

## PREFERRED AND RESTRICTED MEDICATIONS

Certain medications are restricted and prohibited while a person is in treatment at The Haven.

If a client is taking a restricted medication, they will be expected to quickly taper off of it or change to a non-restricted medication under medical supervision. (Under very RARE conditions, medical staff may deem it necessary for a client to remain on a restricted medication).

In most cases, The Haven's medical provider can assist in finding a suitable alternative when necessary. For medications requiring a taper for discontinuation, The Haven asks that a person entering treatment come with the prescription for the taper whenever possible.

When entering treatment with over-the-counter (OTC) medications, such medications must be in their original, unopened packaging.

Below is a list of some common restricted medications, along with recommendations for preferred alternatives.

**IMPORTANT NOTICE:** This list is not exhaustive, and *all* medications (including over-the-counter, or OTC, medications) will be reviewed by staff and may or may not be approved for continued use while enrolled at The Haven.

### MEDICATION-ASSISTED TREATMENT (MAT)

#### RESTRICTED

- Suboxone (clients taking Suboxone will be required to taper and get the Sublocade injection while at The Haven.)

#### PREFERRED

- Sublocade
- Vivitrol (Naltrexone)
- Methadone (if taking methadone, clients must dose at, or transfer to, Project Reality prior to admission).

### PAIN MEDICATIONS

#### RESTRICTED

- All opioid pain medications: hydrocodone (Norco), oxycodone (Percocet), Tramadol, OxyContin, Dilaudid, Morphine, Codeine, etc.
- *Exceptions: Acute post-surgical short-term pain management, to be coordinated with your treatment team and clinic prior to taking the medication.*

#### PREFERRED

- NSAIDS: Ibuprofen, Naproxen, Celebrex, Meloxicam, Aspirin.
- Tylenol (Acetaminophen).

## COLD, FLU AND ALLERGY MEDICATIONS

RESTRICTED	PREFERRED
<ul style="list-style-type: none"> <li>• Dextromethorphan (including Allegra D, Claritin D , Mucinex D, or any cough/cold product containing dextromethorphan)</li> <li>• Sudafed products (pseudoephedrine)</li> <li>• Codeine-based products.</li> <li>• OTC alcohol-based cough/cold medication (Nyquil, etc.)</li> <li>• Diphenhydramine (Benadryl), <i>(except for acute allergic reactions, MUST BE APPROVED BY MEDICAL ASSISTANT/COORDINATOR).</i></li> </ul>	<ul style="list-style-type: none"> <li>• Mucinex (guaifenesin) for cough and chest congestion.</li> <li>• Nasal saline spray (Ocean Mist) for stuffy or runny nose.</li> <li>• Cough drops OTC for cough.</li> <li>• Throat lozenges OTC for sore throat</li> <li>• Tylenol (acetaminophen), or Motrin (ibuprofen) or Alleve (naproxin) for headache, body aches, fever</li> <li>• Steroid nose sprays like Flonase OTC or by prescription</li> <li>• Claritin (loratadine), Allegra (fexofenadine), Zyrtec (cetirizine).</li> </ul>

## STIMULANTS / WEIGHT-LOSS / ADHD MEDICATIONS

RESTRICTED	PREFERRED
<p>All stimulants including:</p> <ul style="list-style-type: none"> <li>• Adderall, Dexedrine, (dextroamphetamine)</li> <li>• Ritalin/Concerta (methylphenidate)</li> <li>• Vyvanse (lisdexamphetamine)</li> <li>• Focalin (dexmethylphenidate)</li> <li>• Nuvigil (armodafinil)</li> <li>• Provigil (modafinil).</li> </ul>	<p><i>By prescription only for ADHD:</i></p> <ul style="list-style-type: none"> <li>• Strattera (atomoxetine)</li> <li>• Wellbutrin (bupropion)</li> <li>• Intuniv (guanfacine)</li> </ul>

## SLEEP MEDICATIONS

RESTRICTED	PREFERRED
<ul style="list-style-type: none"> <li>• Ambien</li> <li>• Lunesta</li> <li>• Sonata</li> <li>• Belsomra</li> <li>• Restoril (temazepam)</li> </ul>	<ul style="list-style-type: none"> <li>• Melatonin</li> </ul> <p><i>By prescription only:</i></p> <ul style="list-style-type: none"> <li>• Trazodone</li> <li>• Seroquel</li> <li>• Prazosin</li> </ul>

## OTHER RESTRICTED MEDICATIONS

### **Gabapentinoids:**

- Gabapentin and Lyrica;
- Artane (trihexyphenidyl) (*Not permitted unless deemed necessary in severe medical cases with supporting documentation.*)

### **Benzodiazepines:**

- All benzos, including: Librium, Xanax, Klonopin, Ativan, Valium, and Phenobarbital.

### **Cannabis:**

- Medical Cannabis is not permitted, *even with a medical-cannabis card.*

### **Muscle relaxers:**

- All muscle relaxants, including: Soma, Baclofen, Robaxin, Skelaxin, Flexeril, Valium.

### **Testosterone replacement / men's health:**

- Not permitted during residential treatment unless prescribed and managed by an endocrinologist.

### **PDE inhibitors (prohibited for ED):**

- Stendra (avanafil), Levitra (vardenafil), Cialis (tadalafil), Viagra (sildenafil).  
(*Exception: PDE inhibitors may be used for pulmonary hypertension or other cardiac conditions as deemed necessary and prescribed by the provider.*)