

EFFECTIVE JAN 1, 2020

# MEDICATION SAFETY GUIDANCE: Restricted Medications

Amtrak's strong commitment to safety requires that employees be at their best every time they are at work. It is the responsibility of each employee to ensure that they are physically and mentally fit for duty and free from any potential impairment caused by illicit drugs, prescription drugs, alcohol, over-the-counter medications or supplements.

The purpose for this list of restricted medications is to help you with discussions with your treating healthcare provider so you can minimize risk to your safety and the safety of others from medications. In general, prescription pain medicines, muscle relaxers and sleep aids have these restrictions. These are examples. There may be other medicines that might cause impairment, so it is always important to talk to your doctor about this.

**These medicines are not permitted: Spravato (esketamine), medicinal marijuana, CBD products**

**To ensure workplace safety, the Medications listed below cannot be used within 12 hours of reporting for safety-sensitive duties or while on duty in a safety-sensitive position**

<b>Opiate and Synthetic Opioid Drugs (Not all inclusive, most common medications)</b>		<b>Benzodiazepines (Not all inclusive, most common medications)</b>	
<b>Generic Name</b>	<b>Brand Names</b>	<b>Generic Name</b>	<b>Brand Names</b>
Butorphanol	Stadol	Alprazolam	Xanax
Fentanyl	Abstra, Actiq, Fentora, Duragesic, Onsolis, Sublimaze	Clonazepam	Klonopin
Hydrocodone extended release	Hysingla ER, Zohydro ER, Roxicodone, OxyIR	Clorazepate	Tranxene Roxicodone, OxyIR
Hydromorphone	Dilaudid, Palladone	Diazepam	Valium
Meperidine	Demerol	Midazolam	Versed
Morphine	Astramorph, Avina, Duramorph, Infumorph, Kadian, MS Contin, MSIR, Oramorph, Roxanol	Lorazepam	Ativan
Nalbuphine	Nubian	Temazepam	Restoril
Oxycodone Extended Release	OxyContin, Dazidox, Oxecta, Oxyfast, OxyIR, Percolone, Roxicodone, Tarquiniq	Triazolam	Halcion
Oxymorphone	Opana	<b>Barbiturates</b>	
Pentazocine	Talwin NX	<b>Generic Name</b>	<b>Brand Examples</b>
Tapentadol	Nucynta	Amobarbital	
Tramadol	ConZip, Rybix, Ultram	Butabarbital	
		Butalbital	Esgic, Fioricet, Fiorinal, Phrenilin

**MEDICATION SAFETY GUIDANCE:**

Restricted Medications

EFFECTIVE JAN 1, 2020

Other Medicines			
Generic Name	Brand Examples	Secobarbital	
Carisoprodol	Soma	Pentobarbital	

**Medicines with 8-hour restrictions:**

The medications listed below break down more quickly in your body and can be used up to 8 hours before reporting for safety-sensitive duty and may not be taken while on duty in a safety sensitive position. You are responsible for working with your prescribing health care provider to ensure use of any of these medicines adheres to these restrictions.

Generic Name	Brand Example
Codeine	Tylenol with Codeine, Tylenol #3, Empirin #4
Dihydrocodeine	Panlor DC, Synalgos DC, Zerlor
Diphenhydramine	Benadryl, Tylenol PM, Robitussin PM, ZQuil, and other night time cold and/or pain medicine
Hydrocodone	Vicodin, Hysingla, Zohydro, Norco
Oxycodone	Combunox, Endocet, Endodan, Endocodone, Percocet, Percodan, Roxicet, Tylox
Cyclobenzaprine	Flexeril, Flexepax, Amrix, Therapenzaprine-60 and others
Metaxalone	Skelaxin
Tizanidine	Zanaflex
Methocarbamol	Robaxin, Robaxin 750
Baclofen	Lioresal, Gablofen
Zolpidem	Ambien
Eszopiclone	Lunesta
Zaleplon	Sonata

**Medication-assisted Treatment (MAT) for Recovery from Substance Use Disorders**

Amtrak recognizes the widespread substance use issues in our society and urges employees to seek treatment. Safety sensitive employees who have been prescribed an opiate to treat a substance use disorder will be required to be cleared to work by a Substance Abuse Professional or Drug Abuse Counselor (SAP/DAC) through Amtrak's Employee Assistance Program (EAP). Amtrak recognizes the importance of these medications in maintaining recovery and will verify that the use of these medicines is consistent with a strong recovery plan.

**Examples of these medicines include:**

Buprenorphine	Bunavail, Buprenex, Butrans, Suboxone, Subutex
Naltrexone	Vivitrol
Methadone	Dolophine, Methadone

**Use of Prescription Stimulants**

Prescription stimulants are commonly prescribed for conditions such as Attention Deficit Hyperactivity Disorder (ADHD). These medicines will be identified by urine drug testing and you will need to verify your prescription during the drug testing process. There is no restriction on their use while at work if accompanied by a valid prescription.

If you have questions about any medication use, please call Amtrak Medical Services at 215-349-2389 or email [medicalservices@amtrak.com](mailto:medicalservices@amtrak.com).

Revised: August 2019