

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*** | 0.5-1-2 mg tablets 2 mg/ml liquid/drops 2-4/ml injectable | Anxiety Insomnia | Not included |

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| 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 Note: Only immediate release is included in the WHO Model List. Sustained release morphine is not. |
| 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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