

Minimizing polypharmacy in older adults

Medications associated with negative health outcomes in elderly patients.¹

Therapeutic class	High risk medications	Common indication	Safer alternatives
Antiarrhythmics	<ul style="list-style-type: none"> Disopyramide 	Arrhythmias	<ul style="list-style-type: none"> Amiodarone Diltiazem XT Dofetilide Metoprolol succinate Metoprolol tartrate Propafenone Sotalol Verapamil SR
Antiemetics	<ul style="list-style-type: none"> Prochlorperazine Promethazine 	Nausea and vomiting	<ul style="list-style-type: none"> Ondansetron tablets and oral solution
Antihistamines	<ul style="list-style-type: none"> Dimenhydrinate Diphenhydramine Doxylamine Hydroxyzine Meclizine Pyrilamine 	Allergies	<ul style="list-style-type: none"> Cetirizine* Cetirizine oral solution Desloratadine Fexofenadine* Fluticasone nasal spray Levocetirizine Loratadine*
		Itching/rash	<ul style="list-style-type: none"> Cetirizine* Cetirizine oral solution Desloratadine Fexofenadine* Hydrocortisone 1% cream* Levocetirizine Loratadine* Triamcinolone 0.025% cream
		Nausea/vomiting	<ul style="list-style-type: none"> Ondansetron tablets and oral solution
		Sleep	<ul style="list-style-type: none"> Limit treatment to < 14 days Doxepin (oral liquid) < 6mg/day Melatonin* Ramelteon Trazodone

References:
 1. 2019 American Geriatrics Society “Beers Criteria Update” Expert Panel. American Geriatrics Society 2019 “Updated AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults”. *J Am Geriatr Soc.* 2019 Apr;67(4):674-694.

*Over-the-counter medication, not covered by plan. Member will have to pay out of pocket.

†Requires prior-authorization.

‡Use in combination with a PPI for gastric protection.

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Antimuscarinics	<ul style="list-style-type: none"> • Darifenacin • Fesoterodine • Oxybutynin • Solifenacin • Tolterodine • Trospium 	Overactive bladder	<ul style="list-style-type: none"> • Myrbetriq
		GI motility disorders/IBS-D	<ul style="list-style-type: none"> • Loperamide (for IBS-D) • Alosetron • Ondansetron tablets and oral solution • Xifaxan[†]
		GI motility disorders/IBS-C	<ul style="list-style-type: none"> • Linzess • Polyethylene glycol*
		Peptic ulcer	<ul style="list-style-type: none"> • Famotidine • Lansoprazole • Nizatidine • Omeprazole • Pantoprazole • Rabeprazole
Antispasmodics	<ul style="list-style-type: none"> • Atropine (commonly used in combination with diphenoxylate) • Dicyclomine • Hyoscyamine • Methscopolamine • Scopolamine 	Overactive bladder	<ul style="list-style-type: none"> • Myrbetriq
		GI motility disorders/IBS-D	<ul style="list-style-type: none"> • Loperamide (for IBS-D) • Alosetron • Loperamide (for IBS-D) • Ondansetron tablets and oral solution • Xifaxan[†]
		GI motility disorders/IBS-C	<ul style="list-style-type: none"> • Amitiza[‡] • Linzess • Polyethylene glycol*
		Peptic ulcer	<ul style="list-style-type: none"> • Famotidine • Lansoprazole • Nizatidine • Omeprazole • Pantoprazole • Rabeprazole

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Antiparkinsonian	<ul style="list-style-type: none"> • Benzotropine (reserve for excessive salivation) • Trihexyphenidyl 	Parkinson's disease	<ul style="list-style-type: none"> • Amantadine • Carbidopa/levodopa • Carbidopa/levodopa/entacapone • Pramipexole • Rasagiline • Ropinirole • Selegiline
		Drug-induced extrapyramidal symptoms	<ul style="list-style-type: none"> • Amantadine and/or reduce the dose of offending agent (e.g. antipsychotic) or switch offending agent to an alternative
Antipsychotics	<ul style="list-style-type: none"> • Aripiprazole • Asenapine • Chlorpromazine • Clozapine • Fluphenazine • Haloperidol • Lumateperone • Olanzapine • Perphenazine • Pimozide • Quetiapine • Risperidone • Ziprasidone 	Bipolar disorder	<ul style="list-style-type: none"> • Carbamazepine • Divalproex • Lamotrigine • Lithium • Oxcarbazepine
		Depression	<ul style="list-style-type: none"> • Bupropion • Desvenlafaxine ER • Duloxetine • Mirtazapine • Nefazodone • Venlafaxine
		Anxiety	<ul style="list-style-type: none"> • Buspirone • Duloxetine • Pregabalin • Venlafaxine ER
		Dementia	Avoid use

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Benzodiazepines	<ul style="list-style-type: none"> • Alprazolam • Chlordiazepoxide • Clobazam • Clonazepam • Diazepam • Lorazepam • Midazolam • Oxazepam • Temazepam • Triazolam 	Anxiety	<ul style="list-style-type: none"> • Buspirone • Duloxetine • Pregabalin • Venlafaxine ER
		Sleep	<ul style="list-style-type: none"> • Limit treatment to < 14 days • Doxepin (oral liquid) < 6mg/day • Melatonin* • Ramelteon • Trazodone
Opioids	<ul style="list-style-type: none"> • Buprenorphine • Codeine • Hydrocodone • Hydromorphone • Methadone • Morphine • Oxycodone • Tramadol 	Pain	<ul style="list-style-type: none"> • Celecoxib • Diclofenac[†] • Diclofenac 1% gel • Diclofenac patch • Duloxetine • Etodolac[†] • Gabapentin • Ibuprofen (prescription strength)[‡] • Lidocaine patch[†] • Meloxicam[†] • Naproxen (prescription strength)[‡] • Pregabalin
Sedatives/ Hypnotics	<ul style="list-style-type: none"> • Eszopiclone • Zaleplon • Zolpidem 	Sleep	<ul style="list-style-type: none"> • Limit treatment to < 14 days • Doxepin (oral liquid) < 6mg/day • Melatonin* • Ramelteon • Trazodone

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Selective Serotonin Reuptake Inhibitors	<ul style="list-style-type: none"> • Citalopram • Escitalopram • Fluoxetine • Fluvoxamine • Paroxetine • Sertraline 	Depression	<ul style="list-style-type: none"> • Bupropion • Desvenlafaxine ER • Duloxetine • Mirtazapine • Nefazodone • Venlafaxine
		Anxiety	<ul style="list-style-type: none"> • Buspirone • Duloxetine • Pregabalin • Venlafaxine ER
Skeletal Muscle Relaxants	<ul style="list-style-type: none"> • Cyclobenzaprine • Orphenadrine 	Muscle pain	<ul style="list-style-type: none"> • Baclofen • Methocarbamol • Tizanidine tablets
Tricyclic Antidepressants	<ul style="list-style-type: none"> • Amitriptyline • Clomipramine • Desipramine • Doxepin • Imipramine • Nortriptyline 	Depression	<ul style="list-style-type: none"> • Bupropion • Desvenlafaxine ER • Duloxetine • Nefazodone • Mirtazapine • Venlafaxine
		Headache/migraine prophylaxis	<ul style="list-style-type: none"> • Divalproex DR • Propranolol IR • Topiramate
		Neuropathic pain	<ul style="list-style-type: none"> • Duloxetine • Gabapentin alternative • Lidocaine patch[†] • Pregabalin
		Sleep	<ul style="list-style-type: none"> • Limit treatment to < 14 days • Doxepin (oral liquid) < 6mg/day • Melatonin* • Ramelteon • Trazodone

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