

Drugs to Avoid

I have the Long QT Syndrome. This condition makes me susceptible to irregular heartbeats called arrhythmias. Many drugs are known to provoke life-threatening arrhythmias, others are suspected to carry that risk, and for many the risk is not known. Therefore, patients with Long QT Syndrome must use great caution when taking any medications, prescription, over-the-counter drugs, dietary and herbal supplements. Medications should be taken only when *absolutely necessary*.

Partial List of Drugs to Avoid

Antiarrhythmics

Amiodarone
Disopyramide
Dofetilide
Ibutilide
Procainamide
Quinidine
Sotalol

Antimicrobial & Antifungals

Amantadine (Symmetrel)
Azithromycin
Chloroquine
Clarithromycin (Biaxin)
Clindamycin (Cleocin)
Erythromycin
Gatifloxacin
Halofantrine
Itraconazole
Moxifloxacin (Avelox)
Pentamidine (NebuPent)
Sparfloxacin (Zagam)
Sulfamethoxazole-
Trimethoprim

Avoid nonessential medications, over-the-counter, prescription, dietary and herbal supplements.

Psychotropics

Doxepin (Sinequan)
Haloperidol (Haldol)
Mesoridazine (Serentil)
Phenothiazines
Risperidone (Risperdal)
Thiothixene (Navane)
Thioridazine (Mellaril)
Thorazine
Tricyclics
Ziprasidone (Geodon)

Others

Albuterol (Proventil)
Arsenic (for certain cancers)
Bepiridil (Vascor)
Cocaine
Diuretics (water pills)
Dolasetron (Anzemet)
Droperidol
Epinephrine (Adrenaline)
Felbamate (Felbatrol)
Levacetylmethadol (Orlaam)
Methamphetamine
Methadone
Pimozide (Orap)



NOTE: This is only a partial list of drugs to avoid. Drugs on this list are available in the U.S. This list may not include drugs available outside the U.S.

For more information call C.A.R.E. at 800-404-9500

For complete drug information, see www.qtdrugs.org

To know which prescription and over-the-counter drugs you should avoid, keep this card handy. Please note that this list may be incomplete. Information on drugs and drug interactions that influence QT interval duration or risk of life-threatening arrhythmias continues to evolve and is subject to future changes. Please consult your physician regularly to remain current. Trade or brand names are shown in parentheses. Other trade names may be used. Check for generic names of any drug before using.

**I have Long QT Syndrome
I might need CPR and an AED
Call 9-1-1**

I take the following medications:

My name is: _____

My doctor is: _____

Doctor's phone #: _____

