



**BlueShield**  
of Northeastern New York

## High-risk medication reference sheet

The Pharmacy Quality Alliance has determined the following medications have the highest risk of side effects among those 65 years of age or older. “High-risk” means a medicine can cause serious health problems or accidents. High-risk medications can be:

- A medicine that raises your risk of drowsiness, confusion, depression, organ damage, serious harm from a fall, or other dangerous side effects.
- A medicine for one health problem that worsens another health problem.
- Two or more medications that are dangerous when taken together. The more medicines you take, the greater the risk of negative interactions.

Please review the list of high-risk medications below. If you are taking one or more of the medications listed, please speak with your doctor to determine if there are safer choices with fewer possible side effects.

First-generation antihistamines (medications commonly used to treat allergies)		
<ul style="list-style-type: none"> <li>• Brompheniramine</li> <li>• Carbinoxamine</li> <li>• Chlorpheniramine</li> <li>• Clemastine</li> </ul>	<ul style="list-style-type: none"> <li>• Cyproheptadine</li> <li>• Dexchlorpheniramine</li> <li>• Diphenhydramine (oral)</li> <li>• Doxylamine</li> </ul>	<ul style="list-style-type: none"> <li>• Hydroxyzine</li> <li>• Promethazine</li> <li>• Triprolidine</li> </ul>
Anti-Parkinson agents (to treat Parkinson’s disease)		
<ul style="list-style-type: none"> <li>• Benztropine (oral)</li> </ul>	<ul style="list-style-type: none"> <li>• Trihexyphenidyl</li> </ul>	
Anti-thrombotics (medications used to prevent blood from clotting inappropriately)		
<ul style="list-style-type: none"> <li>• Ticlopidine</li> </ul>	<ul style="list-style-type: none"> <li>• Dipyridamole</li> </ul>	
Anti-infective (medication used to treat infections)		
<ul style="list-style-type: none"> <li>• Nitrofurantoin (only when taken for 90 days or more)</li> </ul>		
Alpha blockers (medications that help blood vessels remain open)		
<ul style="list-style-type: none"> <li>• Guanfacine</li> <li>• Methyldopa</li> </ul>	<ul style="list-style-type: none"> <li>• Reserpine (only if you take more than 0.1mg a day)</li> </ul>	
Cardiovascular		
<ul style="list-style-type: none"> <li>• Disopyramide</li> <li>• Digoxin (only if you take more than 0.125mg a day)</li> </ul>	<ul style="list-style-type: none"> <li>• Nifedipine (immediate release only)</li> </ul>	

Tertiary Tricyclic Antidepressants (medications used to treat psychiatric conditions)		
<ul style="list-style-type: none"> <li>• Amitriptyline</li> <li>• Clomipramine</li> <li>• Doxepin (only if you take more than 6mg a day)</li> </ul>	<ul style="list-style-type: none"> <li>• Imipramine</li> <li>• Trimipramine</li> </ul>	
Antipsychotics (medications used to treat psychiatric conditions)		
<ul style="list-style-type: none"> <li>• Thioridazine</li> </ul>		
Barbiturates (medications used most commonly to treat anxiety)		
<ul style="list-style-type: none"> <li>• Amobarbital</li> <li>• Butabarbital</li> </ul>	<ul style="list-style-type: none"> <li>• Butalbital</li> <li>• Pentobarbital</li> </ul>	<ul style="list-style-type: none"> <li>• Phenobarbital</li> <li>• Secobarbital</li> </ul>
Other medications that act on the central nervous system		
<ul style="list-style-type: none"> <li>• Benztropine (oral)</li> </ul>	<ul style="list-style-type: none"> <li>• Trihexyphenidyl</li> </ul>	
Anti-thrombotics (medications used to prevent blood from clotting inappropriately)		
<ul style="list-style-type: none"> <li>• Chloral hydrate</li> </ul>	<ul style="list-style-type: none"> <li>• Meprobamate</li> </ul>	
Nonbenzodiazepine hypnotics (medications used to treat sleep disorders)		
<ul style="list-style-type: none"> <li>• Eszopiclone</li> <li>• Zaleplon</li> </ul>	<ul style="list-style-type: none"> <li>• Zolpidem</li> </ul>	
Vasodilators (medications that act on muscles in blood vessel walls to dilate)		
<ul style="list-style-type: none"> <li>• Ergoloid mesylates</li> </ul>	<ul style="list-style-type: none"> <li>• Isoxsuprine</li> </ul>	
Endocrine		
<ul style="list-style-type: none"> <li>• Desiccated thyroid</li> <li>• Estrogens with or without progesterone (oral and topical patch products only)</li> </ul>	<ul style="list-style-type: none"> <li>• Megestrol</li> </ul>	
Sulfonylureas (medications used to treat diabetes)		
<ul style="list-style-type: none"> <li>• Chlorpropamide</li> </ul>	<ul style="list-style-type: none"> <li>• Glyburide</li> </ul>	
Gastrointestinal (digestive system)		
<ul style="list-style-type: none"> <li>• Trimethobenzamide</li> </ul>		
Pain Medications		
<ul style="list-style-type: none"> <li>• Meperidine</li> </ul>	<ul style="list-style-type: none"> <li>• Pentazocine</li> </ul>	
Non-steroidal anti-inflammatory medications (Also called NSAIDs; are used to treat inflammation, mild to moderate pain, and fever)		
<ul style="list-style-type: none"> <li>• Indomethacin</li> </ul>	<ul style="list-style-type: none"> <li>• Ketorolac</li> </ul>	
Skeletal muscle relaxants (as a single agent or as part of a combination product)		
<ul style="list-style-type: none"> <li>• Carisoprodol</li> <li>• Chlorzoxazone</li> </ul>	<ul style="list-style-type: none"> <li>• Cyclobenzaprine</li> <li>• Metaxalone</li> </ul>	<ul style="list-style-type: none"> <li>• Methocarbamol</li> <li>• Orphenadrine</li> </ul>

BlueShield of Northeastern New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal.