

Table 2 **Medication Directions Examples**

Medication Class	Instructions
NSAIDs	Take with food or milk. Avoid alcohol
Narcotics	Avoid alcohol, caution driving
Angiotensin converting enzyme inhibitors	Avoid high potassium foods
Beta blockers	Take with food
Tetracyclines, amiodarone diuretics, quinolones, sulfonamides	Avoid sun
Statins	Avoid alcohol. Avoid >1 quart of grapefruit juice
Proton pump inhibitors	Take one hour before meal (pantoprazole, dexlansoprazole OK on empty stomach)
Anti-anxiety	Avoid alcohol, caution driving
Antidepressants	Avoid alcohol
Bisphosphonates	Take on empty stomach, with 8 oz water, not with other medications. Remain upright for 30 minutes
Thyroid	Take on empty stomach
Warfarin	Avoid major diet changes. Take at same time daily

Table 3 **Common Possibly Expendable Symptom Medications**

(Reasons are patient-specific and include no significant patient-oriented benefit, administration inefficiencies, side effects, or cost.)

Cholinesterase inhibitors and related Nonsteroidals	Proton pump inhibitors
Multivitamins and herbals	Antiglycemics (when A1c is low)
Calcium (few years life expectancy)	Metered-dose inhalers
Anticholinergics (irritable bladder, colon)	Hypnotics
	Sphincter relaxers (Benign Prostatic Hyperplasia)