

# Louisiana State Board of Nursing

17373 Perkins Road

Baton Rouge, LA 70810

Telephone: (225) 755-7500 Fax: (225) 755-7583

[www.lsbnp.state.la.us](http://www.lsbnp.state.la.us)

## Recovering Nurse Program Medications/Substances to Avoid

The following is a **partial list of drugs** which have been known by actual experience to be hazardous to sobriety. We recommend that you give a copy of this list to your physician for your medical records as well as to keep one for your own personal records.

If you are not in the RNP, but have a Board Order or Agreement which stipulates abstinence from drugs or alcohol the aforementioned requirements apply.

**All** prescription medications must be submitted to the Board on a Medication Report Form sent by the prescriber's office within five (5) days of the prescription.

**Sleep Aides/Soporifics:** Ambien, Lunesta, Dalmane, Restoril, Halcion, Nembutal, Seconal, Doriden, Placidyl, Chloral Hydrate, Tuinal, Sleepeze, Sominex, Unisom, Tylenol PM, diphenhydramine (Benadryl)

**Tranquilizers:** meprobamate (Miltown, Equanil), carisoprodol (Soma), and Benzodiazepines (Valium, Librium, Serax, Xanax, Ativan, Tranxene, Klonopin etc.). The Benzodiazepines are particularly hazardous because of their wide usage, easy availability, and high addiction potential.

**Muscle Relaxants:** Flexeril, Norflex, Soma, Skelaxin, Norgesic, Robaxial, Parafon Forte

**Narcotics:** codeine (Tylenol #2,3,4 or Empirin #2,3,4), Morphine, Dilaudid, Demerol, Stadol, Nubain, Talwin, Percodan, Percocet, Vicodin, Tylox, Norco, Duragesic, MS Contin, Oxycontin, Roxanol, Ultriva, hydrocodone, any of the synthetic derivatives of opioids/narcotics, Methadone, Suboxone, Subutex, Tramadol (Ultram)

**Chronic Pain/Neuropathy:** gabapentin (Neurontin) **and** pregabalin (Lyrica) **may** be used under close supervision by a healthcare provider knowledgeable about your participation in the RNP and in consult with your addictionist when applicable.

**Stimulants:** amphetamines, Ritalin, Adderall, Concerta, Vyvanse, Ephedra, phentermine (Adipex) and all weight control tablets

**Antidepressants:** Elavil, Aventyl, Vivactil, Norpramin, Pertofrane, Endep, Tofranil, Imipramine, Ludiomil, tricyclic antidepressants. These drugs may be medically necessary and indicated, but should be used only under close medical supervision.

**Barbiturates:** phenobarbital (Luminal)), pentobarbital (Nembutal), amobarbital (Amytal), secobarbital (Seconal), and butalbital (component of **Fiorinal** and **Fioricet**)

**Antihistamines:** This will mean avoidance of almost all remedies for cough, colds, hay fever, sinus trouble, and related conditions. (Examples: Contact, Dristan, Novahistamine, Dramamine, diphenhydramine (Benadryl), hydroxyzine (Vistaril, Atarax), Chlor-Trimeton, Dimetane, Periactin, Tavist.

**Over-the-Counter (OTC) medications:** These are a frequent cause of relapse. Beware of OTC medications in general. You are responsible for reading labels. Some, including cough and cold medicines, may be 30-40 proof Alcohol. **Nyquil**. Any medication containing dextromethorphan, antihistamines listed above particularly diphenhydramine or pseudoephedrine (Sudafed, and medications with 'D' after the name)

**Alcohol:** Any mouthwash containing alcohol, ex. Dr. Tichenor's, Listerine. Elixirs; extracts contain alcohol; cooking wine; food items prepared with alcohol; liquid cough/cold medications.

**Gastrointestinal Issues:** promethazine (Phenergan)

Remember, if it makes you feel different, it could be mood altering. Avoid it! If you don't know what is in a prescribed drug, ask your doctor or pharmacist. Ask before you take it, not after!

### **IMPORTANT**

*\*This list is only a sampling of commonly used medications. It is the participant's responsibility to prevent a positive screen and safeguard their recovery by researching any medication, supplement or food they plan to ingest by using the resources available to them (i.e. Addictionist, pharmacist, etc.) prior to taking it to make sure it does not contain alcohol, stimulants, or any other scheduled drug. Furthermore, when considering the use of non-traditional or alternative medicines, the RNP cannot predict nor guarantee the effects of non-regulated supplements or vitamins.*

\*Adapted from the Mississippi Board of Nursing 1/31/11

**For more detailed information on medication use in recovery see The Talbott Recovery Medication Guide for a Safe Recovery at <https://www.talbottcampus.com/index.php/resources/medication-guide/>**

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## Recovering Nurse Program

### Permissible Medications

**Sleep Aides/Soporifics:** Melatonin, Rozerem, Trazodone, Elavil, Doxepin, Seroquel

**Antihistamines/Allergy/Pruritis:** Claritin, Allegra, Zyrtec, Flonase, Nasonex

**Cough:** Robitussin (not DM, only guaifenesin), Mucinex, Tessalon Perles

**Sore Throat:** Cepacol, Sucret's Lozenges, Hall's Mentholypus

**Headache/Arthritis/Pain/Fever:** Aspirin, Ibuprofen (Advil, Motrin, Nuprin) Tylenol, Naprosyn, Disalcid, Feldene, Aleve, Toradol, any NSAID, BC Powder, Goodies, Imitrex, Zomig, Neurontin (with close supervision of your doctor)

**Nausea/Vomiting:** Emetrol, Zofran

**Indigestion/Heartburn/Gastritis:** Mylanta, Maalox, Riopan, Tums, Roloids, H2 Blockers ex. Pepcid, proton pump inhibitors ex. Prilosec

**Other GI Medications:** Kaopectate, Pepto-Bismol, Imodium, Milk of Magnesia, Colace, Pericolace, Metamucil, Perdiem, Correctol, Ex-Lax

**Infection:** Any antibiotic

**Antidepressants/Anxiolytics/Mood Stabilizers:** SSRIs such as Lexapro, Deplin, Buspar, Trazadone

**ADD/ADHD:** Strattera; other non-controlled prescription medications.

\*Adapted from the Mississippi Board of Nursing 1/31/11, Rev: 04/4/13, 02/27/14