



*The more we learn about SADS conditions, the more we realize that each patient is different from the next, and our advice must be tailored to the individual person. That said, there are medications that should be avoided by people with Long QT Syndrome and Brugada.*

*Remember that these are general guidelines that are strongly influenced by whether the individual has ever fainted, whether they are taking medication and their family history. People who continue to black out despite treatment are a particularly high-risk group. When in doubt, discuss the specifics with your own doctor.*

#### **SADS' Mission**

To save the lives and support the families of children & young adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.

## Drugs to Avoid While You Wait For Your Appointment

Over time, researchers and physicians have discovered that a large number of prescription medications and over-the-counter drugs can prolong the QT interval and/or have side effects that are negative for people with certain SADS conditions. As a result, two lists have been created, specific to Long QT Syndrome and Brugada Syndrome, which are reviewed and amended by experts to ensure that people with these conditions can see whether a given medication is to be avoided.

### Long QT Syndrome Drugs To Avoid List

- CredibleMeds is a long-time partner of the SADS Foundation and maintains the Long QT Syndrome Drugs to Avoid list. In order to view the list, people need to register with a login and a password (which is free of charge) so that if/when changes to the list are made they can be automatically notified. Registration takes less than a minute and will make it possible for you to use the list safely and for maximum benefit. CredibleMeds uses the highest possible security protocols to protect any information that you provide and registration will not be used for any commercial purpose. The list can be accessed at [www.crediblemeds.org](http://www.crediblemeds.org).

### Brugada Syndrome Drugs To Avoid List

- The Department of Cardiology at the University of Amsterdam Medical Center works with a panel of Brugada Syndrome experts to maintain the Brugada Syndrome Medications website. Their website is slightly different in that it does not require registration and provides additional information on generic versus name brand medications, recommendations on what to do in emergency situations, and a section on frequently asked questions. The Brugada Syndrome Medication website can be accessed at [www.brugadadrugs.org](http://www.brugadadrugs.org).

Please remember that these are generalized lists; everyone's system is different, and that you should speak with your physician and cardiologist to determine which medications are best for you. The SADS Foundation also publishes changes to websites as we are notified of them in our e-newsletter, which can be found online at [www.StopSADS.org](http://www.StopSADS.org).

For more information or if you need a referral to a heart specialist, contact:  
(801) 272-3023 ([www.StopSADS.org](http://www.StopSADS.org))

**The life you save may be your child's...or your own!**

