

MEDICATIONS AND DRUGS TO AVOID IN RECOVERY

A person who has EVER been addicted to alcohol or other drugs has a lifetime higher risk of becoming addicted to other addicting drugs or medications--even if the drugs are used for legitimate medical and/or psychiatric reasons. Because of the risk of relapse and cross-addiction, anyone with a history of addiction or drug problems should not use any alcohol, street drugs, or potentially addicting prescribed medications. Any use of alcohol, street drugs, or medications listed below can precipitate or increase the likelihood of relapse to addiction.

If your physician believes that there is a compelling medical reason to prescribe an addicting medication (except in the case of an acute emergency or while you are hospitalized), ask your physician to consult an addiction medicine specialist or an addiction psychiatrist before prescribing for you. Prescribing addicting medications is a high-risk medical procedure for a person with a history of addiction, alcoholism, drug problems, or substance abuse. Exposure to any addicting drugs can precipitate relapse to addiction and problems. If you or your physician need to consult an addiction specialist, the American Society of Addiction Medicine (www.asam.org or 301-656-3920) and the American Academy of Addiction Psychiatry (www.aaap.org or 401-524-3076) can assist you with finding a specialist in your area.

.....

To safeguard your continuing recovery, do NOT use the following drugs.

- Alcohol in any form:
 - Alcoholic beverages of any kind:
 - Beer, malt liquor, wine, wine coolers, liquor, mixed drinks, etc.
 - Liquid medications containing alcohol:
 - Over the counter liquid medications (e.g., Nyquil and many others)
 - Prescribed liquid medications containing alcohol
- Sedative-Hypnotic Drugs:
 - All Benzodiazepines: Ativan, Klonopin, Librium, Xanax, Halcion, Valium, Restoril, Serax, and others
 - Hypnotics: Sonata, Ambien, Lunesta, and others
 - Carisoprodol (Soma)
 - All Barbiturates: Phenobarbital, Seconal, etc.
 - Other sedatives:
 - Equanil, Miltown, Noludar, Chloral hydrate, etc.
 - GHB, GBL, Rohypnol, etc.
- Opioid Drugs:
 - Morphine (MS-Contin and others)
 - Propoxyphene (Darvon, Darvocet, and others)
 - Codeine (Tylenol #3, and others); Dihydrocodeine
 - Hydrocodone (Lortab, Vicodin, and others)
 - Oxycodone (Percodan, Percocet, Oxycontin, and others)
 - Hydromorphone (Dilaudid and others)
 - Meperidine (Demerol and others)
 - Pentazocine (Talwin NX)
 - Fentanyl (Duragesic, Actiq, and others)
 - Tramadol (Ultram)
 - Heroin in any form (injectable, smoked, snorted, etc.)
 - Methadone [NOTE: Methadone may be legally prescribed for addiction ONLY in a Federally-approved methadone clinic.]
 - Buprenorphine (Subutex, Suboxone, Buprenex), butorphanol (Stadol), and others [NOTE: A physician with a special Federal waiver may prescribe Suboxone or Subutex for the treatment of addiction.]
- Stimulant Drugs:
 - Methylphenidate
 - Ritalin, Concerta, and others
 - Amphetamines:
 - Amphetamine and/or Dextroamphetamine (Adderall, Dexedrine, etc.)
 - Methamphetamine
 - MDMA (Ecstasy)
 - Cocaine in any form:
 - Smokable cocaine (crack, freebase cocaine)
 - Powder cocaine
- Marijuana (Cannabis) in any form, including Dronabinol (Marinol), Nabilone (Cesamet)
- Hallucinogens and Dissociative Drugs:
 - PCP, LSD, ketamine, and others
- Inhalants
 - Gasoline, glue, solvents, other volatile chemicals

For a more extensive list of safe and unsafe medications in recovery, download the handout "Medications and the Recovering Person" via the website address below.