

# Know Your Options: The PPM Guide to Non-Opioid Medications

[by Mena Raouf, PharmD](#)

Category	Generic Name	Brand Name(s)	Generic Available?
<b>Analgesic/Antifever:</b> Used for arthritis, aches, and fever. Lacks anti-inflammatory properties. Often available in combination products, including cough and cold. Tylenol dosage should NOT exceed 4,000 mg in a day with all combined products.	Acetaminophen	Tylenol	Yes
<b>NSAIDs (non-steroidal anti-inflammatories):</b> used for generalized aches and pains, and inflammatory pain such as arthritis Ask your doctor or pharmacist before using NSAIDs and only use chronically under medical supervision. Serious adverse effects can include heart problems, kidney damage, and gastrointestinal ulcers. The incidence can be higher in patients at high risk for these complications.	Aspirin	Bayer, BC Pain Fast, others	Yes
	Celecoxib	Celebrex	Yes
	Choline magnesium trisalicylate	Trilisate	Yes
	Diclofenac	Voltaren	Yes
	Diflunisal	Dolobid	Yes
	Etodolac	Lodine	Yes
	Ibuprofen	Motrin, Advil	Yes
	Indomethacin	Indocin	Yes
	Ketorolac	Toradol	Yes
	Magnesium Salicylate	Doan's	Yes
	Meloxicam	Mobic	Yes
	Nabumetone	Relafen	Yes
	Naproxen	Naprosyn, Aleve	Yes
	Oxaprozin	Daypro	Yes
	Piroxicam	Feldene	Yes
	Sulindac	Clinoril	Yes
Tolmetin	Tolectin	Yes	

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<b>Nano-formulated NSAID:</b> not widely available or widely used as insurance typically doesn't cover but can be used for generalized aches and pains	Indomethacin Micronized	Tivorbex	Brand only
	Diclofenac Micronized	Zorvolex	Brand only
	Meloxicam Micronized	Vivlodex	Brand only
<b>Steroids:</b> used for autoimmune conditions such as rheumatoid arthritis (RA), ankylosing spondylitis, and lupus as well as inflammatory pain associated with osteoarthritis. Generally indicated for short-term use (less than 3 months).	Prednisone	Deltasone, Prednicot	Yes
	Prednisolone	Orapred, Orapred ODT, Millipred, Millipred ODT, Prelone	Yes
	Methylprednisolone	Medrol	Yes
	Dexamethasone	Decadron	Yes
	Hydrocortisone	Cortef, Hydrocortone	Yes
<b>Antiepileptics:</b> used for neuropathy and fibromyalgia. Pharmacology is variable among classes, but generally they calm down the nerves by affecting sodium, calcium, and chloride by one or more mechanisms.	Gabapentin	Neurontin	Yes
	Gabapentin extended-release	Gralise	Brand only
	Gabapentin enacarbil	Horizant	Brand only
	Pregabalin	Lyrica	Brand only
	Carbamazepine	Tegretol	Yes
	Oxcarbazepine	Trileptal	Yes
	Valproic acid	Depakene	Yes
	Valproic acid (delayed release)	Stavzor	Yes
	Divalproex	Depakote	Yes
Topiramate	Topamax	Yes	

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<p><b>Antidepressants:</b> are indicated for generalized pain, migraines, neuropathy, and fibromyalgia as they work by increasing serotonin and norepinephrine within nerves. The effect on norepinephrine acts on the body's descending pain pathway and block pain signals. Not all antidepressants have this additional effect on norepinephrine and the ability to impact the pain pathway.</p>	Duloxetine	Cymbalta	Yes
	Venlafaxine	Effexor	Yes
	Milnacipran	Savella	Brand only
	Levomilnacipran	Fetzima	Brand only
	Desvenlafaxine	Pristiq	Brand only
	Amitriptyline	Elavil	Yes
	Nortriptyline	Pamelor	Yes
	Imipramine	Tofranil	Yes
	Desipramine	Norpramin	Yes
<p><b>Muscle relaxants:</b> used for cramps and muscle spasms. Most of the muscle relaxants don't work on the actual muscles but instead slow the pain signal that go through the muscles.</p>	Cyclobenzaprine	Flexeril, Amrix, Fexmid, others	Yes
	Baclofen	Gablofen, Lioresal, others	Yes
	Tizanidine	Zanaflex	Yes
	Methocarbamol	Robaxin	Yes
	Metaxalone	Skelaxin, Metaxall	Yes
	Carisoprodol	Soma	Yes
	Chlorzoxazone	Parafon Forte, Lorzone	Yes
	Orphenadrine	Norflex	Yes
	Dantrolene	Dantrium	Brand only
Riluzole	Rilutek	Brand only	

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Category	Generic Name	Brand Name(s)	Generic Available?
<p><b>Topicals:</b> used for different types of localized pain including neuropathies (post-herpetic neuralgia), sprains, strains, and contusions. Many such are available over the counter.</p>	Menthol	Bengay Ice, Tiger balm, other products	Yes
	Methyl salicylate	Bengay, Salon Pas, Bengay arthritis	Yes
	Trolamine salicylate	Aspercreme	Yes
	Capsaicin	Zostrix, Capsagel, Bengay Heat, various products	Yes
	Diclofenac 1% gel	Voltaren	Brand only
	Diclofenac 1.5 or 2 % solution	Pennsaid	Brand only
	Diclofenac epolamine 1.3% patch	Flector	Brand only
	Lidocaine	Xylocaine, Aspercreme Lidocaine, various products	Yes
	Lidocaine/Prilocaine	Emla	Yes
	Lidocaine 5% patch	Lidoderm	Yes
<p><b>Other: Tramadol:</b> Although this has very weak opioid properties, it also blocks reuptake of serotonin and norepinephrine similar to antidepressants and can be used for generalized pain, neuropathy and fibromyalgia.</p>	Tramadol	Tramadol	Yes