

What can I do to decrease the risk of falling caused by medications?

Fill in the checklist!



- I ask my GP and pharmacist to check my medication yearly.
- I ask my pharmacy for an up-to-date medication list.
- I tell my GP, consultant and pharmacist which medications I bought over the counter or which I bought at a foreign pharmacy.
- I use only my own medication and I only use the prescribed amount of medication.
- I ask my doctor or pharmacist whether I use medication that might increase my fall risk.
- When I get a new prescription, I ask about the possible side effects and if this medication can be taken together with my other medications.
- I inform my GP when I have fallen, even if I didn't sustain (major) injuries.
- I ask my GP for a general leaflet about falls and fall prevention.

Useful website for more information



Can my medications cause a fall?

Medication and falls often go hand in hand

Do I use medications that increase my risk for falling?



Certain medications can affect your blood pressure, balance or brain. The following medications can increase your risk for falling:

- Sleeping tablets or drugs for anxiety
- Strong painkillers like morphine, tramadol and oxycodone
- Blood pressure medication
- Water pills
- Sedatives
- Antidepressants and medication for mania
- Medication for psychosis and/or delirium
- Medication for epilepsy
- Medication for heart problems

The risk of falling increases if you use several daily medications. Even if you use medication for a long time, you can still fall due to these medications.

If you have any doubt, always contact your pharmacist or general practitioner.

When should I ask my general practitioner about medication and falls?



Always ask your GP about your medication if:

- You use medication listed on the previous page
- You feel drowsy, dizzy or sleepy
- You have a fear of falling or you walk unsteadily
- You have five or more different medications daily
- You are prescribed a new medication
- You have fallen within the last year

Do you have an appointment with your GP or consultant? Always bring an up-to-date medication list with you. You can obtain this at your pharmacy.

It is important that you always consult your GP, consultant or pharmacist if you want to stop usage or reduce dosage of your medication. Don't hesitate to ask.

How can the pharmacist help me?



Your pharmacist knows if your medications can be taken together or if there are combinations that increase your risk of falling

- Ask your pharmacist to educate you about your medication and possible side effects
- Report any concerns about your medication use to your pharmacist
- Tell your pharmacist if you are experiencing side effects. Perhaps you can use less of this medication or another drug is more suitable for you
- Ask your pharmacist whether you can take all your different medications together
- Ask your pharmacist how to properly take your medication and what the best time of the day is to take your medications

Always try to go to the same pharmacy. This allows your pharmacist to have a good and up-to-date overview of all medication that you use.

Be aware!

As you get older, medications stay in your body longer.