

## Medications Associated With Falls in the Elderly

The table below lists some medications that have been associated with falls in the elderly.

<b>Medication</b>	<b>Potential adverse effects of medication contributing to falls</b>
Antidepressants e.g. amitriptyline, clomipramine, dosulepin, imipramine, fluoxetine, citalopram	Drowsiness, dizziness, confusion, postural hypotension, visual disturbances (SSRIs are less sedating and are associated with fewer antimuscarinic and cardiotoxic side effects than tricyclic antidepressants)
Antipsychotics e.g. haloperidol, risperidone, quetiapine, clozapine	Postural hypotension, drowsiness, unsteady gait, confusion
Antimuscarinic (anticholinergic) drugs e.g. atropine, hyoscine, orphenadrine, procyclidine, trihexyphenidyl	Drowsiness, dizziness, confusion, blurred vision
Benzodiazepines e.g. diazepam, temazepam, nitrazepam	Drowsiness, unsteady gait, confusion
Non-benzodiazepine hypnotics (Z Drugs) e.g. zopiclone, zolpidem	Drowsiness, unsteady gait, confusion
Dopaminergic drugs used in Parkinson's disease e.g. co-beneldopa, co-careldopa, bromocriptine, ropinirole, pramipexole, rotigotine	Sudden onset of sleep, postural hypotension, confusion
Angiotensin-converting enzyme (ACE) inhibitors e.g. captopril, ramipril, enalapril, lisinopril	Dizziness, postural hypotension
Angiotensin-II receptor antagonists e.g. candesartan, irbesartan, losartan	Dizziness, postural hypotension
Alpha-blockers e.g. doxazosin, prazosin	Dizziness, postural hypotension
Anti-arrhythmics e.g. digoxin, amiodarone, flecainide	Bradycardia, arrhythmias, dizziness
Antiepileptic drugs e.g. phenytoin, carbamazepine	Dizziness, drowsiness, confusion, visual disturbances (confusion, visual disturbances and ataxia may be signs of phenytoin toxicity)

Beta-blockers e.g. propranolol, atenolol, sotalol	Dizziness, postural hypotension
Diuretics e.g. furosemide, bumetanide, bendroflumethiazide	Dizziness, postural hypotension
Opioid analgesics e.g. morphine, codeine, dihydrocodeine, tramadol	Drowsiness, dizziness, confusion, postural hypotension, visual disturbances
Sedating antihistamines (including those in OTC medicines) e.g. promethazine, chlorphenamine	Confusion, dizziness, drowsiness, blurred vision
Calcium-channel blockers e.g. amlodipine, felodipine, nifedipine, diltiazem, verapamil	Dizziness, postural hypotension
Nitrates e.g. glyceryl trinitrate, isosorbide mononitrate, isosorbide dinitrate	Dizziness, postural hypotension