

MEDICAMENTOS POTENCIALMENTE INADECUADOS EN PACIENTES MAYORES

Lista PRISCUS 2.0 (actualización 2023)

Fármaco / Clase

Posibles alternativas

Drugs for acid-related diseases

Antacids containing magnesium > 4 weeks	Antacids containing alginate PPI < 8 weeks
Compounds containing aluminum	Antacids containing alginate PPI < 8 weeks
Cimetidine, ranitidine* ¹	PPI < 8 weeks When indicated, famotidine
Proton pump inhibitors > 8 weeks	PPI < 8 weeks When indicated, famotidine

Fármaco / Clase

Posibles alternativas

Drugs for functional gastrointestinal disorders

Mebeverine	E.g., psyllium, non-pharmacological
Metoclopramide, domperidone	E.g., setrons, herbal preparations
Alizapride	

Antiemetics and drugs for nausea

Dimenhydrinate	E.g., setrons, herbal preparations
Scopolamine	E.g., corticosteroids, setrons

Drugs for constipation

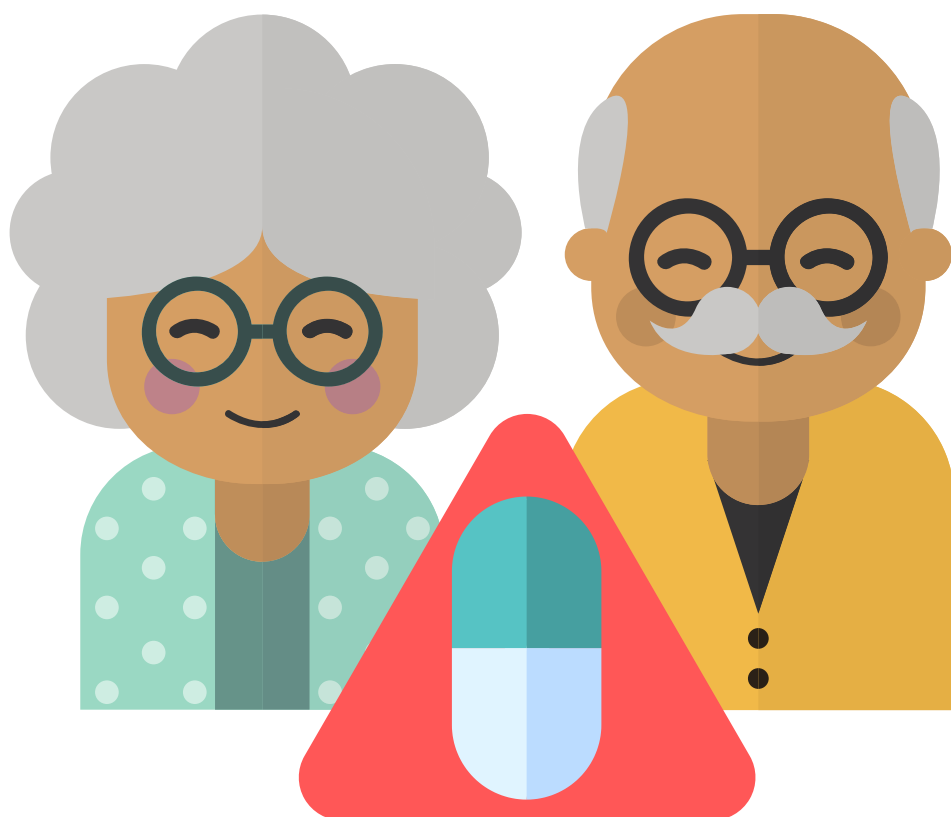
Liquid paraffin	E.g., macrogol, psyllium
Sennosides > 1 week	E.g., sennosides < 1 week, macrogol
Sodium picosulfate > 1 week	E.g., sodium picosulfate < 1 week, macrogol

Antipropulsives

Loperamide > 3 d, > 12 mg/d	E.g., loperamide < 3 d, < 12 mg/d, racecadotril
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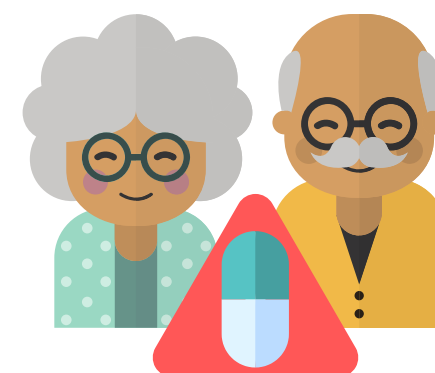
Antidiabetic drugs

Glibenclamide, gliquidone, gliclazide, gliclazide, glimepiride	E.g., metformin, DPP-4 inhibitors
Acarbose	E.g., metformin, DPP-4 inhibitors
Pioglitazone	E.g., metformin, DPP-4 inhibitors



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Antithrombotic drugs

Ticlopidine, prasugrel	E.g., clopidogrel, ASA
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Cardiac treatment

Digoxin and derivatives	E.g., beta-blockers, digitoxin
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Lidocaine	E.g., beta-blockers, when indicated amiodarone
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Propafenone as long-term medication	E.g., beta-blockers, when indicated amiodarone
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Flecainide	Beta-blockers, when indicated amiodarone
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Dronedarone	E.g., beta-blockers, when indicated amiodarone
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Antihypertensives

Methyldopa, clonidine, moxonidine	E.g., ACE inhibitors, other anti-hypertensives
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Doxazosin	E.g., ACE inhibitors, other anti-hypertensives
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Terazosin as antihypertensive	ACE inhibitors, other antihypertensives
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Dihydralazine, hydralazine* ²	E.g., ACE inhibitors, other anti-hypertensives
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Minoxidil	E.g., ACE inhibitors, other anti-hypertensives
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Fármaco / Clase

Posibles alternativas

Potassium-sparing drugs

Spironolactone > 25 mg/d	E.g., spironolactone ≤ 25 mg/d
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Peripheral vasodilators

Pentoxifylline	E.g., memantine, ASA, memory/ walking training
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Naftidrofuryl, cilostazol	E.g., walking training, ASA
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Beta-adrenoceptor antagonists

Pindolol, propranolol, sotalol	Others (selective beta-blockers)
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Calcium-channel blockers

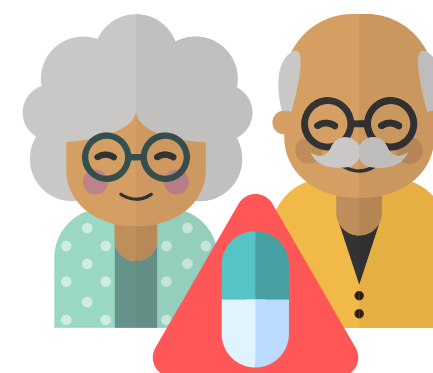
Non-slow-release nifedipine	E.g., long-acting calcium antagonists
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Drugs acting on the renin-angiotensin system

Aliskiren	ACE inhibitors, sartans
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Posibles alternativas

Sexual hormones and modulators of the genital system

Testosterone	
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Oral estrogens	Vaginal estrogens, black cohosh
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Urologics

Flavoxate	E.g., pelvic floor training, bladder training
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Oxybutynin, propiverine, tolterodine, solifenacin, trospium, darifenacin, fesoterodine, desfesoterodine	Non-pharmacological
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Mirabegron	Non-pharmacological
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Hypophyseal and hypothalamic hormones and analogs

Desmopressin	Tamsulosin, vaginal estrogens
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Antibiotics for systemic use

Fluoroquinolones	Depending on antibiogram
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Endocrine treatment

Medroxyprogesterone	Tamoxifen, fulvestrant, vaginal estrogens
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Fármaco / Clase

Posibles alternativas

Non-steroidal anti-inflammatory and antirheumatic drugs

Phenylbutazone	E.g., topical agents, paracetamol
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Indomethacin, diclofenac, acetaminophen, proglumetacin, aceclofenac	E.g., topical agents, paracetamol
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Piroxicam, meloxicam	E.g., topical agents, paracetamol
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Ibuprofen > 3 × 400 mg/d, > 1 week or > 3 × 400 mg/d, with PPI > 8 weeks	E.g., ibuprofen ≤ 3 × 400 mg/d, ≤ 1 week, with PPI ≤ 8 weeks
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Naproxen > 2 × 250 mg/d, > 1 week or > 2 × 250 mg/d, with PPI > 8 weeks	E.g., naproxen ≤ 2 × 250 mg/d, ≤ 1 week, with PPI ≤ 8 weeks
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Ketoprofen, dexketoprofen	E.g., topical agents, paracetamol
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Etofenamate	E.g., topical agents, paracetamol
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Coxibs	E.g., topical agents, paracetamol
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Nabumetone	E.g., topical agents, paracetamol
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Muscle relaxants

Methocarbamol, orphenadrine (citrate), baclofen, tizanidine	E.g., Paracetamol, tilidine
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Pridinol	
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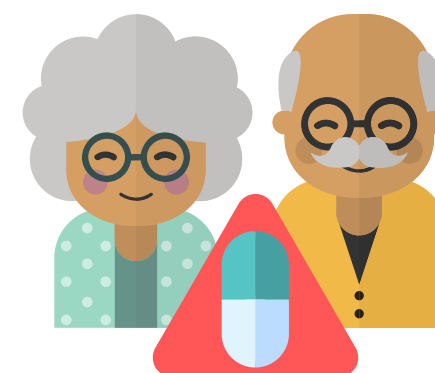
Tolperisone	Paracetamol, metamizole
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Other drugs for disorders of the musculoskeletal system

Quinine	E.g., stretching exercises, magnesium < 4 weeks
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Posibles alternativas

Analgesics

Dihydrocodeine, codeine as analgesic	
Pethidine, tapentadol, tramadol	E.g., tilidine, other opioids
Methadone, levomethadone	Other opioids
Acetylsalicylic acid as analgesic	E.g., paracetamol
Phenazone, propyphenazone	E.g., paracetamol
Ergotamine	Triptans, paracetamol

Antiepileptics

Phenobarbital, primidone, phenytoin, carbamazepine	E.g., lamotrigine, valproate
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Drugs for Parkinson's disease

Trihexyphenidyl, biperiden, procyclidine, bopraprine	E.g., levodopa, ropinirole
Amantadine	E.g., levodopa, ropinirole
Pramipexole, piribedil	E.g., levodopa, ropinirole
Dopaminergic ergot alkaloids (e.g., pergolide)	E.g., levodopa, ropinirole
Monoaminoxidase-B inhibitors (e.g., selegiline)	E.g., levodopa, ropinirole
Tolcapone	Entacapone, when indicated opicapone

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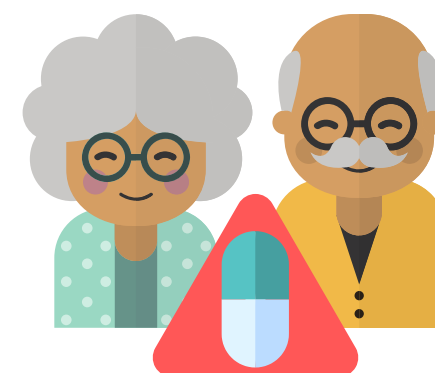
Posibles alternativas

Antipsychotics

Levomepromazine, perazine, thioridazine, chlorprothixene, zuclopenthixol, prothipendyl	E.g., risperidone < 6 weeks
Fluphenazine, perphenazine, haloperidol, benperidol, bromperidol, flupentixol, fluspirilene, pimozide	E.g., risperidone < 6 weeks
Melperone > 100 mg/d, > 6 weeks	E.g., melperone < 100 mg/d, < 6 weeks
Pipamperone > 120 mg/d, > 6 weeks	E.g., pipamperone < 120 mg/d, < 6 weeks
Ziprasidone, clozapine, olanzapine, sulpiride, amisulpride, tiapride, aripiprazole, sertindole, paliperidone, cariprazine	E.g., risperidone < 6 weeks
Quetiapine > 100 mg/d, > 6 weeks	E.g., quetiapine < 100 mg/d, < 6 weeks
Risperidone > 6 weeks	E.g., risperidone < 6 weeks

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Posibles alternativas

Anxiolytics, hypnotics, and sedatives

Hydroxyzine	E.g., melatonin, mirtazapine
Long-acting benzodiazepines (e.g., diazepam)	E.g., melatonin, mirtazapine
Lorazepam	E.g., melatonin, mirtazapine, valerian
Moderately long-acting benzodiazepines (e.g., oxazepam)	E.g., melatonin, mirtazapine, valerian
Short-acting benzodiazepines (e.g., triazolam)	E.g., melatonin, mirtazapine, valerian
Chloral hydrate	E.g., melatonin, mirtazapine, valerian
Zopiclone, zolpidem	E.g., melatonin, mirtazapine, valerian
Clomethiazole	E.g., melatonin, mirtazapine
Doxylamine	E.g., melatonin, mirtazapine, valerian
Promethazine	E.g., melatonin, mirtazapine, valerian

Fármaco / Clase

Posibles alternativas

Antidepressants

Tricyclics (e.g., amitriptyline), nortriptyline ^{*3}	E.g., citalopram, mirtazapine
Opipramol	E.g., citalopram, mirtazapine
Doxepin	E.g., citalopram, mirtazapine
Maprotiline, mianserin	E.g., citalopram, mirtazapine
Fluoxetine, paroxetine, fluvoxamine	E.g., citalopram, mirtazapine
Sertraline > 100 mg/d	E.g., sertraline < 100 mg/d
Tranlycypromine, moclobemide	E.g., citalopram, mirtazapine
St John's wort	E.g., citalopram, mirtazapine
Bupropion	E.g., citalopram, mirtazapine
Tianeptine	E.g., citalopram, mirtazapine
Agomelatine	E.g., citalopram, mirtazapine

Psychostimulants

Methylphenidate	
Pyritinol	E.g., memantine
Piracetam	E.g., memantine

Anti-dementia drugs

Ginkgo leaf	E.g., memantine
Nicergoline	E.g., memantine
Nimodipine	E.g., memantine, amlodipine

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Posibles alternativas

Drugs for vertigo

Betahistine	See long version
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Cinnarizine* ⁴ , flunarizine	See long version
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Drugs for obstructive respiratory tract diseases

Sympathomimetics for systemic use, <u>no inhalation</u> (e.g., salbumatol)	Inhaled sympathomimetics
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Theophylline, aminophylline	Inhaled salbutamol LABA, LAMA, ICS
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Cough and cold remedies

Codeine, dihydrocodeine as antitussive	E.g., phytopharmaceuticals, DMP
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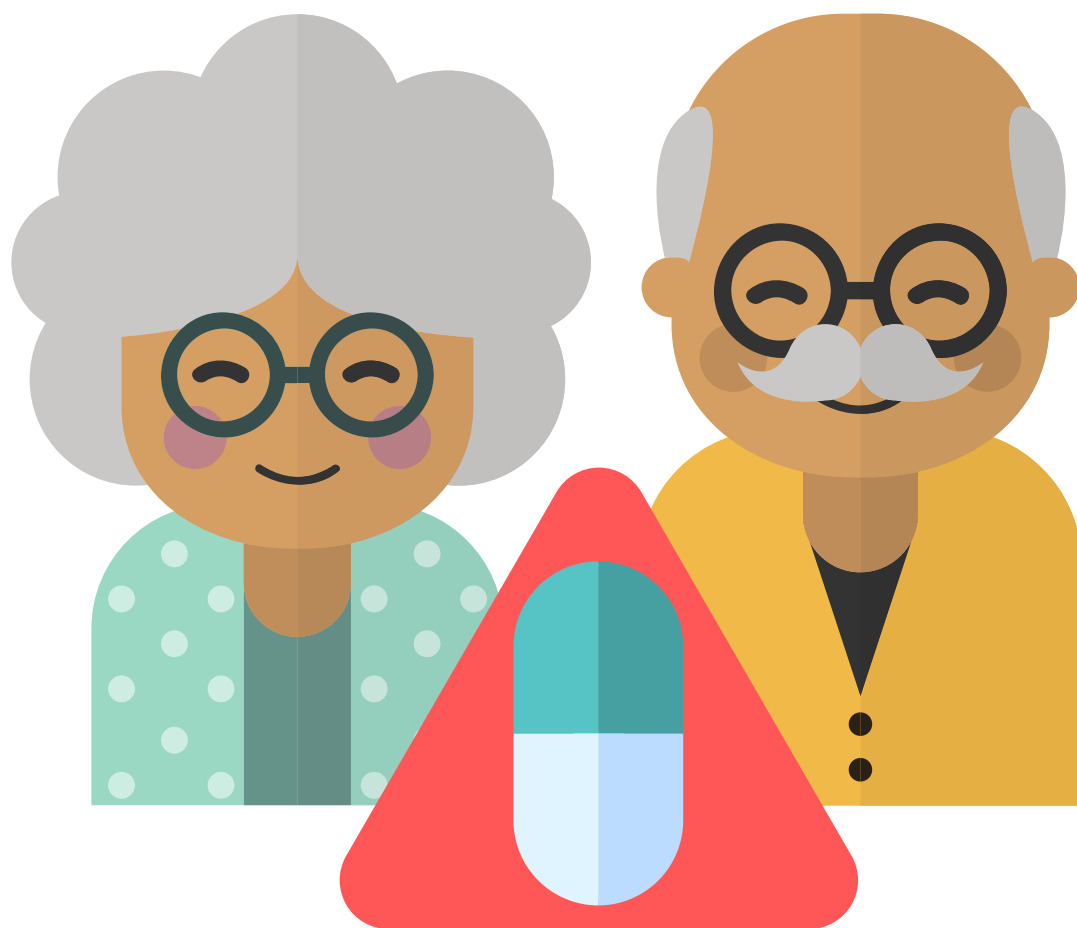
Antihistamines for systemic use

First generation

Diphenhydramine, clemastine, dimetindene, cyproheptadine, ketotifen	E.g., cetirizine, topical agents
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Second generation

Ebastine, rupatadine	E.g., cetirizine, loratadine
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ACE, Angiotensin-converting enzyme; ASA, acetylsalicylic acid; DMP, dextromethorphan; DPP-4, dipeptidyl peptidase-4; ICS, inhaled corticosteroids; LABA, long-acting beta-2 sympathomimetics; LAMA long-acting muscarine antagonists; PPI, Proton pump inhibitors

*¹ License suspended since January 2021 owing to nitrosamine contamination

*² In Germany: only as a compound with atenolol and chlorthalidone

*³ According to comments, nortriptyline is tolerated better than other tricyclics; therefore, it was evaluated in its own right in the second round of the Delphi process

*⁴ In Germany: only as a compound with dimenhydrinate