



## **Opioid Pain or Cough Medicines Combined With Benzodiazepines: Drug Safety Communication - FDA Requiring Boxed Warning About Serious Risks and Death**

[Posted 08/31/2016]

FDA 發布藥物安全警訊，合併使用鴉片類藥物與 Benzodiazepines 或是其他中樞神經抑制劑可能會導致嚴重的不良反應，包括呼吸減緩、呼吸困難和死亡。鴉片類藥物一般用於治療疼痛和止咳；而 Benzodiazepines 的適應症為焦慮，失眠和癲癇。為了反映鴉片類藥物與 Benzodiazepines 合併使用的不良反應風險，FDA 於鴉片類止痛藥物、鴉片類止咳藥物和 Benzodiazepines 的藥物仿單上新增黑框警告同時也修訂警語、注意事項、藥物相互作用和病患用藥指南。

FDA 目前持續評估合併使用 Benzodiazepines 或是其他中樞神經抑制劑與藥物輔助治療用於鴉片類成癮和依賴性藥物的安全性。FDA 同時也在評估是否需要更改其他中樞神經抑制劑的仿單內容。

### **建議：**

醫療人員應該避免同時開立鴉片類藥物和 Benzodiazepines 或是其他中樞神經抑制劑(包括酒精)，唯獨在病患使用替代藥物治療仍不足時才可以同時開立，一旦同時開立時，應該限制兩者藥物以最小的劑量和使用時間達到理想的臨床治療效果，也需提醒病患和照顧者兩者藥物合併使用可能會有呼吸減緩、呼吸困難和鎮靜的不良反應。

病患如果同時服用鴉片類藥物和 Benzodiazepines 或是其他中樞神經抑制劑(包括酒精)而經歷不尋常的眩暈或頭暈、極度嗜睡，呼吸減緩、呼吸困難，或反應遲鈍等症狀時，應該立即尋求醫療協助。

## **Opioid Pain or Cough Medicines Combined With Benzodiazepines: Drug Safety Communication - FDA Requiring Boxed Warning About Serious Risks and Death**

[Posted 08/31/2016]

AUDIENCE: Pharmacy, Internal Medicine, Psychiatry, Neurology, Family Practice

ISSUE: FDA review has found that the growing combined use of opioid medicines with benzodiazepines or other drugs that depress the central nervous system (CNS) has resulted in serious side effects, including slowed or difficult breathing and deaths. Opioids are used to treat pain and cough; benzodiazepines are used to treat anxiety, insomnia, and seizures. In an effort to decrease the use of opioids and benzodiazepines, or opioids and other CNS depressants, together, FDA is adding Boxed Warnings, our strongest warnings, to the drug labeling of prescription opioid pain and prescription opioid cough medicines, and benzodiazepines. See the Drug Safety Communication for a listing of all approved prescription opioid pain and cough medicines, and benzodiazepines and other CNS depressants.

FDA conducted and reviewed several studies showing that serious risks are associated with the combined use of opioids and benzodiazepines, other drugs that depress the CNS, or alcohol (see the FDA Drug Safety

Communication for a Data Summary). Based on these data, FDA is requiring several changes to reflect these risks in the opioid and benzodiazepine labeling, and new or revised patient Medication Guides. These changes include the new Boxed Warnings and revisions to the Warnings and Precautions, Drug Interactions, and Patient Counseling Information sections of the labeling.

FDA is continuing to evaluate the evidence regarding combined use of benzodiazepines or other CNS depressants with medication-assisted therapy (MAT) drugs used to treat opioid addiction and dependence. FDA is also evaluating whether labeling changes are needed for other CNS depressants, and will update the public when more information is available.

**BACKGROUND:** Opioids are powerful prescription medicines that can help manage pain when other treatments and medicines cannot be taken or are not able to provide enough pain relief. Benzodiazepines are a class of medicines that are widely used to treat conditions including anxiety, insomnia, and seizures.

**RECOMMENDATION:** Health care professionals should limit prescribing opioid pain medicines with benzodiazepines or other CNS depressants only to patients for whom alternative treatment options are inadequate. If these medicines are prescribed together, limit the dosages and duration of each drug to the minimum possible while achieving the desired clinical effect. Warn patients and caregivers about the risks of slowed or difficult breathing and/or sedation, and the associated signs and symptoms. Avoid prescribing prescription opioid cough medicines for patients taking benzodiazepines or other CNS depressants, including alcohol.

Patients taking opioids with benzodiazepines, other CNS depressant medicines, or alcohol, and caregivers of these patients, should seek medical attention immediately if they or someone they are caring for experiences symptoms of unusual dizziness or lightheadedness, extreme sleepiness, slowed or difficult breathing, or unresponsiveness.

List of Prescription Opioid Pain and Cough Medicines	List of Benzodiazepines and Other CNS Depressants			
alfentanil buprenorphine butorphanol codeine dihydrocodeine fentanyl hydrocodone hydromorphone meperidine methadone morphine oxycodone oxymorphone pentazocine remifentanil sufentanil tapentadol tramadol	Benzodiazepines	Other Sleep Drugs and Tranquilizers	Muscle Relaxants	Antipsychotics
	alprazolam chlordiazepoxide clobazam clonazepam clorazepate diazepam estazolam flurazepam lorazepam oxazepam quazepam temazepam triazolam	butabarbital sodium eszopiclone pentobarbital ramelteon secobarbital sodium suvorexant zaleplon zolpidem	baclofen carisoprodol chlorzoxazone cyclobenzaprine dantrolene metaxalone methocarbamol orphenadrine tizanidine	aripiprazole asenapine cariprazine chlorpromazine clozapine fluphenazine haloperidol iloperidone loxapine lurasidone molindone olanzapine paliperidone perphenazine pimavanserin quetiapine risperidone thioridazine thiothixene trifluoperazine ziprasidone