



MEDICATION ALERT: INFORMATION FOR Today's Options® PPO Members

High-Risk Medication List for Individuals ≥ 65 years old. Plan Year 2017

High-Risk Medications are medications identified by the Centers for Medicare & Medicare Services (CMS) and several other national organizations, including the National Committee for Quality Assurance (NCQA), to have a higher risk of side effects in individuals age 65 years or older and therefore may pose a safety concern. Please evaluate the use of medications on this list in individuals age 65 years or older.

Information provided or made available through Today's Options® PPO is not intended to replace the professional judgment of a licensed medical prescriber. Our recommendations are provided as supplementary information for you to consider.

High-Risk Medication – Formulary Alternative List

Plan Year 2017

Drug Class	High-Risk Medications (Tier)	Formulary Alternatives (Tier) - Generic Stratified
Antiarrhythmic Drug	Digoxin (>0.125mg/day) (3)	Consult with physician
Antidepressants, Tricyclic	Amitriptyline (4), Clomipramine (4), Doxepin (4), Imipramine (4), Trimipramine (4)	Citalopram (1,4), Escitalopram (2,4), Fluoxetine (1,3,4), Mirtazapine (2,3), Nortriptyline (1,4), Paroxetine (1), Sertraline (1,4), Trazodone (1), Bupropion (2,3), Venlafaxine (2,3), Pristiq (3), Viibryd (4)
Antihistamines, First Generation	Diphenhydramine (NF), Carbinoxamine (NF), Hydroxyzine (4), Cyproheptadine (4)	Azelastine (nasal spray) (3), Cetirizine Syrup (3), Levocetirizine (2,4)
Anti-Emetics	Promethazine Tabs (4), Phenadoz suppositories (4), Promethegan suppositories (4)	Ondansetron (2,3)
Anti-Infectives	Nitrofurantoin (cumulative day supply > 90 days) (4)	Sulfamethoxazole-Trimethoprim (1,4), Ciprofloxacin (1), Levofloxacin (1,4)
Antiparkinsonian Agents	Benzotropine (Oral) (4)	Carbidopa-Levodopa (2,3,4), Pramipexole Dihydrochloride (2), Ropinirole HCL (2), Selegiline HCL (4), Azilect (3)
Antithrombotics	Ticlopidine (NF), Dipyridamole, oral short acting (NF)	Clopidogrel (1), Aggrenox (4), Aspirin-Dipyridamole
Barbiturates	Butalbital (containing products) (NF)	Consult with physician
	Phenobarbital (4)	Carbamazepine (3,4), Divalproex (2,4), Gabapentin (2,3,4), Lamotrigine (2,3,4), Levetiracetam (3,4), Oxcarbazepine (3,4), Phenytoin (3), Primidone (2), Valproic acid (2,3), Tegretol-XR (4)



Drug Class	High-Risk Medications (Tier)	Formulary Alternatives (Tier) - Generic Stratified
Benzodiazepines: Long Acting	Amitriptyline-Chlordiazepoxide (NF), Chlordiazepoxide (NF), Chlordiazepoxide-Clidinium (NF), Diazepam (1,3,4), Flurazepam (NF)	Consult with physician
Cardiovascular: Central Alpha Agonists	Methyldopa (NF), Guanfacine (4), Guanabenz (NF), Reserpine (>0.1mg/day) (NF)	Consult with physician
Endocrine Agents	Armour Thyroid (dessicated) (NF)	Levothyroxine Sodium (2), Levoxyl (2), Synthroid (4)
	Megesterol AC tab (4); Megesterol AC susp (4)	Nutritional Supplementation
Estrogen/Progestin (Single and/or Combination Products Oral/Patch)	Premarin (4), Estropipate (NF), Prempro, Premphase (NF), Estradiol (3,4), Vivelle Dot (NF)	Consult with physician
Non-Benzodiazepine Hypnotics	Eszopiclone (NF), Zolpidem Tartrate (4), Zaleplon (NF)	Avoid use >90 days; Non-Pharmacological Alternatives (Behavioral and/or Environmental Modifications)
Non-Cox-Selective NSAIDs	Indomethacin (NF)	Suggested for short-term use
	Ketorolac (NF)	Ibuprofen (1,3), Meloxicam (1,4), Naproxen (1,2,3,4), Celecoxib (4); Etodolac (4)
Sulfonylureas, Long Acting	Chlorpropamide (NF), Glyburide (NF)	Glipizide (1), Glimepiride (1), Metformin (1)
Skeletal Muscle Relaxants	Carisoprodol (NF), Cyclobenzaprine (4), Methocarbamol (NF), Metaxalone (NF), Chlorzoxazone (NF), Orphenadrine (NF)	Baclofen (2), Tizanidine (2)

Alternatives consist of multiple therapeutic classes. See formulary for specific tier.



If you have any questions about this list, please contact Provider Services at 1-866-422-5009, 8:00 a.m. to 8:00 p.m. in your local time zone (TTY users call 711) Monday – Friday.