



## General Medical Note

For most people ayahuasca is safe to use, however for those taking the following over the counter, prescription medications, herbal medications and supplements need to stop the use of these prior to retreat start date.

Please be mindful that when stopping medications some may cause withdraw symptoms. For your safety and well-being, please consult with your medical practitioner prior to changing your medication regimen.

Ayahuasca has been found to not be as effective and/or incompatible with certain medications. Stopping these medications well before retreat allows the body time to cleanse of the medication and is necessary for a safe experience. The list of contraindicated medications is extensive yet not exhaustive. Please ask your doctor if the medication you are taking is a Monoamine oxidase inhibitor (MAO inhibitor).

## Contraindicates: Herbal Medications & Supplements

The following should not be taken with Ayahuasca and **need to be ceased two weeks prior to retreat start.**

- St.Johns Wort
- Kava
- Kratom
- Ephedra
- Ginseng
- Yohimbe
- Sinicuichi
- Rhodiola Rosea
- Kanna
- Boswellia
- Nutmeg
- Scotch Broom

- Licorice Root
- Cannabis

## Contraindicates: Drugs and Medications

Any medication that is a MAO inhibitor is dangerous to take with ayahuasca. The following category of drugs and medications should not be taken with ayahuasca. **If you are taking any of the following please cease use 4 weeks prior to retreat start. For those taking Prozac or SSRI medications; stop the use of these 6 weeks prior to retreat start. For those taking Bupropion (Wellbutrin) Must be stopped 3 weeks prior to retreat start**

Some of these medications have withdrawals so to please only change your medication regimen under your doctor's guidance.

If you are taking any of the following to please let us know so we may determine if ayahuasca is appropriate for you. .

- Other MAO inhibitors
- SSRI's (any selective serotonin reuptake inhibitors) *must be suspended 6 weeks prior to retreat start.*
- Asthma inhalers (these are generally considered very low risk with ayahuasca)
- Antihypertensives (high blood pressure medicine)
- Appetite suppressants (diet pills)
- Medications for asthma, bronchitis, or other breathing problems
- Antihistamines, medicines for colds, sinus problems, hay fever, oral allergies (any cold, cough, or flu preparations, and any drug with DM, DX or-tussinitname.)
- CNS (central nervous system) depressants
- Antipsychotics
- Barbiturates
- Tranquilizers
- Sympathomimetic amines (including pseudo ephedrine and ephedrine)
- Alcohol
- Amphetamines
- Opiates
- Mescaline (any phenethylamine)
- Barbiturates
- Stimulants such as MDMA (Ecstasy) and cocaine

### Specific Contraindicated Over the Counter, Prescription and Recreational drugs

- Actifed
- Adderall

- Alaproclate
- Albuterol (Proventil, Ventolin)
- Amantadine hydrochloride (Symmetrel)
- Amineptine
- Amitriptyline
- Amoxapine (Asendin)
- Asarone/Calamus
- Atomoxetine
- Befloxedone
- Benadryl
- Benylin
- Benzedrine
- Benzphetamine (Didrex)
- Bicifadine
- Brasofensine
- Brofaromine
- Bromarest-DMor-DX
- Bupropion (Wellbutrin) *Must be stopped 3 weeks prior to retreat start*
- Buspirone (BuSpar)
- Butriptyline
- Carbamazepine (Tegretol, Eptol)
- Chlorpheniramine
- Chlor Trimeton
- Cimoxetone
- Citalopram
- Clomipramine (Anafranil)
- Cocaine
- Codeine
- Compoz
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Dapoxetine
- Desipramine (Pertofrane, Norpramin)
- Desvenlafaxine
- Dextroamphetamine (Dexedrine)
- Dextromethorphan (DXM)
- Dibenzepin
- Dienolide kavapyrone desmethoxyyangonin
- Diethylpropion
- Dimetane-DX
- Disopyramide (Norpace)
- Disulfiram (Antabuse)
- Dopamine (Intropin)
- Dosulepin
- Doxepin (Sinequan)

- Dristan Cold & Flu
- Duloxetine
- Emsam
- Ephedrine
- Epinephrine (Adrenalin)
- Escitalopram
- Femoxetine
- Fenfluramine (Pondimin)
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac) *Must be stopped 6 weeks prior to retreat start*
- Fluvoxamine
- Furazolidone (Furoxone)
- Guanethedine
- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- 5 Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole
- Iproniazid (Marsilid, Iprozid, Ipronid, Rivivol, Propilniazida)
- Iproclozide
- Isocarboxazid (Marplan)
- Isoniazid (Laniazid, Nydrazid)
- Isoniazidrifampin (Rifamate, Rimactane)
- Isoproterenol (Isuprel)
- Ldopa (Sinemet)
- Levodopa (Dopar, Larodopa)
- Linezolid (Zyvox, Zyvoxid)
- Lithium (Eskalith)
- Lofepramine
- Loratadine (Claritin)
- Macromerine
- Maprotiline (Ludiomil)
- MDA
- MDEA
- MDMA (Ecstasy)
- Medifoxamine
- Melitracen
- Meperidine (Demerol)
- Metaproterenol (Alupent, Metaprel)
- Metaraminol (Aramine)
- Methamphetamine (Desoxyn)
- Methyl dopa (Aidomet)
- Methylphenidate (Ritalin)
- Mianserin

- Milnacipran
- Minaprine
- Mirtazapine (Remeron)
- Moclobemide
- Montelukast (Singulair)
- Nefazodone
- Nialamide
- Nisoxetine
- Nomifensine
- Norepinephrine (Levophed)
- Nortriptyline (Aventyl)
- Oxybutyninchloride (Ditropan)
- Oxymetazoline (Afrin)
- Pargyline (Eutonyl)
- Parnate
- Paroxetine (Paxil)
- Pemoline (Cylert)
- Percocet
- Pethedine (Demerol)
- Phendimetrazine (Plegiline)
- Phenelamine
- Phenergen
- Phenmetrazine
- Phentermine
- Phenylephrine (Dimetane, Dristan decongestant, Neo Synephrine)
- Phenylpropanolamine (in many cold medicines)
- Phenelzine (Nardil)
- PMA
- Procarbazine (Matulane)
- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Ymetazoline (Afrin)
- Quinidine (Quinidex)
- Rasagiline (Azilect)
- Reboxetine
- Reserpine (Serpasil)
- Risperidone
- Robitussin
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl)
- Sertraline (Zoloft)
- Sibutramine
- Sumatriptan (Imitrex)

- Terfenadine (Seldane D)
- Tegretol
- Tamaril
- Tesofensine
- Theophylline (Theo Dur)
- Tianeptine
- Toloxatone
- Tramadol
- Tranylcypromine (Parnate)
- Trazodone
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Triptans
- Tryptophan
- Tyrosine
- Vanoxerine
- Venlafaxine (Effexor)
- Viloxazine
- Vicks Formula 44-D
- Yohimbine
- Zimelidine
- Ziprasidone (Geodon)

Aya de La Vid does not make, distribute, or sell Ayahuasca. Aya de La Vid hosts or organizes the retreat and Ayahuasca Ceremony. Aya de La Vid chooses ceremony dates, activities, and unites all retreat participants. All retreats or ceremony facilities are at well known and established locations, which operate independently from Aya de La Vid with very experienced shamans or curanderos and professional staff, who dispense Ayahuasca in ceremony and only to participants. Consuming Ayahuasca can be very physically challenging and a psychologically transformative experience. Please always consult your Doctor, if you have any questions about your health, and the consumption of Ayahuasca.