



# Know Your Medications

**Medications are used to help you feel better and can be any prescription medicine, vitamins, herbal supplements, or over-the-counter remedies you buy at the drugstore. Some medicines or combinations of medicines have side effects that make you feel drowsy, dizzy, or light-headed. These may cause you to lose your balance or feel unsteady on your feet.**

**Take Action:**

- Talk with your pharmacist and doctor about all of your medications and side effects and share with them your goal of preventing a fall.

**Four or More Medications**

- When you take four or more medications, the chance of side effects increases.
- Four medications is not a lot when you include prescriptions, over-the-counter remedies, vitamins and herbal supplements.

**Take Action:**

- Make a list of all the medications you are taking and update it every time one is started or stopped or the dose is changed.
- Carry the list of medications in your wallet or purse.
- Share your list of medications with your pharmacist and doctor.

**Over-the-Counter Medication**

- Over-the-counter medicines can include aspirin, antacids, cold medicines, pain relievers, vitamins, and herbal supplements.
- These may interact with your prescription medications.

**Take Action:**

- Include over-the-counter medicines on your list of medications.
- Ask your pharmacist and doctor about possible medication interactions.



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### **High Blood Pressure Medication**

- These medicines may cause side effects such as feeling dizzy or light-headed.
- If you feel dizzy or light-headed:
  - Slowly stand up from a seated position.
  - When getting out of bed, dangle your legs over the side of the bed for a few moments before standing.

#### **Take Action:**

- Make a list of the side effects you are experiencing and share the list with your pharmacist and doctor.

### **Alcohol and Medication**

- Alcohol can make you feel dizzy or light-headed.
- Alcohol can interact with your medicines.
- Alcohol may make medicines less effective or cause side effects.

#### **Take Action:**

- If you drink alcohol, ask your pharmacist and doctor to explain how alcohol interacts with your medicines and if alcohol should be avoided.