

## AYAHUASCA CONTRAINDICATIONS

If you are currently taking any medications and have questions, we recommend you tell your doctor you are planning on attending an Ayahuasca ceremony and that you will be taking a reversible MAOI. We cannot offer medical advice and we are not medical professionals. We offer an extensive screening process but it is your responsibility to read this list and work with your medical healthcare team with any questions you may have. Any SSRI or MAOI inhibitor is a contraindication for Ayahuasca and can be fatal, drinking excessive amounts of alcohol can also be fatal.

\*Please check the brand name and generic brand name of your medication\*

Ayahuasca is an amazing medicine but this process is not a magic pill to solve all of your problems. Ayahuasca is most effective in those who are spiritually and emotionally ready to put in the effort and work this process requires. This is a marathon and not a sprint, it is why we offer support in preparation before, during and after ceremony as well as integration calls at no cost, this process requires dedication.

### CONTRAINDICATIONS FOR AYAHUASCA

If anything listed below applies to you, **you should not do Ayahuasca**

1. History of heart attack, stroke, tachycardia, pericarditis, heart murmur, or have a pacemaker
2. Have recently had surgery
3. You have a history of, have been diagnosed or suspect you may be: bipolar, psychoses, Schizophrenia
4. Chrones disease or intestinal ulcers (needs doctors approval)

## 5. Serious asthma

Medications that affect serotonin levels can lead to serotonin syndrome, it is very risky to take two substances, including supplements, that affect serotonin levels.

Contraindicated herbal supplements include but are not limited to:

1. Boswellia
2. Ginseng
3. Kava
4. Nutmeg
5. St. Johns Wort
6. Kratum

Cannabis:

We strongly recommend that you stop using cannabis at least one week prior to your ceremony, if you can stop using it for a month, that is ideal. We suggest at least one week prior and one week afterwards that you discontinue use of cannabis. Ayahuasca is a very powerful medicine, and she deserves her space. If you stack medicines, you will be unable to tell what plant is having what affect. Having a pure system is ideal and will impact your ceremony, the more effort you put into preparing properly the better your results may be.

Meds to avoid with Ayahuasca Is it really dangerous to combine some pharmaceutical drugs with Ayahuasca? YES. Unlike food interactions, whose consequences are usually unlikely to be serious, interaction with pharmaceutical drugs and meds (including some over-the-counter drugs and certain herbs) can be potentially life-threatening.. The combination of MAOIs and other serotonin agonists or precursors poses a particularly severe risk of a life-threatening serotonin syndrome episode. These drugs and meds can be dangerous with Ayahuasca:

- other MAOIs
- SSRI's (any selective serotonin reuptake inhibitor)
- antihypertensives (high blood pressure medicine)

- appetite suppressants (diet pills)
- medicine for asthma, bronchitis, or other breathing problems; antihistamines, medicines for colds, sinus problems, hay fever, or allergies (Actifed DM, Benadryl, Benylin, Chlor-Trimeton, Compoz, Bromarest-DM or -DX, Dimetane-DX cough syrup, Dristan Cold & Flu, Phenergan with Dextromethorphan, Robitussin-DM, Vicks Formula 44-D, several Tylenol cold, cough, and flu preparations, and many others — any drug containing dextromethorphan/ DXM or with DM, DX or Tuss in its name.)
  
- CNS (central nervous system) depressants (xanax, ativan, etc)
- vasodilators
- antipsychotics
- barbiturates
- alcohol

Illegal or recreational drugs that are VERY dangerous to combine with MAOIs: - cocaine - amphetamines (meth-, dex-, amphetamine), ephedrine, MDMA (Ecstasy), MDA, MDEA, PMA - opiates (heroin, morphine, codeine, and especially opium) - dextromethorphan (DXM)

Illegal or recreational drugs that can be dangerous to combine with MAOIs:

- mescaline (any phenethylamine)
- barbiturates
- alcohol
- kratom
- kava
- 5-MEO-DMT

Some specific pharmaceutical drugs that should not be combined with MAOIs (some are mild risks, others serious):

- Actifed
- Adderall
- Alaproclate
- Albuterol (Proventil, Ventolin)

- Amantadine hydrochloride (Symmetrel)
- Amiflamine
- Amineptine
- Amitriptaline
- Amoxapine (Asendin)
- Atomoxedine
- Bazinaprine
- Befloxetone'
- Befol
- Benadryl
- Benmoxinb (Nerusil, Neuralex)
- Benylin – Benzedrine
- Benzphetamine (Didrex)
- Bicyclanil
- Brasofensine
- Brofaromine (Consonar)
- Buprenorphine
- Bupropion (Wellbutrin)
- Buspirone (BuSpar)
- Butriptyline
- Carbamazepine (Tegretol, Epitol)
- Chlorpheniramine
- Chlor-Trimeton
- Cimoxetone
- Citalopram (Celexa)
- Clomipramine (Anafranil)
- Clorgyline
- Codeine
- Cyclobenzaprine (Flexeril)
- Cyclizine (Marezine)
- Cymbalta (Duloxetine)
- D-deprenyl
- Dapoxetine
- Desipramine (Pertofrane, Norpramin)

- Desvenlafaxine
- Dextroamphetamine (Dexedrine)
- Dextromethorphan (DXM)
- Dibenzepin
- Dienolide kavapyrone desmethoxyyangonin
- Diethylpropion
- Disopyramide (Norpace)
- Disulfiram (Antabuse)
- Dobutamine
- Dopamine (Intropin)
- Dosulepin
- Doxepin (Sinequan)
- Duloxetine (Cymbalta)
- Emsam
- Entacapone
- Ephedrine
- Epinephrine (Adrenalin)
- Escitalopram (Lexapro)
- Esuprone
- Etorphine
- Femoxetine
- Fenfluramine (Pondimin)
- Flavoxate Hydrochloride (Urispas)
- Fluoxetine (Prozac)
- Fluvoxamine
- Furazolidone (Furoxone)
- Guanethedine
- Guanadrel (Hylorel)
- Guanethidine (Ismelin)
- Hydralazine (Apresoline)
- Hydrazine
- 5-Hydroxytryptophan
- Imipramine (Tofranil)
- Iprindole

- Iproniazid (Marsilid, Iprozid, Ipronid, Rivivol, Propilniazida)
- Iproclozide (Sursum)
- Isocarboxazid (Marplan)
- Isoniazid (Laniazid, Nydrazid)
- Isoniazid rifampin (Rifamate, Rimactane)
- Isoproterenol (Isuprel)
- L-dopa (Sinemet)
- Ladostigil
- Lazabemide (Pakio, Tempium)
- Levodopa (Dopar, Larodopa)
- Linezolid (Zyvox, Zyvoxid)
- Lithium (Eskalith)
- Lofepramine
- Loratadine (Claritin)
- Maprotiline (Ludiomil)
- Mebanazine (Actomol)
- Medifoxamine
- Melitracen
- Meperidine (Demerol)
- Metaproterenol (Alupent, Metaprel)
- Metaraminol (Aramine)
- Metfendrazine (Inkazan)
- Methamphetamine (Desoxyn)
- Methyldopa (Aidomet)
- Methylphenidate (Ritalin)
- Metralindole
- Mianserin
- Milacimide
- Milnacipran
- Minaprine (Cantor)
- Mirtazapine (Remeron)
- Mofegeline - Moclobemide (Aurorix, Manerix)
- Monomethylhydrazine
- Montelukast (Singulair)

- Nalbufrine
- Naloxone
- Naltrexone
- Nefazodone
- Nialamide (Niamid)
- Nisoxetine
- Nomifensine
- Norepinephrine (Levophed)
- Nortriptyline (Aventyl)
- Octamoxin (Ximaol, Nimaol)
- Oxybutynin chloride (Ditropan)
- Oxycodone
- Oxymetazoline (Afrin)
- Oxymorphone
- Orphenadrine (Norflex)
- Pargyline (Eutonyl)
- Parnate - Paroxetine (Paxil)
- Pemoline (Cylert)
- Percocet
- Pethedine (Demerol)
- Phendimetrazine (Plegiline)
- Phenelzine (Nardil)
- Phenergen
- Phenelzine (Nardil, Nardelzine)
- Pheniprazine (Catron)
- Phenmetrazine
- Phenoxypropazine (Drazine)
- Phentermine
- Phenylephrine (Dimetane, Dristan decongestant, Neo- Synephrine)
- Phenylhydrazine
- Phenylpropanolamine (found in many cold medicines)
- Phenelzine (Nardil)
- Pirlindole (Pirazidol)
- Procarbazine (Matulane)

- Procainamide (Pronestyl)
- Protriptyline (Vivactil)
- Pseudoephedrine
- Oxymetazoline (Afrin)
- Quinidine (Quinidex)
- Rasagiline (Azilect)
- Reboxetine - Reserpine (Serpasil)
- Risperidone
- Salbutamol
- Salmeterol
- Selegiline (Eldepryl, Emsam, Zelapar)
- Sercloramine
- Sertraline (Zoloft)
- Sibutramine
- Sumatriptan (Imitrex)
- Terfenadine (Seldane-D)
- Tegretol
- Temaril
- Tesofensine
- Tetrindole
- Theophylline (Theo-Dur)
- Thesbutiain
- Thioridazine (Mellaril)
- Tianeptine
- Tolcapone
- Toloxatone (Humoryl)
- Tramadol
- Tranylcypromine (Parnate)
- Trazodone
- Tricyclic antidepressants (Amitriptyline, Elavil)
- Trimipramine (Surmontil)
- Triptans - Tyrima
- Vanoxerine
- Venlafaxine (Effexor)



- Viloxezine
- Yohimbine
- Zimelidine
- Ziprasidone (Geodon)

Also avoid the following herbs for at least 48 hours before and after:

St. Johns Wort (should be avoided for at least two weeks)

Betel

Boswellia

Carrot seed

Curcumin Dill seed

Ephedra Fennel seed

Fo-Ti Ginseng

Horny Goat Weed

Kanna

Kava

Kratom

Licorice Root

Nutmeg

Parsley seed

Rhodiola

Rosea

Scotch Broom

Siberian Ginseng

Sinicuichi

Tumeric

Yerba

Mate

Yohimbe

Using stimulants with MAOIs is particularly dangerous and can be potentially fatal. Using cocaine, amphetamines or MDMA (Ecstasy) with MAOIs may cause a severe increase in blood pressure, increasing the chances for stroke and cerebral hemorrhage. MAOIs may make it possible to overdose on a relatively small amount

of cocaine. (A fatality has been recorded involving combination of Peganum harmala and cocaine. Fatalities resulting from combining amphetamines with pharmaceutical MAOIs are recorded in the medical literature.)

Using other serotonin agonists (SSRIs) or precursors with an MAOI can lead to serotonin syndrome. Serotonin syndrome is rare, but can be fatal. The main symptom of serotonin syndrome may be a severe and long-lasting headache (the same symptom as MAOI tyramine interaction) and/or fever (as high as 40 °C / 104 °F or more) Other symptoms of serotonin syndrome may include rapid heartbeat, shivering, sweating, dilated pupils, intermittent tremor or twitching, overactive or overresponsive reflexes, hyperactive bowel sounds, high blood pressure. Severe serotonin syndrome may lead to shock, agitated delirium, muscular rigidity and high muscular tension, abnormal blood clotting and bleeding, respiratory failure, renal failure, and seizures, and can be life- threatening. This interaction can happen even if weeks have passed between stopping the SSRI and taking the MAOI. For further information on serotonin syndrome see this web page:

<http://www.psychotropic.com/>

Using other MAOIs with Ayahuasca may result in hypertensive crisis, convulsive seizures, fever, marked sweating, excitation, delirium, tremor, coma and circulatory collapse.

IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOUR PRESCRIPTION MEDICATION, PLEASE CONTACT YOUR DOCTOR BEFORE JOINING US FOR A CEREMONY.