

# SAFETY FIRST - MEDICAL CONSIDERATIONS

Ayahuasca is incredibly safe, but there are some health conditions and other medicines that simply do not mix with her – and the consequences of ignoring these precautions can be serious, even fatal.

## Medical Conditions

- Anybody with serious heart conditions, kidney disorders or chronically high blood pressure should not drink Ayahuasca.
- Anybody with schizophrenia, bipolar disorder, psychotic disorders or a strong family history of these conditions should not drink Ayahuasca.
- People with asthma should be aware that most inhalers are not safe to use within at least 24 hours of drinking ayahuasca. Anybody that cannot get through an asthma attack without an inhaler should not drink Ayahuasca.

## Contraindicated Medications

Certain medications should not be mixed with Ayahuasca and must be discontinued days or weeks in advance, depending on the medicine. Again, in some cases, consequences can be serious, even fatal.

- SSRIs and SSRNs, which includes most antidepressants
  - These classes of medicines are widely used and can have very serious consequences if not discontinued 2 - 6 weeks before drinking Ayahuasca, depending on the half-life of the particular medicine
- Anti-hypertensives
- Certain antipsychotics
- Opiates and opioids
- Barbiturates
- Amphetamines
- Cocaine
- MDMA
- Ritalin & Adderall
- St John's Wort (Herbal Supplement)
- Over-the-counter cough medicines and decongestants:
  - Dextromethorphan (Robitussin)

- Pseudoephedrine (Sudafed)
  - Chlorpheniramine
- Anti-histamines (allergy medications, Benadryl)
- Certain Weight Loss Drugs / Supplements
- Certain Pain Medications
  - Methadone
  - Tramadol
  - Meperidine
  - Tapentadol
  - Ergotamine
  - 5-MeO-DMT (Bufo)

**Please note:**

This list is not exhaustive. There are other medicines that are contraindicated with Ayahuasca. Some medicines must be discontinued for weeks in advance while others must only be discontinued for days.

When filling out your intake form, please list all medicines that you take and we will help you analyze and decide for how long you need to discontinue their use.

As a general rule of thumb, you can calculate that you must wait at least 5 half-lives of any contraindicated drug prior to drinking Ayahuasca. However, half-lives can vary significantly.

For example, Prozac must be discontinued for six weeks, whereas Benedryl and Sudafed must be discontinued for 48 hours.