

Meds and flying per the FAA

Applies to all categories incl. Light Sport, Basic Med, 8500-8 (“regular certification”)

Allergy meds:

- Claritin, Clarinex, Allegra (loratidine, desloratidine, fexofenadine) all OK if not obvious side effects
- others such as Zyrtec, Benadryl (diphenhydramine, cetirizine) require 5 X dosing interval wait e.g. 5 X 6 hrs

Antidepressants:

- only St. John’s Wort is allowed

Diabetes:

- most oral meds allowed, but special issuance initially required

Erectile dysfunction

- Viagra after 8 hrs
- Levitra after 8 hrs
- Cialis 10 or 20 mg after 24 hrs
- Cialis 5mg daily OK after 1 week

Sleep:

- Rx:
 - Ambien (zolpidem) after 24 hrs
 - Lunesta (eszopiclone) after 30 hrs
 - Sonata (zaleplon) after 6 hrs
- non-Rx allowed if 5 X dosing interval (up to 5 days)
- per the FAA “Occasional or limited use of sleep aids, such as for circadian rhythm disruption in commercial air operations, is allowable for pilots. Daily/nightly use of sleep aids is not allowed regardless of the underlying cause or reason.”

https://www.faa.gov/about/office_org/headquarters_offices/avs/offices/aam/ame/guide/pharm/

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