

PREVENT FALLS BY LEARNING ABOUT YOUR MEDICINES

These groups of medicines can contribute to falls:

Group one – these medicines may cause drowsiness or confusion

1. Anxiety and sleeping medicines, known as minor tranquilisers, e.g. Serepax, Murelax, Valium, Ducene, Normison, Temaze, Mogadon, Alodorm etc.
2. Some medicines for depression e.g. Tryptanol, Sinequan, Prothiaden and Tofranil.
3. Medicines, known as major tranquilisers, e.g. Lithicarb, Stelazine, Melleril, Largactil.
4. Allergy medicines – some anti-histamines, e.g. Phenergan, Polaramine, Avomine.
5. Cold and flu medicines containing anti-histamines e.g. Demazin, Actifed, Sinutabs and Benadryl.
6. Medicines for stomach cramps, e.g. Buscopan and Donnatabs.
7. Medicines for nausea, diarrhoea, vomiting and travel sickness e.g. Maxolon, Stemetil, Lomotil, Motilium, Andrumin, Kwells and Dramamine.
8. Strong pain medicines e.g. Digesic, Doloxene, Panadeine Forte, Codral Forte, MS Contin, Endone.

Group two – these medicines may cause dizziness or unsteadiness

1. Fluid or water tablets to lower blood pressure e.g. Lasix, Moduretic, Dithiazide and Natrilix.
2. Blood pressure lowering medicines e.g. Adalat, Norvasc, Minipress, Plendil, Isoptin, Trandate, Coversyl, Atacand, Avapro, Tenormin, Renitec and Tritace.
3. Heart Medicines, particularly Lanoxin (Digoxin) and Dilatrend. Also Anginine, Isordil, Imdur, Transiderm-Nitro patches, Sotacor and Monodur.
4. Medicines for inflammatory conditions like Arthritis e.g. Indocid, Naprosyn, Orudis, Surgam, Voltaren, Feldene and Brufen.



Health Promotion Service for Older People

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Group three – Missing a dose of these medicines may cause you to fall

1. Parkinson's Disease medicines e.g. Parlodel, Madopar and Sinemet.
2. Medicines for epilepsy e.g. Dilantin, Epilim and Tegretol.
3. Medicines for diabetes if taken with incorrect diet e.g. Daonil, Diabex, Diaformin, Diamicon, Glucophage and Minidiab.

The following medicines used long term or in high doses cause fragile bones (osteoporosis) so that if you fall, a fracture is more likely.

* Cortisone medicines e.g. Prednisone and Prednisolone

Important

- If you take any of the above medicines, talk to your doctor or pharmacist about side effects which may cause you to fall.
- These side effects may be more common when a new medicine is started or the dose is changed. Some people are affected more than others.
- Alcohol contributes to falls, particularly if taken with medicines listed here.



Acknowledgement:
Cartoon from book "Staying on Your Feet" – Central Sydney Health Service 1991



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