

Precision Medical Monitoring Drug & Food Restrictions

DRUGS & SUBSTANCES NOT ALLOWED

Opiates and opioid analgesics including

- **Buprenorphine (Suboxone, Subutex and others)**
- **Codeine (Tylenol 1, 2, 3 and 4, A.C.&C., 222s, and others)**
- **Fentanyl**
- **Heroin**
- **Hydrocodone (Vicodan and other hydrocodone containing cough preparations)**
- **Hydromorphone (Dilaudid and others), meperidine (Demerol and others)**
- **Methadone**
- **Morphine**
- **Opium**
- **Oxycodone (Percocet, Percodan, Oxycontin, Supeudol and others)**
- **Tramadol (Ultram, Tramacet and others)**
- **Synthetic agonist/antagonist opiates such as butophanol (Stadol), nalbuphine (Nubian)**
- **Pentazocine (Talwin)**
- **Propoxyphene (Darvon and others)**
- **Tapentadol (Nucynta and others)**

Prescription Stimulants including:

- **Methylphenidate (Ritalin, Concerta and others)**
- **Dextroamphetamine (dexedrine and others)**
- **Adderall**

Cannabis and Cannabis products including:

- **Prescription delta 9 THC containing preparations such as Cesamet (nabilone)**
- **Sativex nasal spray**
- **Marinol (dronobinol)**
- **all synthetic cannabinoids such as OTC “legal highs”**

Alcohol and all alcohol containing prescription and OTC preparations (mouthwash and others) such as:

- **e-cigarettes**
- **nasal sprays**

<ul style="list-style-type: none"> • vape juice • nicotine sprays
Barbituates – phenobarbital, secobarbital, and others
Cocaine
Cathinone type stimulants, including Khat
Hallucinogens – magic mushrooms, LSD, peyote mushrooms and others
Ketamine
MDMA containing drugs (ecstasy and others)
Methamphetamine and all other illicit new psychoactive stimulants
Dextromethorphan (including cough medications)
Caffeine pills
Benzodiazepines (diazepam, lorazepam, oxazepam, temazepam, and others)
“Z” group drugs including Zopiclone (Imovane, Rhovane), Zaleplon (Sonata, Starnoc), Zolpidem (Ambien)
Steroids
Ephedrine or pseudoephedrine / ephedra and others

Food Not Allowed
De-alcoholized/non-alcoholic beer or wine
Fermented products (kombucha, fermented tea, and others)
Vanilla extract
Food cooked with wine or other alcoholic beverages
Food containing alcoholic liqueurs
Poppy seeds

Drugs & Substances Allowed
Anti-Depressants - prescribed
Anti-Psychotics - prescribed
Mood-Stabilizers - prescribed
Tylenol (without Codeine)
Non-steroidal Anti-inflammatory drugs (NSAIDS) (non-narcotic)
Heart medications
Insulin

This is not a complete list, please contact your patient's medical monitor for more information.