

Table 20.1 Medications Used to Treat Claudication

Medication	Indications	Dosing	Side effects affecting rehab	Other side effects	Drug interactions
Antiplatelet therapies					
Cilostazol (Pletal)	Used to prevent clot formation and reduce symptoms of claudication.	100 mg twice/day on an empty stomach.	Cog: 0 S: 0 A: 0 Motor: ++ D: ++ Com: 0 F: ++	Diarrhea, back pain, bloating, dizziness, gas, headache, cough, dyspepsia, muscle aches, cold symptoms, swelling of feet, ankles, or hands.	Reduce dose to 50 mg twice/day due to increased levels and effects with concurrent use of CYP3A4 inhibitors (e.g., ketoconazole, itraconazole, erythromycin, and diltiazem) and coadministration of CYP2C19 inhibitors (e.g., omeprazole).
Pentoxifylline (Trental)	Used to prevent claudication; decreases viscosity of blood and improves blood flow to extremities.	400 mg 3 times/day.	Cog: 0 S: 0 A: 0 Motor: ++ D: ++ Com: 0 F: ++	Belching, bloating, blurred vision, diarrhea, dizziness, flushing, nausea, dyspepsia.	May increase risk of bleeding in patients on warfarin (Coumadin). May increase theophylline levels and toxicity.
Aspirin therapy	Used to prevent clot formation and reduce symptoms of claudication.	81-325 mg once daily. Do not crush or chew enteric coated tablets.	Cog: 0 S: 0 A: 0 Motor: 0 D: + Com: 0 F: 0	Headache, nausea, dyspepsia, tinnitus with high doses.	Increases risk of bleeding when combined with anticoagulants and other antiplatelet medications.
Statin therapy: See table 20.2.					

Cog = cognition; S = sedation; A = agitation or mania; Motor = discoordination; D = dysphagia; Com = communication; F = falls.

The likelihood rating scale for encountering the side effects is as follows: 0 = Almost no probability of encountering side effects. + = Little likelihood of encountering side effects. +/++ = Low probability of encountering side effects; however, probability increases with increased dosage. ++ = Medium likelihood of encountering side effects. +++ = High likelihood of encountering side effects, particularly with high doses. ++++ = Highest likelihood of encountering side effects; best to avoid in at-risk patients.