

SUGGESTED CARISOPRODOL TAPERING

Please forward or copy the information in this notice to all patients who may be affected by these processing changes.

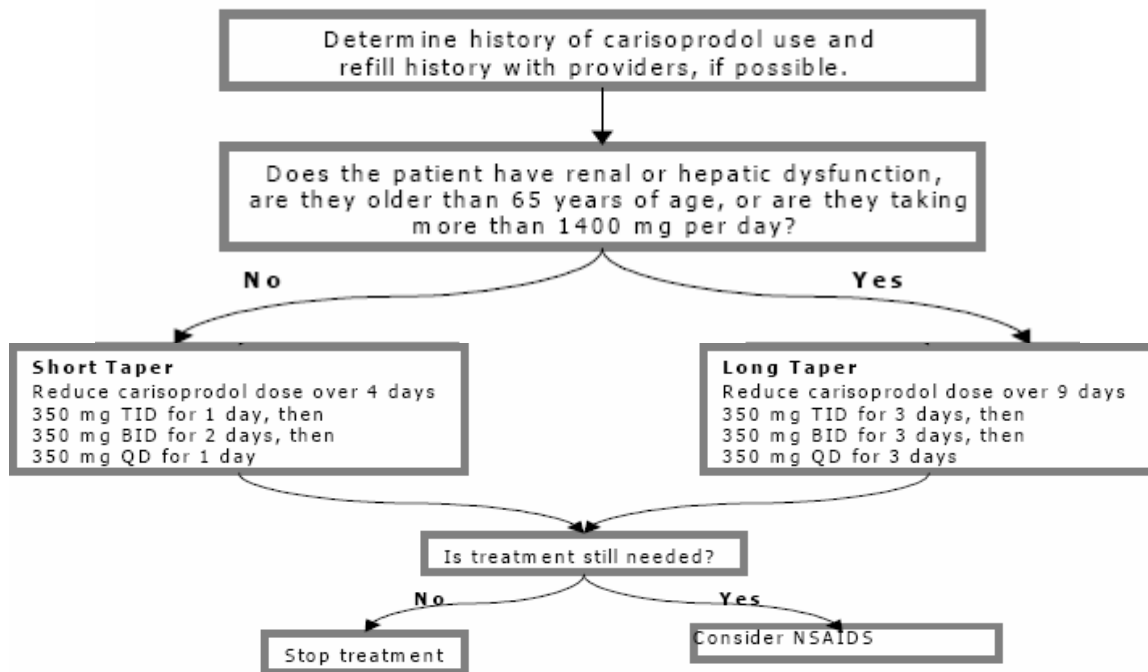
Carisoprodol (same as Soma®), Carisoprodol with Aspirin (same as Soma® Compound), and Carisoprodol with Aspirin and Codeine (same as Soma® Compound with Codeine) are NON-preferred on Arkansas Medicaid Pharmacy Program, effective March 20, 2006.

Please consider a tapering schedule¹, during the next 60 days before switching patients from carisoprodol to a preferred agent on AR Medicaid Pharmacy Program. An example of a carisoprodol tapering schedule¹ is listed below. Cases of Carisoprodol dependence have been reported to the FDA Adverse Event Reporting System and in the medical literature^{2,3,4,5}. Upon discontinuation of high doses of carisoprodol, patients may suffer withdrawal symptoms such as body aches, increased perspiration, anxiety and insomnia⁴.

Carisoprodol is thought to act by sedation rather than by direct skeletal muscle relaxation.⁶ It is metabolized to hydroxycarisoprodol, hydroxymeprobamate, and meprobamate.⁷ Meprobamate is a controlled substance with known abuse potential. Carisoprodol is a Schedule IV controlled substance in the state of Arkansas.⁸

Prescribers may request prior authorization for NON-preferred medications at the UAMS prior authorization call center or request information regarding the patient's Medicaid claims history of carisoprodol use at one of the following phone numbers: local 501-526-4200; WATS 866-250-2518.

Tapering carisoprodol



Tapering schedule developed by the Department of Veterans Affairs Medical Center, Portland, Oregon, as published (by permission) in the Oregon DUR Board Newsletter. Oregon DUR Board Newsletter. 2002; 4:1. 28 Dec. 2005. http://pharmacy.oregonstate.edu/drug_policy/news/4_8/4_8.pdf

¹ Tapering Carisoprodol. Developed by the Portland VA Medical Center, as published (by permission) in the Oregon DUR Board Newsletter. Oregon DUR Board Newsletter. 2002; 4:1. 28 Dec. 2005. http://pharmacy.oregonstate.edu/drug_policy/news/4_8/4_8.pdf

² Littrell RA, Sage T, Miller W. Meprobamate dependence secondary to carisoprodol (Soma) use. Am J Drug Alcohol Abuse. 1993;19:133-4.

³ Morse RM, Chua L. Carisoprodol dependence: a case report. Am J Drug Alcohol Abuse. 1978;5:527-30.

⁴ Sikdar S, Basu D, Malhotra AK, Varma VK, Mattoo SK. Carisoprodol abuse: a report from India. Acta Psychiatr Scand. 1993;88:302-3.

⁵ Reeves RR, Liberto V. Abuse of Combinations of Carisoprodol and Tramadol. South Med J 2001;94:512-14.

⁶ Littrell RA, Hayes RA, Stillner V. Carisoprodol (Soma): a new and cautious perspective on an old agent. South Med J 1993; 86:753-756

⁷ Douglas JF, Ludwig GJ, Schosser A. The metabolic fate of carisoprodol in the dog. J Pharmacol Exp Ther 1982; 138:21-27

⁸ State of Arkansas Controlled Substance List, July 24, 2003. 28 Dec. 2005. http://www.sosweb.state.ar.us/elections/elections_pdfs/register/sept-03-reg/007.07.03-001.pdf