

IAHPC LIST OF ESSENTIAL MEDICINES FOR PALLIATIVE CARE ©

Medication	Formulation	IAHPC Indication for PC	WHO Essential Medicines Model List Section, subsection and Indication
Amitriptyline*	50-150 mg tablets	Depression Neuropathic pain	24.2.1 - Depressive disorders
Bisacodyl	10 mg tablets 10 mg rectal suppositories	Constipation	Not included
Carbamazepine**	100- 200 mg tablet	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/5ml 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/3ml injectable	Pain - mild to moderate	Not included
Diphenhydramine	25 mg tablets 50 mg/ml injectable	Nausea Vomiting	Not included
Fentanyl (transdermal patch)	25 micrograms/hr 50 micrograms/hr	Pain - moderate to severe	Not included
Gabapentin	tablets 300 mg or 400 mg	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/1ml oral solution 10 mg tablets 10 mg/ml injectable	Nausea Terminal respiratory congestion Visceral pain Vomiting	Not included
Ibuprofen	200 mg tablets 400 mg tablets	Pain - mild to moderate	2.1 - Non opioids and NSAIDs
Levomepromazine	5 - 50 mg tablets 25 mg/ml injectable	Delirium Terminal restlessness	Not included
Loperamide	2 mg tablets	Diarrhea	Not included
Lorazepam***	0.5-2 mg tablets 2 mg/ml liquid/drops 2-4mg/ml injectable	Anxiety Insomnia	Not included
Megestrol Acetate	160 mg tablets 40 mg/ml solution	Anorexia	Not included
Methadone (immediate release)	5mg 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 other generic dual action Nassa or SNRI)	15-30 mg tablets 7.5-15 mg injectable	Depression	Not included
Morphine	Immediate release: 10-60 mg tablets Immediate release: 10mg/5ml oral solution Immediate release: 10 mg/ml injectable Sustained release: 10 mg tablets Sustained release: 30 mg tablets	Dyspnea Pain - moderate to severe	2.2 - Opioid analgesics
Octreotide	100 mcg/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 - Non opioids and NSAIDs
Prednisolone (as an alt to Dexamethasone)	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 mg immediate release tablets/capsules 100mg/1ml oral solution 50mg/ml injectable	Pain - mild to moderate	Not included
Trazodone	25-75 mg tablets 50 mg injectable	Insomnia	Not included
Zolpidem (still patented)	5-10 mg tablets	Insomnia	Not included

Complementary: Require special training and/or delivery method

* Side-effects limit dose

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

*** For short term use in insomnia

Notes:

Non Benzodiazepines should be used in the elderly

Non Steroidal Anti Inflammatory Medicines (NSAIDs) should be used for brief periods of time

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

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