

Table

IAHPC List of Essential Medicines for Palliative Care

MEDICATION	FORMULATION	IAHPC INDICATION FOR PALLIATIVE CARE	WHO ESSENTIAL MEDICINES MODEL LIST: SECTION, SUBSECTION, AND INDICATION
<i>Amitriptyline</i> ^a	50–150 mg tablets	Depression Neuropathic pain	24.2.1–Depressive disorders
Bisacodyl	10 mg tablets 10 mg rectal suppositories	Constipation	Not included
Carbamazepine ^b	100–200 mg tablets	Neuropathic pain	5–Anticonvulsants/antiepileptics 24.2.2–Bipolar disorders
Citalopram (or any other equivalent generic SSRI except paroxetine and fluvoxamine)	20 mg tablets 10 mg/5 mL oral solution 20–40 mg injectable	Depression	Not included
Codeine	30 mg tablets	Diarrhea Pain—mild to moderate	2.2–Opioid analgesics 17.5.3–Antidiarrheal
Dexamethasone	0.5–4 mg tablets 4 mg/mL injectable	Anorexia Nausea Neuropathic pain Vomiting	3–Antiallergics and anaphylaxis 8.3–Hormones and antihormones
Diazepam	2.5–10 mg tablets 5 mg/mL injectable 10 mg rectal suppository	Anxiety	1.3–Preoperative sedation short-term procedures 5–Anticonvulsants/antiepileptics 24.3–Generalized anxiety, sleep disorders
Diclofenac	25–50 mg tablets 50 and 75 mg/3 mL injectable	Pain—mild to moderate	Not included
Diphenhydramine	25 mg tablets 50 mg/mL injectable	Nausea Vomiting	Not included
<i>Fentanyl (transdermal patch)</i>	25 µg/h 50 µg/h	Pain—moderate to severe	Not included
Gabapentin	300 mg or 400 mg tablets	Neuropathic pain	Not included
Haloperidol	0.5–5 mg tablets 0.5–5 mg drops 0.5–5 mg/mL injectable	Delirium Nausea Vomiting Terminal restlessness	24.1—Psychotic disorders
Hyoscine butylbromide	20 mg/1 mL oral solution 10 mg tablets 10 mg/mL injectable	Nausea Visceral pain Terminal respiratory congestion Vomiting	Not included
Ibuprofen	200 mg tablets 400 mg tablets	Pain—mild to moderate	2.1—Nonopioids and NSAIDs
Levomepromazine	5–50 mg tablets 25 mg/mL injectable	Delirium Terminal restlessness	Not included
Loperamide	2 mg tablets	Diarrhea	Not included
Lorazepam ^c	0.5–1–2 mg tablets 2 mg/mL liquid/drops 2–4 mg/mL injectable	Anxiety Insomnia	Not included
Megestrol acetate	160 mg tablets 40 mg/mL solution	Anorexia	Not included
<i>Methadone (IR)</i>	5 mg tablets 1 mg/mL oral solution	Pain—moderate to severe	24.5–Substance dependence
Metoclopramide	10 mg tablets 5 mg/mL injectable	Nausea Vomiting	17.2–Antiemetics
Midazolam	1–5 mg/mL injectable	Anxiety Terminal restlessness	Not included
Mineral oil enema			Not included
Mirtazapine (or any generic dual action NaSSA or SNRI)	15–30 mg tablets 7.5–15 mg injectable	Depression	Not included
Morphine	IR: 10–60 mg tablets IR: 10 mg/5 mL oral solution IR: 10 mg/mL injectable SR: 10 mg tablets SR: 30 mg tablets	Dyspnea Pain—moderate to severe	2.2–Opioid analgesics Note: Only IR is included in the WHO Model List—SR morphine is not.

Table (cont.)**IAHPC List of Essential Medicines for Palliative Care**

MEDICATION	FORMULATION	IAHPC INDICATION FOR PALLIATIVE CARE	WHO ESSENTIAL MEDICINES MODEL LIST: SECTION, SUBSECTION, AND INDICATION
<i>Octreotide</i>	100 µg/mL injectable	Diarrhea Vomiting	Not included
Oral rehydration salts		Diarrhea	17.5.1—Oral rehydration
Oxycodone	5 mg tablet	Pain—moderate to severe	Not included
Paracetamol (acetaminophen)	100–500 mg tablets 500 mg rectal suppositories	Pain—mild to moderate	2.1—Nonopioids and NSAIDs
<i>Prednisolone (as an alternative to dexamethasone)</i>	5 mg tablet	Anorexia	3—Antiallergics and anaphylaxis 8.3—Hormones and antihormones 21.2—Anti-inflammatory agents
Senna	8.6 mg tablets	Constipation	17.4—Laxatives
Tramadol	50–100 mg IR tablets 10 mg/5 mL oral solution 50 mg/mL injectable	Pain—mild to moderate	Not included
Trazodone	25–75 mg tablets 50 mg injectable	Insomnia	Not included
<i>Zolpidem (still patented)</i>	5–10 mg tablets	Insomnia	Not included

Complementary: Require special training and/or delivery method

^a Side effects limit dose

^b Alternatives to amitriptyline and tricyclic antidepressants (should have at least one drug other than dexamethasone)

^c For short-term use in insomnia

Abbreviations: IAHPC = International Association for Hospice and Palliative Care; WHO = World Health Organization; SSRI = selective serotonin reuptake inhibitor; NSAID = nonsteroidal anti-inflammatory medicine; IR = immediate release; NaSSA = noradrenergic and specific serotonergic antidepressant; SNRI = serotonin norepinephrine reuptake inhibitor; SR = sustained release

Notes:

Nonbenzodiazepines should be used in the elderly.

NSAIDs should be used for brief periods.

NO GOVERNMENT SHOULD APPROVE MODIFIED-RELEASE MORPHINE, FENTANYL, OR OXYCODONE WITHOUT ALSO GUARANTEEING WIDELY AVAILABLE NORMAL-RELEASE ORAL MORPHINE.