nervous system, altering the perception of and response to pain and produce generalized central nervous system depression and may alter mood or cause sedation.

Ambenyl (codeine/bromodiphenhydramine)
Duratuss HD (hydrocodone/dextromethorphan)
Guiatuss (codeine/pseudoephedrine/guaifenesin)
Hycodan Syrup (hydrocodone/homatropine)
Hycodan Tablets (hydrocodone/homatropine)
Hycomine (hydrocodone/chlorpheniramine/phenylephrine/acetaminophen/caffeine)
Hycotuss (hydrocodone/guaifenesin)
Hydromet (hydrocodone/homatropine)
Mytussin (codeine/pseudoephedrine/guaifenesin)
Nucofed (codeine/pseudoephedrine/guaifenesin)
Phenergan with Codeine (codeine/promethazine)
Robitussin AC (codeine/guaifenesin)
Tussionex PennKinetic (hydrocodone/chlorpheniramine)
Vicodin Tuss (hydrocodone/guaifenesin)

BARBITURATES

These medications can produce central nervous system depression ranging from mild (sedation) to hypnotic (sleep induction). As the dose is increased, coma and death can occur. These medications can also lead to an unusual excitatory response in some people.

Amytal (amobarbital)
Barbita (phenobarbital)
Butisol (butabarbital)
Donnatal (phenobarbital/atropine/hyoscyamine/scopolamine)
Esgic (acetaminophen/butalbital/caffeine)
Fioricet (butalbital/acetaminophen/caffeine)
Fiorinal (butalbital/aspirin/ caffeine)
Nembutal (pentobarbital)
Seconal (secobarbital)

CLASS A DRUGS

Absolutely Avoid

BENZODIAZEPINES

The following prescription drugs medications are mood-altering and/or can cause central nervous system depression resulting in sedation, dizziness, confusion or ataxia, which may impair physical and mental capabilities. Abrupt discontinuation or a large decrease in dose can lead to withdrawal, seizures, coma or death. They are frequently misused.

Ativan (lorazepam)
Centrax (prazepam)
Dalmane (flurazepam)
Doral (quazepam)
Halcion (triazolam)
Klonopin (clonazepam)
Librium (chlordiazepoxide)
Restoril (temazepam)
Serax (oxazepam)
Tranxene (chlorazepate)
Valium (diazepam)
Versed (midazolam)
Xanax (alprazolam)

HALLUCINOGENS

The category of drugs includes both synthetic and naturally occurring drugs. It is best known for cannabis, most commonly known as marijuana or weed. Using these substances can possibly lead to memory disturbances, psychosis and vivid hallucinations. Marinol is the psychoactive substance in marijuana and may cause withdrawal symptoms if stopped suddenly.

2-CB (dimethoxy-bromophenethylamine)
5-MeO-DMT (foxy methoxy)
Cannabis (grass, green marijuana, pot, weed)
DMT (dimethyltryptamine)
Ketamine (special K)
Kratom (*Mitragyna speciosa*-ketum, kratom or kratum, Thai)
LSD (acid, blotter, paper, sunshine, window pane)
Marinol (dronabinol)
Mescaline (peyote)
PCP (angel dust, phencyclidine)
Psilocybin (magic mushroom, 'shrooms)
MDMA (E, eckies, ecstasy, love drug, X, XTC)
STP (DOM)

CLASS A DRUGS

Absolutely Avoid

INHALANTS

Inhalants are central nervous system depressants. Use of inhalants can cause sedation and loss of inhibitions possibly leading to liver, kidney, nerve, heart, brain, throat, nasal and lung damage up to and including coma and death. Inhalants are the most commonly consumed recreational drugs and their presence is growing stronger. The reason is the wide availability of aerosol sprays and the incredible high a person achieves from using an aerosol inhalant even once.

Aerosols (hair sprays, deodorants)

Airplane Glue Paint (butane, propane, toluene)

Amyl Nitrate (poppers)

Butyl Nitrate (room deodorizer)

Gases (ether, chloroform, nitrous oxide, butane lighters, propane tanks, whipped cream dispensers)

Nail Polish Remover (acetone)

Solvents (paint thinner, gasoline, glue, correction fluid, felt tip marker)

Varnish (xylene, toluene)

OPIOIDS

Most of the drugs in this category have gained recent notoriety because they have a high potential for substance use disorder and drug dependency. Opioids bind to opiate receptors in the central nervous system causing inhibition of ascending pain pathways and altering the perception of and response to pain. Generalized central nervous system depression is also produced. Tolerance or drug dependence may result from extended use.

Buprenorphine binds to receptors in the brain leading to a suppression of withdrawal and cravings but also feeling of euphoria.

Actiq (fentanyl oral transmucosal)

Buprenex (buprenorphine)

Combunox (oxycodone/ibuprofen)

Darvocet (propoxyphene napsylate/acetaminophen)

Darvon (propoxyphene hydrochloride)

Demerol (meperidine)

Dilaudid (hydromorphone)

Dolophine (methadone)

Duragesic (fentanyl transdermal)

Endocet (oxycodone/acetaminophen)

Heroin (down, H, horse, smack)

Kadian (morphine sulfate)

Lorcet (hydrocodone/acetaminophen)

CLASS A DRUGS

Absolutely Avoid

OPIOIDS (CONTD.)

Methadose (methadone)
MS Contin (morphine sulfate)
Norco (hydrocodone/acetaminophen)
Nubain (nalbuphine HCl)
OxyContin (oxycodone)
OxylR (oxycodone)
Percocet (oxycodone/acetaminophen)
Percodan (oxycodone/aspirin)
Roxanol (morphine sulfate)
Roxicet (oxycodone/acetaminophen)
Roxicodone (oxycodone)
Soma Compound with Codeine (codeine/carisoprodol/aspirin)
Stadol (butorphanol)
Suboxone (buprenorphine/naloxone)
Subutex (buprenorphine)
Talacen (pentazocine/acetaminophen)
Talwin (pentazocine lactate)
Tylenol #2, #3 or #4 (codeine/acetaminophen)
Ultram (tramadol) (a non-opioid analgesic)
Vicodin (hydrocodone/acetaminophen)

GASTROINTESTINAL (ANTI-DIARRHEALS)

Diphenoxylate is a member of the opioid class of drugs. Atropine is added to discourage abuse for recreational purposes. At recommended doses, the atropine causes no effects but in larger doses, unpleasant symptoms are experienced. These medications should not be used because high doses may cause physical and psychological dependence with prolonged use.

Lomotil (atropine/diphenoxylate)
Motofen (atropine/difenoxin)

OTHER CENTRAL NERVOUS SYSTEM DEPRESSANTS

GHB (G, gamma-hydroxybutyrate, everclear)

This class of drugs depresses the central nervous system possibly leading to confusion, psychosis, paranoia, hallucinations, agitation, depression, seizures, respiratory depression, decreases in level of consciousness, coma and death.

CLASS A DRUGS

Absolutely Avoid

OTHER SEDATIVE-HYPNOTICS

These drugs act on the central nervous system and have the potential for drug dependency and abuse. Withdrawal symptoms can be seen if stopped suddenly.

Ambien (zolpidem)
Doriden (glutethimide)
Librax (chlordiazepoxide/clidinium)
Lunesta (eszopiclone)
Midrin (acetaminophen/dichloralphenazone/isometheptene)
Miltown (meprobamate)
Noctec (chloral hydrate)
Norflex (orphenadrine)
Placidyl (ethchlorvynol)
Quaalude, Sopor (methaqualone)
Soma (carisoprodol)
Soma Compound (carisoprodol/aspirin)
Sonata (zaleplon)

STIMULANTS

Stimulants cause physical and psychological addiction, impair memory and learning, hearing and seeing, speed of information processing, and problem-solving ability.

Adderall (amphetamine/dextroamphetamine)
Adipex-P (phentermine)
Cocaine (blow, coke, crack, rock, snow, white)
Concerta (methylphenidate)
Cylert (pemoline)
Dexedrine (dextroamphetamine)
Fastin (phentermine)
Focalin (dexmethylphenidate)
Meridia (sibutramine)
Metadate (methylphenidate)
Methamphetamine (crank, crystal meth, glass, ice, speed)
Methylin (methylphenidate)
Preludin (phenmetrazine)
Ritalin (methylphenidate)
Tenuate (diethylpropion)
Sonata (zaleplon)

CLASS B DRUGS

With Addiction Medicine Specialist/Doctor Approval Only

The following drugs are considered safe only with approval by an addiction medicine specialist or doctor.

ADDICTION TREATMENTS

Although the medications listed in this Addiction Treatments section are specifically intended to be taken for prevention of relapse to dependence upon one or more drugs, none of them are habit-forming or addictive themselves and should therefore be considered safe for recovering people to take. However, their proper use in the context of a recovery program requires monitoring by a health care professional, and it is for this reason that we place them in Class B.

Antabuse (disulfiram)
Campral (acamprosate)
Catapres (clonidine)
Chantix (varenicline)
Revia (naltrexone)
Symmetrel (amantadine)
Zyban (bupropion)

Naltrexone may precipitate intense withdrawal symptoms in patients addicted to opiates. Clonidine acts via autoreceptors in the locus coeruleus to suppress adrenergic hyperactivity there that is involved in the expression of the opioid withdrawal syndrome.

Disulfiram is dangerous if taken with alcohol. Amantadine can cause decreased mental alertness or altered coordination. Chantix and Zyban are medications to help with nicotine (cigarettes, cigars, chewing tobacco, snuff) addiction.

COUGH AND COLD PREPARATIONS

Antihistamines (Sedating)

Atarax (hydroxyzine hydrochloride)
Benadryl (diphenhydramine) OTC
Chlor-Trimeton (chlorpheniramine) OTC
Dimetane (brompheniramine) OTC
Efidac (chlorpheniramine) OTC
Periactin (cyproheptadine)
Polarmine (dexchlorpheniramine)
Tavist (clemastine) OTC
Teldrin (chlorpheniramine) OTC
Vistaril (hydroxyzine pamoate)

CLASS B DRUGS

With Addiction Medicine Specialist/Doctor Approval Only

Antitussives/Expectorants

Benylin Cough (dextromethorphan) OTC
Nyquil (dextromethorphan/alcohol) OTC
Comtrex (dextromethorphan) OTC
Phenergan DM (promethazine/dextromethorphan)
Contac (dextromethorphan) OTC
Robitussin DM (dextromethorphan/guaifenesin)
Delsym (dextromethorphan) OTC
Vicks Formula 44D (dextromethorphan) OTC
Mucinex DM (dextromethorphan/guaifenesin) OTC

Any preparation containing dextromethorphan should be used with caution because dextromethorphan acts on opioid receptors in the brain. Respiratory depression and perceptual distortions can also be seen in those people taking large doses.

Decongestants (Many Are Combination Products)

Decongestants should be used with caution because they are stimulating and precipitate in a craving which leads to relapse.

Actifed (pseudoephedrine/triprolidine) OTC
AH-chew D (phenylephrine) OTC
Alavert D (loratadine/pseudoephedrine) OTC
Allegra D (fexofenadine/pseudoephedrine)
Benedrex Nasal Inhaler (propylhexamine) OTC
Bromfed (phenylephrine/brompheniramine)
Bromfed DM (pseudoephedrine/brompheniramine/dextromethorphan)
Cardex DM (pseudoephedrine/carbinoxamine/dextromethorphan)
Clarinet D (desloratadine/pseudoephedrine)
Claritin D (loratadine/pseudoephedrine) OTC
Deconamine SR (pseudoephedrine/chlorpheniramine) OTC
Dimetapp (pseudoephedrine/brompheniramine) OTC
Duratuss (pseudoephedrine/guaifenesin)
Entex LA (phenylephrine/guaifenesin)
Entex PSE (pseudoephedrine/guaifenesin)
Humibid DM (pseudoephedrine/ dextromethorphan/potassium guaiacolsulfonate)
Mucinex D (pseudoephedrine/guaifenesin) OTC
Nalex-A (phenylephrine) OTC
Novafed (pseudoephedrine) OTC
Profen (pseudoephedrine) OTC
Prolex-D (phenylephrine) OTC
R-Tannate Pediatric (phenylephrine/chlorpheniramine/pyrilamine)
Rondec (phenylephrine/chlorpheniramine)

CLASS B DRUGS

With Addiction Medicine Specialist/Doctor Approval Only

Decongestants (Contd.)

Rynatan-S (phenylephrine/chlorpheniramine/pyrilamine)
Semprex-D (pseudoephedrine/acrivastine)
Sinutuss DM (phenylephrine) OTC
Sudafed (pseudoephedrine) OTC
Tussafed-EX (phenylephrine) OTC
Zyrtec D (cetirizine/pseudoephedrine)

Nasal Sprays

All OTC nasal sprays should be used for a short period of time. If used for a long period of time symptoms may worsen. Use for a maximum of 5 days. Intranasal corticosteroids (non-OTC) may cause a reduction in growth velocity in pediatric patients.

Afrin (oxymetazoline) OTC
Astelin (azelastine)
Dristan (oxymetazoline) OTC
Flonase (fluticasone)
Nasacort AQ or HFA (triamcinolone)
Nasonex (mometasone)
Neo-synephrine (phenylephrine) OTC
Nostrilla (oxymetazoline) OTC
Rhinocort Aqua (budesonide)
Vicks Nasal Inhaler (desoxyephedrine) OTC
Vicks Sinex (phenylephrine) OTC
4-Way Nasal Spray (phenylephrine) OTC

MUSCLE RELAXANTS

Muscle relaxants are frequently prescribed to patients for sports injuries, post-surgery recuperation; and should be monitored because central nervous system depression (sedation, dizziness), which may impair physical or mental abilities.

Flexeril (cyclobenzaprine)
Parafon Forte (chlorzoxazone)
Robaxin (methocarbamol)
Skelaxin (metaxalone)
Zanaflex (tizanidine)

CLASS B DRUGS

With Addiction Medicine Specialist/Doctor Approval Only

NEUROPATHIC PAIN

Lyrica (pregabalin)

In the past five years Lyrica has gained consumer prominence due to advertising and availability to a burgeoning audience of users. Neuropathic pain killers act in the central nervous system and produces euphoria in certain individuals.

SLEEP AIDS

Sleep aids act in the central nervous system and can alter judgement and cause sedation.

Excedrin PM (diphenhydramine) OTC

Nytol (diphenhydramine) OTC

Sleep-eze (diphenhydramine) OTC

Sominex (diphenhydramine) OTC

Tylenol PM (diphenhydramine/acetaminophen) OTC

Unisom (diphenhydramine) OTC

OTHERS

Asthma

Primatene Mist (epinephrine) OTC

Steroids

Decadron (dexamethasone)

Deltasone (prednisone)

Medrol (methylprednisolone)

Asthma/COPD/Pulmonary (Inhaled Corticosteroids/Long-Acting Beta 2 Agonists)

Advair Diskus (fluticasone/salmeterol)

Azmacort (triamcinolone)

Flovent (fluticasone)

Pulmicort (budesonide)

Serevent Diskus (salmeterol)

QVAR (beclomethasone)

CLASS B DRUGS

With Addiction Medicine Specialist/Doctor Approval Only

Gastrointestinal (Constipation)

Continued use of laxatives can lead to dependency for colon function. They are also misused by people with eating disorders or disordered eating. Use for only a short period of time.

Ex-Lax (senna) OTC
Dulcolax (bisacodyl) OTC
Senokot (senna) OTC

Gastrointestinal (Nausea/Vomiting)

These medications affect the central nervous system and can cause sedation.

Compazine (prochlorperazine)
Phenergan (promethazine)
Tigan (trimethobenzamide)
Zofran (ondansetron)

Vertigo/Motion Sickness

These medications affect the central nervous system and can cause dizziness, drowsiness or blurred vision.

Antivert (meclizine)
Transderm Scop (scopolamine)
Dramamine (dimenhydrinate) OTC

