

A CARLAT PSYCHIATRY REFERENCE TABLE

High-Risk Medications in Older Adults	
Category	Examples
Analgesics	<ul style="list-style-type: none"> • NSAIDS • Opioids
Antibiotics	Nitrofurantoin
Anticholinergics	See “Psychiatric Medications with Strong Anticholinergic Activity” at www.thecarlatreport.com/anticholinergicactivity
Antithrombotics	Dipyridamole (oral short-acting)
Cardiovascular	<ul style="list-style-type: none"> • Alpha-1-blockers • Clonidine • Digoxin • Nifedipine, immediate release
Central Nervous System	<ul style="list-style-type: none"> • Antidepressants, alone or in combination • Antipsychotics • Barbiturates • Benzodiazepines • Nonbenzodiazepine, benzodiazepine receptor agonist hypnotics (eg, “Z-drugs”)
Endocrine	<ul style="list-style-type: none"> • Estrogens with or without progestins • Insulin
Gastrointestinal	Proton pump inhibitors
Genitourinary	<ul style="list-style-type: none"> • Desmopressin • Oxybutynin
Skeletal Muscle Relaxants	Cyclobenzaprine

Source: 2023 American Geriatrics Society Beers Criteria Update Expert Panel. American Geriatrics Society 2023 updated AGS Beers Criteria for potentially inappropriate medication use in older adults. *J Am Geriatr Soc* 2023;71(7):2052–2081

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