



Some medicines can be harmful if you're over 65!

Over 20 years ago Dr. Mark Beers began looking at ways medicines act in older people. He had noticed that many drugs worked differently in his patients who were 65 or older, especially when they took several different drugs at once. Some had bad side effects. Some got worse instead of better.

Dr. Beers began a life-long study of how drugs react in older people. He worked with other doctors to learn all he could about the medicines that were most likely to cause problems. These doctors published a list of the medications that they found caused the most problems for people over age 65. They called this list, "The Beers List." Doctors and pharmacists use the Beers List to make sure their older patients are getting the medicine that is best for them.

What should you do?

See if you can answer these questions for each medicine you take. If you can't answer the questions, ask your doctor to go over them with you:

- Why am I taking this medicine?
- How and when should I take this medicine?
- What is this medicine supposed to do?

The Beers List is attached.

If you are over 65 and are taking a medicine that is on this list, ask your doctor or pharmacist if it is right for you.

Potentially Inappropriate Medications for the Elderly According to the Revised Beers Criteria

A

[alprazolam](#) (Xanax)

amiodarone (Cordarone)

[amitriptyline](#) (Elavil)

amphetamines

anorexic agents

B

barbiturates

[belladonna alkaloids](#) (Donnatal)

[bisacodyl](#) (Dulcolax)

C

[carisoprodol](#) (Soma)

[cascara sagrada](#)

[chlordiazepoxide](#) (Librium, Mitran)

[chlordiazepoxide-amitriptyline](#)
(Limbitrol)

[chlorpheniramine](#) (Chlor-Trimeton)

[chlorpropamide](#) (Diabinese)

[chlorzoxazone](#) (Paraflex)

[cimetidine](#) (Tagamet)

[clidinium-chlordiazepoxide](#) (Librax)

[clonidine](#) (Catapres)

[clorazepate](#) (Tranxene)

cyclandelate (Cyclospasmol)

[cyclobenzaprine](#) (Flexeril)

[cyproheptadine](#) (Periactin)

I

[indomethacin](#) (Indocin, Indocin SR)

[isoxsuprine](#) (Vasodilan)

K

[ketorolac](#) (Toradol)

L

[lorazepam](#) (Ativan)

M

[meperidine](#) (Demerol)

[meprobamate](#) (Miltown, Equanil)

[mesoridazine](#) (Serentil)

[metaxalone](#) (Skelaxin)

[methocarbamol](#) (Robaxin)

[methyldopa](#) (Aldomet)

[methyldopa-hydrochlorothiazide](#) (Aldoril)

methyltestosterone (Android, Virilon, Testrad)

mineral oil

N

[naproxen](#) (Naprosyn, Avaprox, Aleve)

Neoloid

[nifedipine](#) (Procardia, Adalat)

[nitrofurantoin](#) (Microdantin)

O

[orphenadrine](#) (Norflex)

[oxaprozin](#) (Daypro)

D

dessicated thyroid

dexchlorpheniramine (Polaramine)

diazepam (Valium)

dicyclomine (Bentyl)

digoxin (Lanoxin)

diphenhydramine (Benadryl)

dipyridamole (Persantine)

disopyramide (Norpace, Norpace CR)

doxazosin (Cardura)

doxepin (Sinequan)

E

ergot mesyloids (Hydergine)

estrogens

ethacrynic acid (Edecrin)

F

ferrous sulfate (iron)

fluoxetine (Prozac)

flurazepam (Dalmane)

G

guanadrel (Hylorel)

guanethidine (Ismelin)

H

halazepam (Paxipam)

hydroxyzine (Vistaril, Atarax)

hyoscyamine (Levsin, Levsinex)

oxazepam (Serax)

oxybutynin (Ditropan)

P

pentazocine (Talwin)

perphenazine-amitriptyline (Triavil)

piroxicam (Feldene)

promethazine (Phenergan)

propantheline (Pro-Banthine)

propoxyphene (Darvon) and combination products

Q

quazepam (Doral)

R

reserpine (Serpalan, Serpasil)

T

temazepam (Restoril)

thioridazine (Mellaril)

ticlopidine (Ticlid)

triazolam (Halcion)

trimethobenzamide (Tigan)

tripelennamine