

# Medication Choices for Patients with Dietary Restrictions in Pain Medicine

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## Introduction

Patients may choose not to take medications that contain certain ingredients due to previous adverse response, allergy, food intolerance, dietary restriction, personal and cultural factors. Many analgesics are presented as liquid, capsule and tablet, which are made of complex chemical formulations.

There is currently no easily accessible and reliable source of information for patients and clinicians to make informed decision on different drug preparations for dietary restrictions.

## Methods

Manufacturers of medications are contacted to obtain a list of available preparations for each class of commonly prescribed analgesics. Important ingredients for each drug preparation including plant products, animal products and additives are identified. Information is obtained from hospital pharmacy, manufacturer, Summary of Product Characteristics (SmPC), patient information leaflet and the electronic Medicines Compendium (eMC).

## Discussion

This database can assist healthcare professionals when making prescribing decisions for patients with dietary restrictions to minimise the risk of medication intolerance due to animal, plant or other chemical products.

Opioids	Manufacturer	Animal product	Plant product	Alcohol	Other
<b>Oxycodone</b>					
<b>Oxynorm IR</b>	Napp Pharmaceuticals Ltd	Gelatin	-	Propylene glycol	Titanium dioxide
<b>Oxycontin PR</b>	Napp Pharmaceuticals Ltd	Lactose	-	Stearyl alcohol	Talc
<b>Fentanyl</b>					
<b>Fentalis patch</b>	Sandoz Ltd	-	-	Ethanol	-
<b>Tramadol</b>					
<b>Brismol PR</b>	Bristol Laboratories Ltd	Lactose	-	-	Talc, Titanium dioxide
<b>Maxitram PR</b>	Chiesi Ltd	Gelatin	Maize starch	-	Talc, Titanium dioxide

Gabapentinoids	Manufacturer	Animal product	Plant product	Alcohol	Other
<b>Gabapentin</b>					
<b>Gabapentin capsules</b>	Rivopharm UK Ltd	Lactose	Maize starch	Propylene glycol	Talc, Titanium dioxide
<b>Gabapentin capsules</b>	Zentiva	Lactose	Maize starch	-	Talc, Titanium dioxide
<b>Pregabalin</b>					
<b>Lyrica capsules</b>	Pfizer Ltd	Lactose, gelatin	Maize starch	-	Talc, Titanium dioxide
<b>Alzain capsules</b>	Dr. Reddy's Laboratories (UK) Ltd	Gelatin	Corn starch	-	Talc, Titanium dioxide

Tricyclics	Manufacturer	Animal product	Plant product	Alcohol	Other
<b>Amitriptyline</b>					
<b>Amitriptyline film coated tablets</b>	Accord Healthcare Ltd	Lactose	Maize starch	-	Talc, Titanium dioxide
<b>Amitriptyline film coated tablets</b>	Wockhardt UK Ltd	-	Maize starch	-	Titanium dioxide
<b>Nortriptyline</b>					
<b>Nortriptyline film coated tablets</b>	ADVANZ Pharma	Lactose	Maize starch	-	Talc
<b>Nortriptyline film coated tablets</b>	Glenmark Pharmaceuticals Europe Ltd	Lactose	Pregelatinised starch	Ethanol	Titanium dioxide

