

State Bar of Michigan – Lawyers and Judges Assistance Monitoring Program

SAFE AND UNSAFE DRUGS FOR PERSONS RECOVERING FROM SUBSTANCE USE DISORDERS

The following is a partial list of medications and preparations, which are generally considered to be **unsafe** for ingestion by those who are recovering from substance use disorders:

1. Any preparation, which contains **alcohol (ethanol)**. This includes most cough preparations, mouthwashes, non-alcoholic beer & hand sanitizers. When in doubt, always read the label, or ask the pharmacist. Beware of foods which are prepared with alcoholic beverages, such as wine or sherry; some alcohol may remain even after cooking and could cause a “positive” urine drug screen result; especially on an ETG screen that has very low cut-off markers. ***NA Beer contains .05% on average and will result in positive screens.**
2. **Barbiturates and other sedatives** – i.e. Phenobarbital, Nembutal, Seconal, Fiorinal, Esgic, Donnatal, Doriden, Placidyl, Chloral Hydrate, Ambien, Sonata and others.
3. **Decongestants, DXM (dextromethorphan), or weight-control preparations**, which contain Ephedrine, Pseudoephedrine, Phenylpropanolamine.
4. **Opioids**– i.e. Morphine, Demerol, Dilaudid, Dolophine (Methadone), Percodan, Duragesic, (Fentanyl), Tylox, Synalgos-DC, Codeine (Tylenol #3, etc.), Talwin, Darvocet, Wygesic, Vicodin, Lortab, Lorcet, Nubain, Stadol, Ultram and others.
5. **Benzodiazepines and other tranquilizers** – i.e. Valium, Librium, Limbitrol, Tranxene, Dalmane, Serax, Xanax, Klonopin, Halcion, Ativan, Versed, Miltown, Equanil, Equagesic, Soma and others.
6. **Amphetamines and other stimulants** – Dexedrine, Benzedrine, Fastin, Ionamin, Tenuate, Ephedrine, Ritalin, Cylert, Adderall, Meridia and others.

Aspirin, Tylenol, non-steroidal anti-inflammatory drugs (i.e. Motrin, Nuprin, Advil, Naprosyn, Anaprox and others), antibiotics, some cough syrups and some antihistamines (i.e. Allegra and Claritin)) are usually considered to be acceptable medications, *however*, remember **ALL PRESCRIPTIONS and OVER THE COUNTER** medications need to be approved by your Addictionist/PCP prior to ingestion. Also, please avoid use of any and all poppy seeds as these can cause a false positive for opioid use.

In certain instances individuals in recovery from substance use disorders may also need to be maintained on psychiatric medications. However, the decision to do so should be made in consultation with the monitoring participant’s Psychiatrist and Addictionist. It is your responsibility to be sure that you have releases in place to allow the exchange of information required for this collaborative care to occur, and to be sure that your LJAP Clinical Case Manager has a ***current list of all approved medications*** on file.