

**Appendix 1 (Part 1 of 2):** Categorization of medications.

<b>Class and Type of Medication</b>	<b>Specific Drugs</b>
<b>Psychotropic</b>	
Antiparkinsonian	Benzotropine, carbidopa/levodopa, levodopa/benserazide, pramipexole, procyclidine
Hypnotic	Zopiclone
Antipsychotic (typical or atypical)	Risperidone, olanzapine, quetiapine, haloperidol, perphenazine, loxapine, clozapine, methotrimeprazine
Antidepressant	Sertraline, trazodone, mirtazapine, citalopram, escitalopram, duloxetine
Benzodiazepine	Lorazepam, clonazepam, oxazepam
Anticonvulsant	Pregabalin, levetiracetam, phenytoin, valproic acid, gabapentin, divalproex, topiramate
Cholinesterase inhibitor	Donepezil
Anticholinergic	Atropine
CNS stimulant	Methylphenidate
<b>Cardiovascular</b>	
Diuretic	Furosemide, metolazone, spironolactone, indapamide, acetazolamide, hydrochlorothiazide
Antilipemic	Rosuvastatin, atorvastatin
Antihypertensive	Amlodipine, diltiazem, hydralazine
β-Blocker	Bisoprolol, metoprolol, carvedilol, propranolol
ACE inhibitor	Lisinopril, ramipril, enalapril, perindopril, fosinopril
Angiotensin II receptor blocker	Olmesartan, irbesartan, valsartan, candesartan
Antianginal	Nitroglycerin
<b>Hematologic</b>	
Anticoagulant	Enoxaparin, heparin, apixaban, rivaroxaban, warfarin
Platelet inhibitor	Acetylsalicylic acid, clopidogrel
Anemia therapy	Ferrous gluconate, ferrous fumarate
<b>Endocrine</b>	
Hormone replacement	Levothyroxine, medroxyprogesterone
Antidiabetic	Metformin, sitagliptin, linagliptin, gliclazide, insulin
<b>Analgesic/anti-inflammatory</b>	
Analgesic	Acetaminophen, Rub A535, lidocaine
NSAID	Diclofenac, celecoxib, ibuprofen
Opioid	Hydromorphone, codeine, oxycodone, morphine
Corticosteroid	Dexamethasone
<b>Anti-infective</b>	
Antibacterial	Tobramycin
Antifungal	Ketoconazole, clotrimazole, terbinafine
Antiseptic	Cetylpyridinium
<b>Genital/urinary</b>	
5α-Reductase inhibitor	Finasteride
α <sub>1</sub> -Blocker/antagonist	Tamsulosin, terazosin
<b>Respiratory</b>	
Inhaler	Salbutamol, fluticasone/salmeterol, ipratropium bromide, budesonide, tiotropium, umecidinium/vilanterol, beclomethasone, mometasone
Expectorant	Guaifenesin
Antitussive	Dextromethorphan
<b>Musculoskeletal</b>	
Antispasmodic	Baclofen, oxybutynin
Bisphosphonate	Alendronate, risedronate
Antigout	Allopurinol
<b>Topical</b>	
Topical formulation	Urea, zinc oxide
Ophthalmic	Bimatoprost, ciprofloxacin ophthalmic ointment, prednisolone ophthalmic solution, hydroxypropyl methylcellulose, brimonidine, dorzolamide, Systane (polyethylene glycol and propylene glycol), dextran ophthalmic solution, latanoprost
<b>Supplements and NHPs</b>	
Over-the-counter	Multivitamin, calcium carbonate, calcitriol, cholecalciferol, cyanocobalamin, magnesium oxide, magnesium glucoheptonate, magnesium hydroxide, aluminum/magnesium hydroxide, potassium chloride, sodium chloride, sodium bicarbonate, ascorbic acid, folic acid, selenium sulfide, thiamine, alfacalcidol, zinc, dextrose
Natural health product	Melatonin, <i>Saccharomyces boulardii</i> , cascara sagrada

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**Appendix 1 (Part 2 of 2):** Categorization of medications.

Class and Type of Medication	Specific Drugs
<b>Gastrointestinal</b>	
Laxative	Polyethylene glycol, senna glycoside, lactulose, bisacodyl, glycerin, zinc sulphate, mineral oil, sodium phosphate
Gastrointestinal*	Ranitidine, Biotene Oral Balance, pantoprazole, lansoprazole, domperidone, metoclopramide, simethicone, pancreatin
Antiemetic	Ondansetron, dimenhydrinate
Antidiarrheal	Loperamide
<b>Other</b>	
Smoking cessation	Nicotine, bupropion
Vaccine	Influenza vaccine
Antineoplastic	Letrozole, hydroxyurea, megestrol
$\alpha_1$ -Agonist	Midodrine, epinephrine

ACE = angiotensin-converting enzyme, CNS = central nervous system, NSAID = nonsteroidal anti-inflammatory drug.  
 \*Includes protein pump inhibitors, histamine-2 receptor antagonists, antacids, and oral cavity moisturizers.

**Appendix 2:** Distribution of psychotropic and gastrointestinal medications.

Class and Medication Type	No. of Patients with $\geq 1$ Drug in Medication Type	Mean No. of Drugs in Medication Type per Patient	No. of PRN Orders
<b>Psychotropic</b>			
Antipsychotic (typical or atypical)	36	1.69	30
Antidepressant	31	1.23	5
Benzodiazepine	17	1.41	11
Anticonvulsant	13	1.46	0
Antiparkinsonian	10	1.70	2
Hypnotic	7	1.00	3
Cholinesterase inhibitor	4	1.00	0
Anticholinergic	2	1.00	2
CNS stimulant	1	1.00	0
<b>Gastrointestinal</b>			
Laxative	81	3.83	213
Gastrointestinal	42	1.40	23
Antiemetic	17	1.29	20
Antidiarrheal	2	1.00	2

CNS = central nervous system, PRN = administration on as-needed basis.

**Appendix 3:** Most commonly prescribed medications, including PRN medications.

Medication*	No. (%) of Prescriptions (n = 1458)
Acetaminophen	97 (6.65)
Sennoside	87 (5.97)
Bisacodyl	57 (3.91)
Lactulose	57 (3.91)
Cholecalciferol	45 (3.09)
Polyethylene glycol	35 (2.40)
Quetiapine	33 (2.26)
Acetylsalicylic acid	31 (2.13)
Fleet enema	37 (2.54)
Diclofenac (topical)	30 (2.06)
Amlodipine	28 (1.92)
Atorvastatin	27 (1.85)
Calcium carbonate	26 (1.78)
Cyanocobalamin	24 (1.65)
Metformin	20 (1.37)
Metoprolol	20 (1.37)
Salbutamol	20 (1.37)
Zinc oxide	19 (1.30)
Dimenhydrinate	18 (1.23)
Pantoprazole	18 (1.23)
Bisoprolol	15 (1.03)
Levothyroxine	15 (1.03)
Lorazepam	15 (1.03)
Furosemide	14 (0.96)
Hydromorphone	14 (0.96)
Urea	14 (0.96)
Glycerin	13 (0.89)
HPMC	13 (0.89)
Enoxaparin	12 (0.82)
Ferrous fumarate	12 (0.82)

HPMC = hydroxypropyl methylcellulose, PRN = administration on as-needed basis.

\*Presented in decreasing order of frequency.