

The AGS Health in Aging Foundation has developed this resource to help you talk to your healthcare provider about these possible alternatives to AGS Beers Criteria® medications you're taking.

| Medication Class/Examples  | Possible Alternatives to Discuss with your Healthcare Provider  |
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| <p>NOTE: This is only a partial list of medications. Medications listed in parentheses are examples of brand names of the generic medications listed.</p> <p><b>First Generation Antihistamines</b><br/>(used for allergies)</p> <ul style="list-style-type: none"> <li>chlorpheniramine (AllerChlor)</li> <li>diphenhydramine (Benadryl)</li> </ul> | <ul style="list-style-type: none"> <li>saline nasal rinse</li> <li>steroid nasal sprays</li> <li>such as fluticasone (Flonase)</li> <li>Allergy products such as:               <ul style="list-style-type: none"> <li>- cetirizine (Zyrtec)</li> <li>- fexofenadine (Allegra)</li> <li>- loratadine (Claritin)</li> </ul> </li> </ul>  |
| <p><b>Tricyclic Antidepressants</b><br/><b>used for depression</b></p> <ul style="list-style-type: none"> <li>amitriptyline (Elavil)</li> <li>imipramine (Tofranil)</li> </ul>   | <ul style="list-style-type: none"> <li>selective serotonin reuptake inhibitors (SSRIs) such as:               <ul style="list-style-type: none"> <li>- citalopram (Celexa)</li> <li>- sertraline (Zoloft)</li> </ul> </li> <li>bupropion (historically known as Wellbutrin)</li> </ul>  |
| <p><b>Barbiturates</b></p> <ul style="list-style-type: none"> <li>phenobarbital</li> <li>other drugs ending in "barbital"</li> </ul>   | <p>For epilepsy, anticonvulsants such as:</p> <ul style="list-style-type: none"> <li>lamotrigine (Lamictal)</li> <li>levetiracetam (Keppra)</li> </ul>  |
| <p><b>Sleeping Aids</b></p> <ul style="list-style-type: none"> <li>zolpidem (Ambien)</li> <li>zaleplon (Sonata)</li> <li>eszopiclone (Lunesta)</li> </ul>  | <p>Ask your healthcare provider about non-medication sleep hygiene techniques.</p>  |
| <p><b>Pain Medication</b></p> <p>People with chronic kidney disease or chronic renal failure should avoid all non-aspirin, nonsteroidal anti-inflammatory medications (NSAIDs).</p>  | <p>These alternatives listed are for moderate pain:</p> <ul style="list-style-type: none"> <li>acetaminophen (Tylenol)</li> <li>topical capsaicin products</li> <li>lidocaine patches</li> <li>serotonin–norepinephrine reuptake inhibitors (SNRIs) such as:               <ul style="list-style-type: none"> <li>- duloxetine (Cymbalta)</li> <li>- venlafaxine (Effexor)</li> </ul> </li> </ul>                               |
| <p><b>Benzodiazepines</b> (often used to treat anxiety and sleep disorders as well as other conditions)<br/>People with a history of falls should avoid benzodiazepines, such as:</p> <ul style="list-style-type: none"> <li>alprazolam (Xanax)</li> <li>lorazepam (Ativan)</li> <li>diazepam (Valium)</li> </ul>                                    | <p>For anxiety:</p> <ul style="list-style-type: none"> <li>buspirone (Buspar)</li> <li>selective serotonin reuptake inhibitors (SSRIs) such as:               <ul style="list-style-type: none"> <li>- citalopram (Celexa)</li> <li>- sertraline (Zoloft)</li> </ul> </li> </ul> <p>For sleep</p> <ul style="list-style-type: none"> <li>Ask your healthcare provider about non-medication sleep hygiene techniques.</li> </ul> |
| <p><b>Hormone Therapy</b></p> <ul style="list-style-type: none"> <li>Estrogen pills and patches</li> </ul>   | <p>For vaginal dryness:</p> <ul style="list-style-type: none"> <li>topical estrogen creams</li> </ul> <p>For hot flashes and night sweats:</p> <ul style="list-style-type: none"> <li>gabapentin (Neurontin)</li> <li>serotonin–norepinephrine reuptake inhibitors (SNRIs)</li> <li>selective serotonin reuptake inhibitors (SSRIs)</li> </ul>  |
| <p><b>Pain Medication Opioids</b> (Narcotics)</p> <ul style="list-style-type: none"> <li>meperidine (Demerol)</li> <li>pentazocine (Talwin or Talacen)</li> </ul>  | <p>For acute moderate to severe pain:</p> <ul style="list-style-type: none"> <li>tramadol (Ultram)</li> <li>morphine</li> <li>oxycodone immediate release with acetaminophen</li> </ul>   |