

LBD / PDD Medications:

- **Consult your doctor before taking any medication.**
- **Certain medications may worsen LBD symptoms or cause severe side effects.**

Zoloft/Sertraline (requires Rx):

- for depression, mood, anxiety, agitation

Trazadone (requires Rx):

- for sleep

Exelon/Rivastigmine (requires Rx):

- 6mg/2x/day (pill) for RBD and cognition (pill works better than patch)

Mirtazapine/Remeron (requires Rx): for depression and for sleep for RBD.

- Lower doses are more effective.

Aricept/Donepezil, Namenda/Memantine, Exelon/Rivastigmine patch (all require Rx):

- for cognition-enhancing

Seroquel/Quetiapine (requires Rx):

- for LBD psychosis

Nuplazid/Pimavanserin (requires Rx):

- for LBD psychosis with Parkinson's

Sinemet/Carbidopa Levodopa (requires Rx):

- for Parkinson's/movement issues (but too much can increase psychosis)

Melatonin (OTC):

- for sleep (5mg) and sundowning (10mg)

Claritin (OTC):

- for allergies

Other Medications that might be helpful:

- **Consult your doctor.**

CBD balm and gummies:

- Can help with joint pain and sleep and doesn't interact with other medications.
- www.charlottesweb.com

Tart cherry juice:

- May help with "sundowning."
- Juice form available at any grocery
- concentrated form, Cherry Force, from Amazon

Adding citrus (lemon or lime juice) to water may help with swallowing.

MiraLAX (OTC):

- for constipation

Senokot (OTC):

- for constipation

Myrbetriq (requires Rx):

- for incontinence

Magnesium (OTC):

- for constipation, sleep, and muscle contractions

Cymbalta (requires Rx):

- for mood, depression, anxiety

Lexipro (requires Rx):

- for depression

Zonisamide/Zonegran (requires Rx):

- for mobility issues in Parkinson's and Epilepsy

Please note:

****Benzodiazapines (used for sedation, anxiety, seizures, sleep, muscle spasms)**

- Are **NOT** recommended for LBD.
- May cause aggression or agitation.
- Clonazepam/Klonopin and Alprazolam/Xanax are benzodiazepines.

Levodopa medications are preferred over dopamine medications for Parkinson symptoms because dopamine is not tolerated well in LBD.

Nuplazid is a new prescription drug approved by the FDA in 2016 for Parkinson's Disease psychosis to reduce hallucinations without disrupting motor ability.

Generic drugs are usually much cheaper, but the Rx must be written for the generic.

****Use caution with OTC cold and allergy medications as they can increase agitation, hallucinations, and sleep issues.**