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| **STOPP** |
| **Gastro-intestinal System** | Diphenoxylate, Loperamide, Codeine Phosphate | * For diarrhoea of unknown cause
* For severe infective gastroenteritis
 |
| Prochlorperazine, Metoclopramide | * With Parkinsons disease
 |
| Proton Pump inhibitor  | * At treatment dose for greater than 8 weeks
 |
| Antimuscarinic antispasmodics | * With chronic constipation
 |
| **Cardio-vascular System** | Digoxin | * At long term dose>125mcg/day & impaired GFR
 |
| Loop diuretic | * For dependant ankle oedema & no signs of heart failure
* As first line monotherapy for hypertension
 |
| Thiazide diuretic | * With gout
 |
| Beta-Blocker | * In combination with Verapamil
 |
| Non-cardioselective Beta-Blocker | * With COPD
 |
| Calcium Channel BlockerDiltiazem/Verapamil | * With chronic constipation
* With NYHA Class III or IV heart failure
 |
| Vasodilator drugs | * With persistent postural hypotension
 |
| Aspirin | * With past peptic ulcer disease & no gastroprotection
* At dose >150mg/day
* No prior coronary, cerebral or peripheral symptoms or occlusive arterial event
* For dizziness not due to cerebrovascular disease
* With concurrent bleeding disorder
 |
| Warfarin | * For more than 6 months in first uncomplicated DVT
* For more than 12 months in first uncomplicated PE
* With aspirin & no gastroprotection
 |
| Dipyridamole | * As monotherapy in cardiovascular secondary prevention
 |
| Clopidogrel, Dipyridamole, Warfarin | * With concurrent bleeding disorder
 |

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| **Respiratory System** | Theophylline | * As monotherapy for COPD
 |
| Systemic Corticosteroids | * For maintenance therapy in moderate-severe COPD
 |
| Nebulised Ipratropium | * With glaucoma
 |
| First generation antihistamines | * If fallen in last 3 months
 |
| **Central Nervous System** | Tricyclic antidepressants | * With dementia
* With glaucoma
* With cardiac conductive abnormalities
* With constipation
* With an opiate or calcium channel blocker
* With prostatism or prior history of urinary retention
 |
| Benzodiazepines | * If long term & long acting
* If fallen in the last 3 months
 |
| Antipsychotics | * Long term as hypnotics
* Long term in Parkinsons Disease
* If fallen in the last 3 months
 |
| Phenothiazines | * In epilepsy
 |
| Antimuscarinics | * To treat EPSE’s of antipsychotic medication
 |
| SSRI’s | * With history of clinically significant hyponatraemia
 |
| First generation antihistamines | * For prolonged use (> 1 week)
 |
| Opiates | * Strong opiates as first line for mild-moderate pain
* For > 2 weeks with chronic constipation & no laxative
* In dementia unless for palliative care or chronic pain
* With recurrent falls
 |

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| **Endocrine system** | Glibenclamide or Chlorpropramide | * With type II diabetes mellitus
 |
| Beta-Blockers | * In diabetes mellitus with frequent hypoglycaemic episodes
 |
| Oestrogens | * With history of breast cancer or VTE
* Without progesterone in patients with an intact uterus
 |
| **Urogenital System** | Bladder antimuscarinic drugs | * With dementia
* With chronic glaucoma
* With chronic constipation
* With chronic prostatism
 |
| Alpha blockers | * In males with frequent incontinence
* With long term urinary catheter
 |
| **Musculo-skeletal System** | Non-steroidal anti-inflammatory drugs | * With history of PU disease or GI bleeding without gastroprotection
* With moderate to severe hypertension
* With heart failure
* With Warfarin
* With chronic renal failure
* Long term use for mild joint pain in osteoarthritis
 |
| NSAID or Colchicine | * For gout with no contraindication to Allopurinol
 |
| Corticosteroids | * As monotherapy for rheumatoid or osteoarthritis
 |

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| **START** |
| **Gastro-intestinal System** | Proton pump inhibitor | * With severe acid reflux or peptic stricture requiring dilatation
 |
| Fibre supplement | * For chronic diverticular disease with constipation
 |
| **Cardio-vascular System** | Warfarin | * With chronic AF
 |
| Aspirin | * With chronic AF where Warfarin is contraindicated
* With atherosclerotic coronary disease & sinus rhythm
 |
| Clopidogrel | * With ischemic stroke or peripheral vascular disease
 |
| Antihypertensive | * When systolic BP is consistently >160mmHg
 |
| Statin | * With history of coronary, cerebral or peripheral vascular disease & life expectancy >5 years
 |
| ACE inhibitor | * With chronic heart failure
* Following acute MI
 |
| Beta-Blocker | * With chronic stable angina
 |

**STOPP START**

**SMARTCARD**

To be used in conjunction with

NICE Guidance

Local Guidance

 

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| **Respiratory System** | Beta 2 Agonist or Antimuscarinic | * For mild-moderate asthma or COPD
 |
| **Central Nervous System** | Levodopa | * With Parkinsons Disease & functional impairment/disability
 |
| Antidepressant | * With moderate-severe depression lasting >3 months
 |
| **Endocrine system** | Metformin | * With type II diabetes where GFR >50ml/min
 |
| ACE inhibitor or ARB | * With diabetes & nephropathy
 |
| Antiplatelet therapy | * With diabetes & hypertension, hypercholesterolaemia or history of smoking
 |
| Statin | * With diabetes & hypertension, hypercholesterolaemia or history of smoking
 |
| **Musculo-skeletal System** | DMARD | * With moderate-severe rheumatoid disease for >12 weeks
 |
| Bisphosphonates | * With maintenance oral corticosteroids
 |
| Calcium & Vitamin D | * With known osteoporosis
 |