

What are the Periodic Paralysis Triggers? “AVOID AT ALL COST”

There are many triggers that set the partial and total paralysis into motion. It is important to discover these triggers because we need to stop the episodes, if possible, in order to regain the quality of our lives and to prevent the damage being done to our organs as the potassium shifts and depletes in our bodies. This damage can lead to permanent weakness and disability.

In the case of people with Andersen-Tawil Syndrome, the paralysis leads to tachycardia and serious arrhythmias, including long QT intervals, which can lead to cardiac arrest. Avoiding paralysis is absolutely necessary, due to these life-threatening effects.

Triggers can include:

Diet:

Our diet can be one of the biggest contributors to episodes of paralysis. The following are some of my offenders or those that have been reported to me or I have found in the research :

Simple carbohydrates: sugar, white flour, etc.

Complex carbohydrates: some grains ie, wheat, etc.

Meat: mostly red meats,

Salt

Caffeine

MSG

Alcohol

Large Meals

Sleep:

All aspects of sleep have set my episodes into motion :

Falling asleep

During sleep

Waking up

Stress (Good)

Stress (Bad)

Dehydration

Fasting

Sitting too long

Changes in the weather

Fatigue

Heat

Cold

Exercise:

Some individuals have no problem with exercise but others may not be able to tolerate any type of exercise or very little exercise. This is called “exercise intolerance”. Episodes may develop soon after or the next day.

Rest after exercise: may set an episode into motion.

Medications

Many, many medications can set muscle weakness or paralysis into motion for people with Periodic Paralysis. The following is a list compiled from my own known offenders, some that others have told me about and some I found in my research.

If one must take something, it is better to begin with ¼ of a normal dose to make sure it will work for you.

Saline Drips

Glucose Infusion: If an IV is needed, Mannitol can be used

Oral or Intravenous Corticosteroids

Muscle Relaxers

Beta Blockers

Tranquilizers

Pain Killers (analgesics)

Antihistamines

Puffers for Asthma

Antibiotics

Cough Syrups

Eye Drops to Dilate Eyes

Contrast Dye for MRI's

Lidocaine

Anesthetics

Epinephrine

Adrenaline

Over-the-counter medications

Most over the counter medications, etc can set muscle weakness or paralysis into motion for people with Periodic Paralysis. The following is a list of some compiled from my own known offenders, some that others have told me about, and some I found in my research.

Cough Syrups

Eye Drops

Glycerin Enemas

NSAIDs

If the following ingredients are in any products you use...you should stop using them until you are sure they are not causing symptoms:

Sodium Hydroxide

Edetate Disodium

Stearic Acid

They may be in any of the following:

Lotions

Oils

Hair dyes or colors

Antiperspirants

Enemas

Suppositories

Soaps

Shampoos

Shaving creams, foams

Toothpastes

Deodorants

Beauty products

Skincare products

Cosmetic products

Bath Salts

Emollients, Ointments, Creams

Hair sprays

Perfumes, colognes

Powders

Hair gels, oils, tonics, mousse

Unknown: I can follow all the rules and still have episodes for unknown reasons.

(For those who have Andersen-Tawil Syndrome there are special medication precautions due to the **long QT interval** issue and the possible risk of risk of **torsades de pointes**. The list of medications to avoid in these cases is at the end of this page.)

The following are drugs that can cause muscle weakness:
Found at: <http://paralysis.myadversereaction.com/>

All Drugs Associated with the Adverse Reaction of Muscle weakness

282 mep	292 frosst (phenacetin free)	5-fu	6-mercaptopurine
accolate	accupril	accutane	acebutolol hydrochloride
acetaminophen	acetaminophen and codeine	acetaminophen with codeine	acetazolamide
acetylsalicylic acid	acetylsalicylic acid ent ctd	actonel	actos
acupuncture	acyclovir	adalat	adalat p.a.
adalat p.a.20	adalat xl	adderall xr	adrenalin
adriamycin	adrucil	advair	advair diskus
advil	advil cold & sinus	aggrenox	albamycin t
aldactazide	aldactone	aldomet	aldoril
alendronate	alesse	alfenta	allopurinol
alphagan ophthalmic	alprazolam	altace	alti-diltiazem cd
amantadine	amiloride/hydrochlorothiazide	aminophylline	amiodarone
amitriptyline	amlodipine	amoxil	amphotericin b
ampicillin	anacin	anafranil	analgesic
analgesics	anaprox	ancef	ancotil
androcur	anectine	anthralin	anti-hypertensive medication(s)
anti-inflammatory agents	anti-nauseant (s)	antiinfectives for systemic use	anturan
apa pen strep (vet)	apo allopurinol	apo furosemide	apo hydro
apo trihex	apo-bisacodyl	apo-clonazepam	apo-diazepam
apo-diltiaz cd	apo-ferrous sulfate	apo-ibuprofen	apo-leflunomide
apo-levocarb	apo-metoclop	apo-metronidazole	apo-nadol
apo-norfloxacin	apo-omeprazole	apo-oxazepam	apo-oxtriphylline
apo-pravastatin	apo-prednisone	apo-sotalol	apo-sulfatrim
apo-sulfatrim ds	apo-triazide	apo-warfarin	apresoline
aralen	arava	aricept	arimidex
aromasin	artane	arthrotec	asa
asacol	asaphen	asaphen ec	asasantine
asparaginase (erwinia)	aspirin	aspirin coated	atacand
atacand plus	atarax	atasol	atenolol
ativan	atromid-s	atropine	atrovent
avalide	avandia	avapro	avastin
avelox	avirax	avonex	axid
azathioprine	azithromycin	aztreonam	baciquent
baclofen	baycol	becloforte	beclomethasone dipropionate

beclovent inhaler	beconase	beminal with c fortis	benadryl
benzodiazepines	benztropine mesylate	berotec	beta-blocking agents
betaloc	betaseron	betnovate-n ointment	bezafibrate
bezalip sr	biaxin	biaxin xl	bicarbonate
birch desensitizing agent	birth control	bisacodyl	bisoprolol
black cohosh	blood pressure pill	blood thinner	blood whole
bonamine	botox	botox cosmetic	brexidol 20
bricanyl	bromazepam	bromocriptine	budesonide
bupivacaine	bupropion	buscopan	busulfan
cal-mag	calcitonin	calcium	calcium & magnesium
calcium & vitamin d	calcium carbonate	calcium citrate	calcium supplement
caltrate	camptosar	canesten	capoten
captopril	carbamazepine	carbocal d	cardilate
cardizem	cardizem cd	cardura	carvedilol
casodex	catapres	catheters	catheters urethral
ceclor	cefaclor	cefazolin	cefotaxime
ceftazidime	ceftriaxone	cefuroxime	cefzil
celebrex	celestoderm v	celestoderm v/2	celexa
centrum	cephalosporin	ceptaz	cerivastatin
ces	cesamet	champix	chlor-tripolon
chloral hydrate	chlorhexidine	chlorpromazine	chlorpropamide
chlorthalidone	choledyl	cholestyramine	chondroitin
chromium gtf (natural factors)	cimetidine	ciprallex	cipro
ciprofloxacin	cisapride	cisplatin	citalopram
clarithromycin	clavulin	climara	clindamycin
clomipramine	clonazepam	clonidine	clopidogrel
clorazepate	cloxacillin	clozaril	co-trimoxazole
co-trimoxazole ds	codeine	coenzyme q10	coqentin
colace	colchicine	colisone	combivent
comtan	concerta	conjugated estrogens	copaxone
cophylac	copper-7	cordarone	coreg
corgard	corticosteroid(s)	cortisone	cosopt ophthalmic
coumadin	coversyl	cozaar	crestor
cuprimine	cyanocobalamin	cyclobenzaprine	cyclomen
cyclopentolate hydrochloride	cyclophosphamide	cycloserine	cyclosporine
cyproheptadine	cyproterone acetate	cytadren	cytarabine
cytosar	cytosine arabinoside	cytotec	dalacin c
dalmane	danazol	dantrium intravenous	dantrolene
dantrolene sodium	dapson	daunorubicin	decadron
deltasone	demerol	depakene	depo-medrol
depo-provera	dermovate	desyre!	detrol
detrol la	dexamethasone	dexedrine	dextroamphetamine
dextromethorphan	dextrose	dextrose 5% in saline	dextrose 5% in water
diabeta	diabetes medications	dialysis	diamicron
diamox	diane-35	diazepam	dicetel
diclofenac	diclofenac sodium	didrocal	digoxin
dilantin	dilatid	diltiazem	diltiazem cd

dimenhydrinate	diovan	diovan-hct	diphenhydramine
diphenhydramine hydrochloride	diphtheria pertussis tetanus adsor	diphtheria ptp adsorbed	dipyridamole
disipal	ditropan	diuretic	divalproex sodium
dm syrup	docusate	docusate sodium	dom-atenolol
dom-captopril	domperidone	dostinex	doxepin hydrochloride
doxorubicin	doxycycline	drixoral	dulcolax
duraqesic	duralith	dust mite suspal polyvalent acarrens	dyazide
ebixa	ec - asa	edrophonium	effexor
effexor xr	elavil	eldepryl	eloxatin
eltroxin	emla	emla patch	empracet
empracet 30	enbrel	energix b	enoxaparin
entero-vioform	entrophen	epinephrine	epirubicin
epival	epivir	eprex	eryc
erythromycin	estrace	estraderm	estradot
estrogens	ethanol	ethiodan	evening primrose oil
excedrine	exelon	ezetrol	factor viii
famciclovir	feldene	felodipine	femara
fenofibrate	fentanyl	fergon	ferrous fumarate
ferrous gluconate	ferrous sulfate	flagyl	flaxseed
fleet enema	flexeril	flomax	florinef
flovent	floxin	fluaxol tab	fluconazole
fludara	fluid(s)	fluids	fluorouracil
fluoxetine	flutamide	fluticasone	fluvastatin
fluviral	fluvoxamine	folate	folic acid
folic acid (natural factors)	folinic acid	forteo	fosamax
fragmin	frisium	fucidin	furadantin
furosemide	furosode	fusidic acid	gabapentin
gamma globulin	garamycin	garlic	gelusil
gemcitabine	gemfibrozil	gemzar	gen-fenofibrate micro
gen-simvastatin	gentamicin	ginkgo biloba	ginseng
gleevec	glibenclamide	gluconorm	glucophage
glucosamine	glutamine	glyburide	glyceryl trinitrate
glycon	granulocyte colony stimulating factor (g-csf)	grapefruit	gravol
habitrol	halcion	haldol	haldol la
halls throat	haloperidol	halotestin	hay desensitizing agent
hctz	hemodialysis	heparin	heparin lock flush solution
heparin low molecular weight	heparin sodium	heptavax b	herbs
herceptin	hivid	hormone replacement therapy	hormones
humalog	humira	humulin	humulin 30/70
humulin-n	humulin-r	hycodan	hydralazine
hydration	hydrochlorothiazide	hydrocortisone	hydrodiuril
hydromorph contin	hydromorphone	hydroxycut - ephedra free	hydroxyurea
hypertension medication	hypotears ophthalmic	hyzaar	hyzaar ds
i.v. solutions	ibuprofen	icaps	idamycin
iniv	imdur	iminenem	imitrex

immune globulin intravenous (human)	immune serum globulin	imodium	imovane
imuran	indapamide	inderal	indocid
indomethacin	infantol	influenza vaccine	influenza vaccine swine
inh	inhibace	insulin	insulin 30/70
insulin nph	insulin regular	intron a	intubation
invirase	ionamin	irbesartan	iron
iron dextran	ismelin	isoptin	isopto carpine
isopto carpine 2%	isopto carpine ophthalmic 2%	isordil	isosorbide
isosorbide dinitrate	iv drug(s) not specified	iv fluids	ivig 10% cbs/hq (bayer)
jectofer	k-dur	kaletra	kaopectate
kayexalate	kemadrin	keppra	ketamine
ketoderm	kidrolase	kytril	l-asparaginase
l-thyroxine	labetalol	lactulose	lamictal
lamisil	lamivudine = 3tc	lamotrigine	lanoxin
lansoprazole	lantus	lanvis	largactil
lasix	lecithin	lectopam	lescol
leucovorin	leucovorin calcium	levamisole	levate
levodopa-carbidopa	levodopa-carbidopa 100-25	levofloxacin	levothyroxine
librium	lidex	lidocaine	lin-pravastatin
linseed oil	lioresal	lioresal d.s.	lipid modifying agent
lipidil	lipidil micro	lipidil supra	lipitor
lisinopril	lithium	lithium carbonate	lomotil
loniten	loperamide	lopid	lopresor
lorazepam	losartan	losec	lovastatin
lovenox	loxapac	loxapine	lozide
lupron	lupron depot	luvox	lyrica
macrobid	macrodantin	magcal (heavenly orchard)	magnesium
magnesium hydroxide	magnolax	mandelamine	marcaine spinal
marvelon	mavik	maxalt	maxalt rpd
maxeran	maxipime	medroxyprogesterone	melatonin plus time released (swiss herbal)
mellaril	meloxicam	meperidine	meridia
mestinon	metamucil	metformin	methadone
methimazole	methotrexate	methotrimeprazine	methyldopa
methylprednisolone	metoclopramide	metoclopramide hcl	metolazone
metoprolol	metronidazole	mevacor	miacalcin nasal
micardis	micardis plus	micro-k extencaps	midamor
midazolam	migranal	milk of magnesia	milk of magnesia with cascara
min-ovral	mineral oil	minipress	minocycline
minoxidil	miocarpine ophthalmic 6%	mirapex	mirtazapine
mivacron	mmr	mmr 11	mobicox
mobiflex	moditen	modulon	moduret
mometasone furoate	monitan	monocor	monopril
morniflumate	morphine	morphine sulfate	motilium
motrin	ms contin	msm	multiple vitamins
multivitamin(s)	muscle & back pain relief (medicine centre)	muscle relaxants	mycostatin
mvnzvme	nadolol	nalfon	nanrosyn

naproxen	narcan	nardil	naropin
nasonex	nebcin	nefazodone	neoral
neptazane	neupogen	neuro-spasex	neurontin
nexavar	nexium	niacin	nifedipine
nifedipine xl	nitro-dur	nitrofurantoin	nitroglycerin
nitrolingual	nitrolingual spray	nitrostat	nizoral shampoo
noludar	nolvadex	norcuron	norflex
norfloxacin	norgesic forte	normal saline	nortriptyline
norvasc	novamoxin	novantrone	novasen
novo venlafaxine xr	novo-amiodarone	novo-ampicillin	novo-atenol
novo-bupropion sr	novo-cilazapril	novo-docusate	novo-domperidone
novo-doxepin	novo-flupam	novo-furan	novo-gesic 325mg
novo-hydraside	novo-levocarbiodopa	novo-levofloxacin	novo-metformin
novo-mirtazapine	novo-peridol	novo-pramine	novo-pramipexole
novo-salmol	novo-semide	novo-spiroton	novo-tamoxifen
novo-trimel d.s.	novo-triptyn	novocain	novolin 30/70
novolin 40/60	novomix 30	novorapid	nozinan
nsaids	nu-triazide	nupercainal	nyaderm preparations (nos)
nystatin	ogen	olanzapine(lilly)	omeprazole
omnipaque	omniscan	ondansetron	ophthalmic prep.
organan	ortho-novum 2 mg	orudis e	os-cal d
ovral	oxaliplatin	oxazepam	oxeze turbuhaler
oxybutyn	oxybutynin	oxycodone	oxycontin
oxygen	pacemaker	packed red blood cells	pain killers
pain medication	pamidronate	pantoloc	pantoprazole
paracetamol	paraplatin	parethoxycaine	pariet
paroxetine	paxil	pegasys rbv	pegatron
penicillamine	penicillin nos	penta/3b	pentazocine
pentothal	pentoxifylline	pepcid	pepcid ac
pepto-bismol	peptol	percocet	percodan
permax	perphenazine	persantine	phenergan
phenobarbital	phenyltrope ophth	phenytoin	phosphate
phosphate-novartis	pico-salax	plaquenil	plaquenil sulfate
plasma exchange	platelets	plavix	pms docusate calcium
pms sertraline	pms-benzotropine	pms-indapamide	pms-metformin
pms-morphine sulfate sr	pms-sennosides	pms-zopiclone	potassium (nos)
potassium chloride	pravachol	pravastatin sodium	pre-sate
prednisolone	prednisone	premarin	premarin vaginal cream
prepulsid	prevacid	prexige	prinivil
prochlorperazine	procyclidine hcl	prodiem	progesterone
prograf	prometrium	pronestyl	propine 0.1%
propine ophthalmic	propofol	propranolol	propranolol hydrochloride
propyl-thyracil	provera	prozac	pseudoephedrine
pseudoephedrine hcl	pulmicort	pulmicort turbuhaler	purodigin
pyridostigmine bromide	quinapril	quinidine sulfate	quinine
rabeprazole	radiation	radiotherapy	ramipril
ranitidine	rapamune	ratio-diltiazem cd	ratio-lactulose
reactine	rebif	red raspberry plus (tropical nasic)	reglan

remeron	remicade	reminyl	reminyl er
renedil	renografin-76	reserpine	restoril
rhovane	rhubarb	ridaura	risperdal
risperidone (janssen-ortho)	ritalin	ritalin sr	rituxan
rivasa	rivotril	robalate	robarar
robax platinum	robaxacet	robaxacet-8	robitussion cough & cold
rythmol	sabin	salazopyrin	salbutamol
salicylic acid	saline	saline solution	salk vaccine
salmon oil	salofalk	sandimmune neoral	sandostatin
sandostatin lar	sandoz bisoprolol	sandoz diltiazem cd	sativex
saw palmetto	schick test	scour solution (veterinary)	sebivo
seconal	sectral	seldane	senna
sennosides	senokot	septra	serax
serevent	seroquel	sertraline	serzone
simvastatin	sinemet	sinemet cr	sinemet cr 200/50
singulair	slow-k	sloyers	sodium bicarbonate
sodium chloride	sodium polystyrene	solu-cortef	solu-medrol
soriatane	sotalol	spiriva	spironolactone
starnoc	statex	stelazine	stemetil
steroid(s)	stool softener	streptokinase	streptomycin
sublimaze	succinylcholine chloride	sudafed	sufenta
sulcrate	supeudol	surfak	surgam
surmontil	suspal polyvalent	sustiva	sutent
symbicort turbuhaler	symmetrel	synphasic	synthroid
tacrolimus	taqamet	talwin compound 50	talwin for injection
talwin tablet	tamoxifen	tapazole	tarceva
taro-warfarin	taxol	tazocin	tegretol
tegretol cr	temazepam	temodal	tempra
tenofovir	tenoretic	tenormin	tensilon
terazosin	terbutaline	tetanus diphtheria adsor adult	tetracycline
thalidomide	theophylline	theophylline sustained released	thyrogen
thyroid	thyroid hormones	thyroxine	tiazac
ticar	ticlid	ticlopidine	timentin
timolol	timoptic	timoptic 0.5%	timoptic ophthalmic
timoptic ophthalmic 0.5%	timoptic-xe ophthalmic	tinzaparin	tnkase
tobramycin	tolbutamide	tolifer plus	topamax
toradol	tracrium	trandate	travatan
trazodone	trendar	triadapin	triazide
triazolam	tricyclen	trihexyphenidyl	trilafon
trimipramine	triphasil	tropicamide	tubersol
tussionex	tylenol	tylenol arthritis pain extended relief	tylenol extra strength
tylenol no.2	tylenol no.3	tylenol with codeine no.2	tylenol with codeine no.3
tylenol with codeine no.4	typhoid vaccine	ultiva	ultracaine ds
urecholine	ursofalk	vaqifem	valium
valium nos	valium oral	valproic acid	valsartan
valtrex	vanceryl	vancomycin	vaseretic

vasotec	venlafaxine	ventodisk	ventolin
ventolin for inhalation	ventolin nebule(s)	vepesid	verapamil
verapamil hcl	verapamil sr	versed	vfend
viagra	vinblastine	vincristine	vioxx
visipaque	vitalux	vitamin a	vitamin b
vitamin b complex	vitamin b12	vitamin b6	vitamin c
vitamin d	vitamin d & calcium	vitamin e	vitamin k
vitamins	vivelle	vivol	voltaren
voltaren rapide	warfarin	water	wellbutrin
wellbutrin sr	wine	xalatan ophthalmic	xanax
xeloda	xenical	xolair	xylocaine
xylocaine endotracheal	xylocaine hcl	xylocaine viscous	zanaflex
zantac	zaroxolyn	zerit = d4t	zestoretic
zestril	ziagen	zinc	zithromax
zocor	zofran	zoloft	zometa
zomig	zopiclone	zovirax	zyban
zyloprim	zyprexa		

The following are drugs that can cause muscle paralysis:

All Drugs Associated with the Adverse Reaction of Paralysis

baclofen	bactrim roche	beclovent	benadryl
benlylin with codeine	benztropine	berocca c	betaseron
bezalip sr	biaxin	bicarbonate	black cohosh
bricanyl	bromazepam	bupivacaine	buspar
caelyx	calcium	calcium chloride	calcium gluconate
calcium lactate	campain	capoten	carbamazepine
carboplatin	cardizem	casodex	ceclor
ceftin	cefuroxime sodium	celebrex	celexa
cerubidine	chloroquine phosphate	chlorpromanyl	chlorpromazine
cholestyramine	cipro	ciprofloxacin	citalopram
clindamycin	clonazepam	clopidogrel	clonidine
clotrimazole	cloxacillin	clozaril	co-trimoxazole
cocaine	codeine	codeine phosphate	cogentin
colace	combivent	combivir	comtan
conjugated estrogens	contac c (ppa)	contac cough cold & flu day	contac cough, cold & flu night time
copaxone	coreg	cortisone	coumadin
crestor	crystapen	cyanocobalamin	cyclomen
cyclosporine	cytosine arabinoside	d4t = stavudine	dalacin c phosphate
dalmane	dantrolene sodium	decadron	demerol
depo-provera	desyrel	detrol	dexamethasone
dexatrim	diane-35	diazepam	dicetel
diclofenac	diclofenac sodium	didrocal	diflucan
digoxin	dilantin	dilaudid	diltiazem
dimetapp (ppa)	diovan	diovan-hct	diphtheria pertussis tetanus adsor
diphtheria ptp adsorbed	diprivan	discase	ditropan
dobutrex	docetaxel	docusate	docusate sodium
domperidone	dopamine hcl	duragesic	dyazide
ec - asa	echinacea	effexor	effexor xr
elavil	eltroxin	empracet 30	enbrel
entero-vioform	entrophen	ephedrine	epilepsy medication(s)
epimorph	epinephrine	epival	estrace
ethanol	ethrane	euglucon	exelon
ezetrol	fenofibrate	fentanyl	ferrous sulfate
fiorinal c 1/4	flexeril	flomax	flovent
flovent hfa	fluanaxol	fluax	fluid(s)
fluogen	fluorouracil	fluoxetine	fluticasone
fluviral	folic acid	fosamax	frisium
furosemide	gabapentin	gammagard sd	ganciclovir
garlic	gatifloxacin	gemzar	gentamicin
ginkgo biloba	glucophage	glucosamine	glyburide
glyceryl trinitrate	glycopyrrolate	glysennid	gm-csf
gravol	haldol	haldol la	haloperidol
heart medication(s)	heparin	herbal tea	hormone replacement therapy

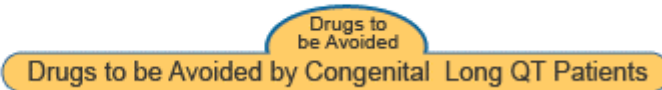
humira	humulin-n	humulin-r	hyaluronidase
hycodan	hydralazine	hydrochlorothiazide	hydrocortisone
hydromorphone	ice packs	igiv	imdur
imitrex	imovane	indapamide	inderal
indocid	insulin	insulin lente	insulin nph
insulin toronto	intron a	intubation	iodine
iron	isoflurane	kemadrin	ketek
ketoprofen	ketorolac	ketorolac tromethamine (sabex)	kwellada
labetalol	lactulose	lamictal	lansoprazole
largactil	lasix	levaquin	levodopa-carbidopa
levofloxacin	levophed	levothyroxine	lidocaine
lioressal	lipid modifying agent	lipitor	lirugen
lithium	loestrin	lomotil	loperamide
lopresor	lorazepam	losec	lovenox
loxapine	lupron depot	lyrica	m-eslon
macrobid	magnesium	manerix	marcaine
marcaine 0.25%	marcaine 0.5% with epinephrine	marvelon	maxeran
medroxyprogesterone acetate	mefoxin	meloxicam	mepivacaine
meridia	metformin	methadone	methimazole
methotrexate	methyldopa-hydrochlorothiazide	methylprednisolone	metoclopramide
metoprolol	metronidazole	micardis	miconazole
midamor	midazolam	min-ovral	minerals
minestrin 1/20	minocycline	mirapex	mirena
misoprostol	mivacurium chloride	mmr	mmr 11
modafinil	moderate	morphine	morphine sulfate
motrin	multivitamine(s)	muscle relaxants	mycophenolate mofetil
myochrysine	mysoline	nadolol	nasonex
navelbine	neguvon	nelfinavir	neoral
neostigmine	neurontin	nevirapine	niaspan
nicoderm	nifedipine	nighttime cold lemon	nitrogard sr
nitrolingual spray	nitrong ointment	nitrostat	nitrous oxide
norcuron	normal saline	norvasc	norvir
novasen	novo-hydrazide	novo-propoxyn	novo-trimel
novolin nph	novolin toronto	nuvaring	nyquil
omega - 3	omega 3-6-9	omeprazole	ondansetron
oral contraceptives	orbenin	ortho-novum 2 mg	ortho-novum sq
orudis-sr	oxazepam	oxybutyn	oxycodone
oxycontin	oxygen	pain killers	pain medication
pancuronium bromide	pantoloc	pantoprazole	paroxetine
parsley tablets	pavulon	paxil	pegetron
penglobe	penicillin	penicillin nos	pentothal
percocet	perindopril	persantine	pertussin compound 8

pethidine	phenobarbital	phenytoin	plaquenil
platinoI	plavix	pms-gabapentin	pms-pravastatin
potassium (nos)	potassium chloride	prandase	pravachol
pravastatin sodium	prednisone	premarin	prevacid
prexige	primaxin	progesterone	proparacaine hcl
propofol	provera	prozac	pyridium
quad vaccine	quelicin	quetiapine	quinine
quinine - odan	quinine sulfate	rabeprazole	radiotherapy
ranitidine	ratio-salbutamol-hfa	rebif	remeron
remicade	risperdal	risperdal m-tab	risperidone (janssen-ortho)
ritalin	ritalin sr	rituxan	riva k sr
rivotril	robaxacet	rocephin	rocuronium
sabin	salbutamol	saline drip	saline solution
salmocide (vet)	salofalk	sectral	seldane
senna	senokot	sepra	septra d.s.
serevent	sertraline	simvastatin	sinequan
singulair	slow-k	smallpox vaccine	sodium bicarbonate
sodium phosphate oral	solu-cortef	solu-medrol	somnol
sporanox	stadol ns	stemetil	steroid(s)
stool softener	streptase	succinylcholine chloride	sucralfate
sufenta	sulindac	supeudol	symbicort turbuhaler
symmetrel	synarel	synthroid	syntocinon
tacrolimus	talwin for injection	talwin tablet	tavist
tegretoI	temazepam	temodal	tequin
terazosin	terfenadine	tetanus diphtheria adsor adult	tetanus toxoid
tetracaine	tetracycline	thermo-x	thiopental sodium
thyrogen	thyroxine	topiramate	toradol
torecan	total parenteral nutrition (tpn)	trandate	trazodone
triphasil	trivirix	trusopt ophthalmic	tubarine
tylenol	tylenol extra strength	tylenol no.2	tylenol no.3
tylenol with codeine no.3	ultiva	valium	valium injectable
valium nos	vancomycin	varicella vaccine	varicella-zoster immune globulin (human)
vasotec	vecuronium	ventilation	ventolin
viagra	vincristine	vinorelbine	vio-bin scourade (vet)
vioxx	visudyne	vitamin ade (vet)	vitamin c
vitamin d	vitamin e	vitamins	vivol
warfarin	wellbutrin	wellbutrin sr	wellbutrin xl
wydase	xalatan ophthalmic	xanax	xylocaine 1.5% with epinephrine
xylocaine hcl	xylocaine hcl 2%	zanaflex	zantac
zarontin	zemuron	zithromax	zocor
zoloft	zomin	zoniclone	zvhan

[zyprexa](#)

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Drugs to be avoided for use in patients with diagnosed or suspected congenital long QT syndrome. (Drugs on our category-of-risk lists are also included here.)



Drugs to be avoided for use in patients with diagnosed or suspected congenital long QT syndrome. (Drugs on our category-of-risk lists are also included here.)

Generic Name	Brand Name	Class/Clinical Use	Comments
Escitalopram	Cipralex®	Anti-depressant / Major depression/ Anxiety disorders	
Phenylpropanolamine	Acutrim®	Decongestant / allergies, sinusitis, asthma	
Amphetamine	Adderall®	CNS stimulant / ADHD	This includes dextroamphetamine and amphetamine / dextroamphetamine combinations.
Phentermine	Adipex®	Appetite suppressant / dieting, weight loss	
Metaproterenol	Alupent®	Bronchodilator / asthma	
Clomipramine	Anafranil®	Tricyclic Antidepressant / depression	
Dolasetron	Anzemet®	Anti-nausea / nausea, vomiting	
Chloroquine	Aralen®	Anti-malarial / malaria infection	
Moxifloxacin	Avelox®	Antibiotic / bacterial infection	
Trimethoprim-Sulfa	Bactrim®	Antibiotic / bacterial infection	

Diphenhydramine	Benadryl®	Antihistamine / Allergic rhinitis, insomnia	
Sotalol	Betapace®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Clarithromycin	Biaxin®	Antibiotic / bacterial infection	
Terbutaline	Brethine®	Bronchodilator / asthma	
Ephedrine	Broncholate®	Bronchodilator, decongestant / Allergies, sinusitis, asthma	
Epinephrine	Bronkaid®	catecholamine, vasoconstrictor / anaphylaxis, allergic reactions	
Nicardipine	Cardene®	Anti-hypertensive / high blood pressure	
Quinidine	Cardioquin®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Citalopram	Celexa®	Anti-depressant / depression	
Fosphenytoin	Cerebyx®	Anti-convulsant / seizure	
Ciprofloxacin	Cipro®	Antibiotic / bacterial infection	
Clozapine	Clozaril®	Anti-psychotic / schizophrenia	
Cocaine	Cocaine	Local anesthetic /	
Methylphenidate	Concerta®	CNS stimulant / ADHD	
Amiodarone	Cordarone®	Anti-arrhythmic / abnormal heart rhythm	Females>Males, TdP risk regarded as low
Ibutilide	Corvert®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Perflutren lipid microspheres	Definity®	Imaging contrast agent / Echocardiography	
Trazodone	Desyrel®	Anti-depressant / Depression, insomnia	
Tolterodine	Detrol LA®	Bladder Antispasmodic /	
Tolterodine	Detrol®	Bladder Antispasmodic /	
Phenylpropanolamine	Dexatrim®	Decongestant / allergies, sinusitis, asthma	
Amphetamine	Dexedrine®	CNS stimulant / ADHD	This includes dextroamphetamine and amphetamine / dextroamphetamine combinations.
Fluconazole	Diflucan®	Anti-fungal / fungal infection	
Dobutamine	Dobutrex®	Catecholamine / heart failure and shock	

Methadone	Dolophine®	Opiate agonist / pain control, narcotic dependence	Females>Males
Isradipine	Dynacirc®	Anti-hypertensive / high blood pressure	
Erythromycin	E.E.S.®	Antibiotic;GI stimulant / bacterial infection; increase GI motility	Females>Males
Venlafaxine	Effexor®	Anti-depressant / depression	
Amitriptyline	Elavil®	Tricyclic Antidepressant / depression	
Erythromycin	Erythrocin®	Antibiotic;GI stimulant / bacterial infection; increase GI motility	Females>Males
Lithium	Eskalith®	Anti-mania / bipolar disorder	
Gemifloxacin	Factive®	Antibiotic / bacterial infection	
Phentermine	Fastin®	Appetite suppressant / dieting, weight loss	
Felbamate	Felbatrol®	Anti-convulsant / seizure	
Ofloxacin	Floxin®	Antibiotic / bacterial infection	
Dexmethylphenidate	Focalin®	CNS stimulant / ADHD	
Foscarnet	Foscavir®	Anti-viral / HIV infection	
Ziprasidone	Geodon®	Anti-psychotic / schizophrenia	
Haloperidol	Haldol®	Anti-psychotic / schizophrenia, agitation	When given intravenously or at higher-than- recommended doses, risk of sudden death, QT prolongation and torsades increases.
Halofantrine	Halfan®	Anti-malarial / malaria infection	Females>Males
Astemizole	Hismanal®	Antihistamine / Allergic rhinitis	No Longer available in U.S.
Droperidol	Inapsine®	Sedative;Anti-nausea / anesthesia adjunct, nausea	
Dopamine	Intropine®	Inotropic agent / heart failure; hypotension; shock	
Paliperidone	Invega®	Antipsychotic, atypical / Schizophrenia	
Isoproterenol	Isupres®	Catecholamine / allergic reaction	
Telithromycin	Ketek®	Antibiotic / bacterial infection	
Granisetron	Kytril®	Anti-nausea / nausea and	

		vomiting	
Levofloxacin	Levaquin®	Antibiotic / bacterial infection	
Vardenafil	Levitra®	phosphodiesterase inhibitor / vasodilator	
Norepinephrine	Levophed®	Vasconstrictor, Inotrope / shock, low blood pressure	
Escitalopram	Lexapro®	Anti-depressant / Major depression/ Anxiety disorders	
Lithium	Lithobid®	Anti-mania / bipolar disorder	
Probucol	Lorelco®	Antilipemic / Hypercholesterolemia	No longer available in U.S.
Indapamide	Lozol®	Diuretic / stimulate urine & salt loss	
Isoproterenol	Medihaler-Iso®	Catecholamine / allergic reaction	
Thioridazine	Mellaril®	Anti-psychotic / schizophrenia	
Sibutramine	Meridia®	Appetite suppressant / dieting, weight loss	
Metaproterenol	Metaprel®	Bronchodilator / asthma	
Methadone	Methadose®	Opiate agonist / pain control, narcotic dependence	Females>Males
Mexiletine	Mexitil®	Anti-arrhythmic / Abnormal heart rhythm	
Domperidone	Motilium®	Anti-nausea / nausea	Not available in the U.S.
Dronedarone	Multaq®	Anti-arrhythmic / Atrial Fibrillation	
Pentamidine	NebuPent®	Anti-infective / pneumocystis pneumonia	Females>Males
Phenylephrine	Neosynephrine®	Vasoconstrictor, decongestant / low blood pressure, allergies, sinusitis, asthma	
Ketoconazole	Nizoral®	Anti-fungal / fungal infection	
Chloral hydrate	Noctec®	Sedative / sedation/ insomnia	
Tamoxifen	Nolvadex®	Anti-cancer / breast cancer	
Imipramine	Norfranil®	Tricyclic Antidepressant / depression	
Disopyramide	Norpace®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Ritonavir	Norvir®	Protease inhibitor / HIV	

Diphenhydramine	Nytol®	Antihistamine / Allergic rhinitis, insomnia	
Pimozide	Orap®	Anti-psychotic / Tourette's tics	Females>Males
Levomethadyl	Orlaam®	Opiate agonist / pain control, narcotic dependence	
Amiodarone	Pacerone®	Anti-arrhythmic / abnormal heart rhythm	Females>Males, TdP risk regarded as low
Nortriptyline	Pamelor®	Tricyclic Antidepressant / depression	
Paroxetine	Paxil®	Anti-depressant / depression	
Pseudoephedrine	PediaCare®	Decongestant / allergies, sinusitis, asthma	
Pentamidine	Pentam®	Anti-infective / pneumocystis pneumonia	Females>Males
Desipramine	Pertofrane®	Tricyclic Antidepressant / depression	
Oxytocin	Pitocin®	Oxytocic / Labor stimulation	
Fenfluramine	Pondimin®	Appetite suppressant / dieting, weight loss	
Epinephrine	Primatene®	catecholamine, vasoconstrictor / anaphylaxis, allergic reactions	
Midodrine	ProAmatine®	Vasoconstrictor / low blood pressure, fainting	
Procainamide	Procan®	Anti-arrhythmic / abnormal heart rhythm	
Tacrolimus	Prograf®	Immunosuppressant / Immune suppression	
Procainamide	Pronestyl®	Anti-arrhythmic / abnormal heart rhythm	
Cisapride	Propulsid®	GI stimulant / heartburn	Restricted availability; Females>Males.
Albuterol	Proventil®	Bronchodilator / Asthma	
Fluoxetine	Prozac®	Anti-depressant / depression	
Quinidine	Quinaglute®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Ranolazine	Ranexa®	Anti-anginal / chronic angina	
Galantamine	Reminyl®	Cholinesterase inhibitor / Dementia, Alzheimer's	
Atazanavir	Reyataz®	Protease inhibitor / HIV	
Risperidone	Risperdal®	Anti-psychotic / schizophrenia	

Methylphenidate	Ritalin®	CNS stimulant / ADHD	
Roxithromycin*	Rulide®	Antibiotic / bacterial infection	*not available in the United States
Ephedrine	Rynatuss®	Bronchodilator, decongestant / Allergies, sinusitis, asthma	
Octreotide	Sandostatin®	Endocrine / acromegaly, carcinoid diarrhea	
Fluoxetine	Sarafem®	Anti-depressant / depression	
Terfenadine	Seldane®	Antihistamine / Allergic rhinitis	No longer available in U.S.
Sertindole	Serdolect®	Antipsychotic, atypical / Anxiety, Schizophrenia	
Mesoridazine	Serentil®	Anti-psychotic / schizophrenia	
Salmeterol	Serevent®	Sympathomimetic / asthma, COPD	
Sertindole	Serlect®	Antipsychotic, atypical / Anxiety, Schizophrenia	
Quetiapine	Seroquel®	Anti-psychotic / schizophrenia	
Doxepin	Sinequan®	Tricyclic Antidepressant / depression	
Itraconazole	Sporanox®	Anti-fungal / fungal infection	
Atomoxetine	Strattera®	norepinephrine reuptake inhibitor / ADHD	
Pseudoephedrine	Sudafed®	Decongestant / allergies, sinusitis, asthma	
Trimethoprim-Sulfa	Sulfa®	Antibiotic / bacterial infection	
Trimipramine	Surmontil®	Tricyclic Antidepressant / depression	
Sunitinib	Sutent®	Anti-cancer / RCC, GIST	
Amantadine	Symmetrel®	Dopaminergic/Anti-viral / Anti-infective/ Parkinson's Disease	
Flecainide	Tambocor®	Anti-arrhythmic / abnormal heart rhythm	
Nilotinib	Tasigna®	Anti-cancer / Leukemia	
Gatifloxacin	Tequin®	Antibiotic / bacterial infection	
Chlorpromazine	Thorazine®	Anti-psychotic/ Anti-emetic / schizophrenia/ nausea	
Dofetilide	Tikosyn®	Anti-arrhythmic / abnormal heart rhythm	

Arsenic trioxide	Trisenox®	Anti-cancer / Leukemia	
Lapatinib	Tykerb®	Anti-cancer / breast cancer, metastatic	
Lapatinib	Tyverb®	Anti-cancer / breast cancer, metastatic	
Moexipril/HCTZ	Uniretic®	Anti-hypertensive / high blood pressure	
Alfuzosin	Uroxatral®	Alpha1-blocker / Benign prostatic hyperplasia	
Bepidil	Vascor®	Anti-anginal / heart pain	Females>Males
Albuterol	Ventolin®	Bronchodilator / Asthma	
Solifenacin	VESIcare®	muscarinic receptor antagonist / treatment of overactive bladder	
Voriconazole	VFend®	Anti-fungal / anti-fungal	
Protriptyline	Vivactil®	Tricyclic Antidepressant / depression	
Lisdexamfetamine	Vyvanse®	CNS stimulant / ADHD	
Levalbuterol	Xopenex®	Bronchodilator / asthma	
Ritodrine	Yutopar®	Uterine relaxant / prevent premature labor	
Sparfloxacin	Zagam®	Antibiotic / bacterial infection	
Tizanidine	Zanaflex®	Muscle relaxant /	
Azithromycin	Zithromax®	Antibiotic / bacterial infection	
Ondansetron	Zofran®	Anti-emetic / nausea and vomiting	
Sertraline	Zoloft®	Anti-depressant / depression	

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Source: www.QTdrugs.org

Drugs on the QT Drug Lists are reviewed on an ongoing basis to assure the evidence is still appropriate for their placement on their respective list.

KEY

Drugs to be Avoided

Drugs to be avoided for use in patients with diagnosed or suspected congenital long QT syndrome. (Drugs on our category- of-risk lists are also included here, as are some additional drugs.)

Females > Males:

Substantial evidence indicates a greater risk (usually > two-fold) of TdP in women.

**Arizona Center for Education and Research on Therapeutics
The Critical Path Institute**

Tucson, Arizona and Rockville, Maryland

Funded in part by Agency for Healthcare Research and Quality grant 1 U18 HS10385

Disclaimer and Waiver

The information presented is intended solely for the purpose of providing general information about health related matters. It is not intended for any other purpose, including, but not limited to, medical or pharmaceutical advice and/or treatment, nor is it intended to substitute for the users' relationships with their own health care/pharmaceutical providers. To that extent, by continued use of this program, the user affirms the understanding of the purpose and releases The Critical Path Institute, The University of Arizona, State of Arizona and Arizona Board of Regents from any claims arising out of his/her use of

http://www.azcert.org/medical-pros/drug-lists/list-03.cfm?sort=Brand_name

Drugs that are generally accepted by the QTdrugs.org Advisory Board of the Arizona CERT to have a risk of causing torsades de pointes.

Generic Name	Brand Name	Class/Clinical Use	Comments
Chloroquine	Aralen®	Anti-malarial / malaria infection	
Sotalol	Betapace®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Clarithromycin	Biaxin®	Antibiotic / bacterial infection	
Quinidine	Cardioquin®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Amiodarone	Cordarone®	Anti-arrhythmic / abnormal heart rhythm	Females>Males, TdP risk regarded as low
Ibutilide	Corvert®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Methadone	Dolophine®	Opiate agonist / pain control, narcotic dependence	Females>Males
Erythromycin	E.E.S.®	Antibiotic; GI stimulant / bacterial infection; increase GI motility	Females>Males
Erythromycin	Erythrocin®	Antibiotic; GI stimulant / bacterial infection; increase GI motility	Females>Males
Haloperidol	Haldol®	Anti-psychotic / schizophrenia, agitation	When given intravenously or at higher-than-recommended doses, risk of sudden death, QT prolongation and torsades increases.
Halofantrine	Halfan®	Anti-malarial / malaria infection	Females>Males
Astemizole	Hismanal®	Antihistamine / Allergic rhinitis	No Longer available in U.S.
Droperidol	Inapsine®	Sedative; Anti-nausea / anesthesia adjunct, nausea	
Probucol	Lorelco®	Antilipemic / Hypercholesterolemia	No longer available in U.S.
Thioridazine	Mellaril®	Anti-psychotic / schizophrenia	
Methadone	Methadose®	Opiate agonist / pain control, narcotic dependence	Females>Males

Domperidone	Motilium®	Anti-nausea / nausea	Not available in the U.S.
Pentamidine	NebuPent®	Anti-infective / pneumocystis pneumonia	Females>Males
Disopyramide	Norpace®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Pimozide	Orap®	Anti-psychotic / Tourette's tics	Females>Males
Levomethadyl	Orlaam®	Opiate agonist / pain control, narcotic dependence	
Amiodarone	Pacerone®	Anti-arrhythmic / abnormal heart rhythm	Females>Males, TdP risk regarded as low
Pentamidine	Pentam®	Anti-infective / pneumocystis pneumonia	Females>Males
Procainamide	Procan®	Anti-arrhythmic / abnormal heart rhythm	
Procainamide	Pronestyl®	Anti-arrhythmic / abnormal heart rhythm	
Cisapride	Propulsid®	GI stimulant / heartburn	Restricted availability; Females>Males.
Quinidine	Quinaglute®	Anti-arrhythmic / abnormal heart rhythm	Females>Males
Terfenadine	Seldane®	Antihistamine / Allergic rhinitis	No longer available in U.S.
Mesoridazine	Serentil®	Anti-psychotic / schizophrenia	
Chlorpromazine	Thorazine®	Anti-psychotic/ Anti-emetic / schizophrenia/ nausea	
Dofetilide	Tikosyn®	Anti-arrhythmic / abnormal heart rhythm	
Arsenic trioxide	Trisenox®	Anti-cancer / Leukemia	
Bepidil	Vasacor®	Anti-anginal / heart pain	Females>Males
Sparfloxacin	Zagam®	Antibiotic / bacterial infection	

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Source: www.QTdrugs.org

Drugs on the QT Drug Lists are reviewed on an ongoing basis to assure the evidence is still appropriate for their placement on their respective list.

KEY

Females > Males: Substantial evidence indicates a greater risk (usually > two-fold) of TdP in women

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user affirms the understanding of the purpose and releases The Critical Path Institute, The University of Arizona, State of Arizona and Arizona Board of Regents from any claims arising out of his/her use of the website.

http://www.azcert.org/medical-pros/drug-lists/list-01.cfm?sort=Brand_name

The following are links to other websites with lists for meds to avoid if one has risk for long QT interval heart beat.

<http://www.longqt.org/medications.html>

http://www.sads.org.uk/drugs_to_avoid.htm

<http://www.mayoclinic.org/long-qt-syndrome/types.html>

<http://www.longqt.org/PDFs/UpdatedDrugstoAvoidCard4-07.pdf>

<http://drugs.emedtv.com/medicine/qt-prolonging-medications.html>

<http://my.clevelandclinic.org/heart/disorders/electric/longqtsyndrome.aspx>