

# MEDICATIONS LINKED TO FALLS



Certain medications can increase your risk for falls. It is important to review your prescription, over-the-counter medications and herbal supplements that cause dizziness, sedation, blurred vision or low blood pressure with your physician and/or pharmacist if you are 65 years of age or older.

## Common prescriptions medications that may increase your risk of falls:

- ◆ Anticonvulsants (medications for seizures or mental health)
- ◆ Antidepressants (medications for mood or anxiety)
- ◆ Antipsychotics (medications for hallucinations or delusions)
- ◆ Benzodiazepines or sedative-hypnotics (“Pam” drugs for sleep or nerves)
- ◆ Opioids (or narcotics that are strong pain medications)



## Common over-the counter medications that increase your risk for falls:



- ◆ Antihistamines for colds (diphenhydramine, chlorpheniramine)
- ◆ Muscle relaxants (methocarbamol)
- ◆ Sleep Aids (Nytol, Sominex- containing dimenhydrinate)

Medication management can reduce interactions and side effects that may lead to falls. If you are falling, please notify your doctor to develop a plan to reduce your risk for falls. Options include:

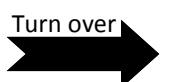


**STOP** the medications that may be causing falls

**Switch** to medications that may cause less risk of falls

**Reduce** the dose of some medications

For a list of specific medication, please see the back of this page.



# Medications and the Risk of Falling

Examples of drugs that can increase YOUR risk of falling.

## ACE Inhibitors (3)

Benazepril  
Captopril  
Cilazapril  
Enalapril/enalaprilat  
Fosinopril  
Lisinopril  
Perindopril  
Quinapril  
Ramipril  
Trandolapril

## Alcohol (1,5)

## Alpha Receptor Blockers (2,3 especially initial doses)

Alfuzosin  
Doxazosin  
Prazosin  
Tamsulosin  
Terazosin

## Anticoagulants (8)

Dalteparin  
Danaparoid  
Enoxaparin  
Heparin  
Nadroparin  
Nicoumalone  
Tinzaparin  
Warfarin

## Anticonvulsants (1,2,5,6,7)

Carbamazepine (1,2,6)  
Ethosuximide (1,2,5)  
Fosphenytoin (1,2,5,7)  
Gabapentin (1,2,5,6)  
Lamotrigine (1,2,6)  
Levetiracetam (1,2,5)  
Methsuximide (1,2,5)  
Oxcarbazepine (1,2,5,6)  
Phenobarbital (1,2)  
Phenytoin (1,2,5,7)  
Primidone (1,2)  
Topiramate (1,2)  
Valproic acid (1,2,5)  
Vigabatrin (1,2)

## Antidepressants (1,2,3,6)

Amitriptyline  
Bupropion  
Citalopram  
Clomipramine  
Desipramine  
Doxepin  
Escitalopram  
Fluoxetine  
Fluvoxamine  
Imipramine  
Maprotiline  
Mirtazapine  
Moclobemide  
Nortriptyline  
Paroxetine  
Phenelzine (1,2,3)  
Sertraline  
Tranlycypromine(2,3)  
Trazodone  
Trimipramine  
Venlafaxine

## Antihistamines, sedating (1)

*Cold medications that contain sedating antihistamines (1)*

Azatadine  
Brompheniramine  
Cetirizine  
Chlorpheniramine  
Clemastine  
Cyproheptadine  
Diphenhydramine  
Hydroxyzine  
Meclizine  
Promethazine  
Trimeprazine

## Antipsychotics (1,3,4)

Chlorpromazine  
Clozapine  
Flupenthixol  
Fluphenazine  
Haloperidol  
Loxapine  
Methotrimeprazine  
Olanzapine  
Paliperidone  
Perphenazine  
Pimozide

Pipotiazine  
Prochlorperazine  
Quetiapine  
Risperidone  
Thiopropazine  
Thiothixene  
Trifluoperazine  
Zuclopenthixol

## Corticosteroids, oral (7)

*Corticosteroids, inhaled, high-dose (7)*  
Beclomethasone  
Betamethasone  
Budesonide  
Cortisone  
Dexamethasone  
Fludrocortisone  
Fluticasone  
Methylprednisolone  
Prednisolone  
Prednisone  
Triamcinolone

## Digoxin

(side-affects unknown)

## Eye drops (6)

## Herbal and Natural health products

## Natural sleep aids

**Natural products for sexual enhancement** (possible adulteration with undeclared drugs)

## Metoclopramide (1,2,4)

## Muscle Relaxants (1,2)

Baclofen  
Carisoprodol  
Chlorzoxazone  
Cyclobenzaprine  
Dantrolene  
Methocarbamol  
Orphenadrine  
Tizanidine

## Nitrates (2,3)

Isosorbide dinitrate  
Isosorbide mononitrate  
Nitroglycerin

## NSAIDs

ASA/acetylsalicylic acid (8)

## Opiates/narcotics (1,2,3)

Alfentanil  
Butorphanol  
Codeine  
Fentanyl  
Hydromorphone  
Meperidine  
Methadone  
Morphine  
Oxycodone  
Oxymorphone  
Nalbuphine  
Pentazocine  
Propoxyphene  
Sufentanil

## Protein Pump Inhibitors (9)

Esomeprazole  
Lansoprazole  
Omeprazole  
Pantoprazole  
Rabeprazole

## Sedative/hypnotics Benzodiazepines Barbiturates (1,2,5)

Alprazolam  
Bromazepam  
Chloral hydrate  
Clorazepate  
Diazepam  
Diphenhydramine  
Doxylamine  
Flurazepam  
Lorazepam  
Midazolam  
Nitrazepam  
Oxazepam  
Pentobarbital  
Phenobarbital  
Temazepam  
Triazolam  
Zopiclone

## Thiazolidinediones (7)

Pioglitazone  
Rosiglitazone

## Index of Side-effects that are outlined above

- 1) Drowsiness
- 2) Dizziness
- 3) Hypotension
- 4) Parkinsonian effects
- 5) Ataxia/gait disturbance
- 6) Vision disturbance
- 7) Osteoporosis or reduced bone mineral density increase the fracture risk if a fall occurs
- 8) Risk of serious bleeding if a fall occurs

Drugs are listed by generic (chemical) name under each drug group. This list only includes those drugs for which there is evidence of increased risk of falls or their consequences. There may be other drugs that increase risk in certain patients. See your pharmacist for a complete Medication Review.