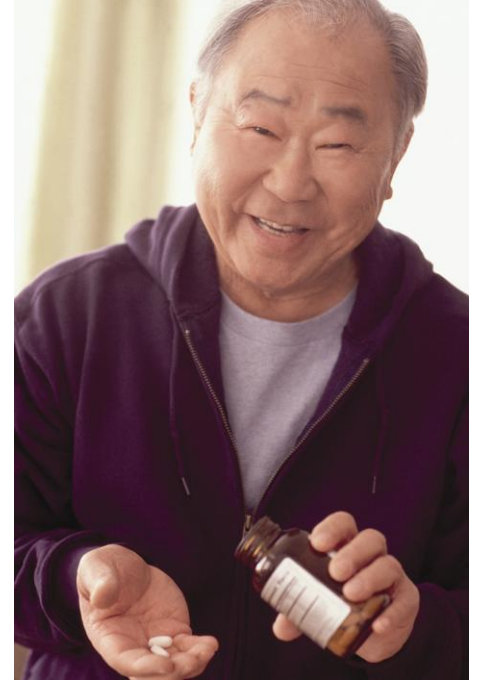


Falls Prevention – Medications

If you take anticoagulant medicines (blood thinners), always see your doctor if you have a fall. You may be at risk of severe injury and bleeding.

- Some medications can make you dizzy or drowsy and may increase your risk of a fall.
- If you start taking a new medicine, change brands, take multiple medicines, or change your normal dose, the chance of experiencing side-effects increases. Talk to your doctor if you are concerned.
- Certain over-the-counter medications may react with your prescription medicines and cause problems.
- Medicines for anxiety, depression or sleep difficulties make falls more likely.



People who take four or more medications a day are at increased risk of falling

What you can do

- Do not take anyone else's prescribed medication.
- Read medication labels in good light and follow the instructions carefully.
- Do not use out-of-date medications. Return them to your pharmacist.
- Talk to your doctor or pharmacist regularly to review your medications, including any herbs or supplements.
- Ask your pharmacist about packaging your medications in a dosette box or Webster pack to help you manage them.
- Have an up-to-date list of your medications. A medication card can be useful.

