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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 Blocker  Diltiazem/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 |