

## Medicines That Can Increase Your Fall Risk

Certain medicines can increase the risk of falls and should not be taken if you have fallen in the past. They can make you drowsy or dizzy. They can also decrease your mental alertness.

Falls can lead to more hospital visits and may result in high medical costs. Some common medicines that can increase your risk for falls include:

### Medicines for Seizures:

- carbamazepine (Tegretol)
- divalproex (Depakote)
- gabapentin (Neurontin)
- lamotrigine (Lamictal)
- levetiracetam (Keppra)
- pregabalin (Lyrica)
- topiramate (Topamax)

### Medicines for Depression:

- amitriptyline (Elavil)
- citalopram (Celexa)
- desvenlafaxine (Pristiq)
- duloxetine (Cymbalta)
- escitalopram (Lexapro)
- fluoxetine (Prozac)
- nortriptyline (Pamelor)
- paroxetine (Paxil)
- sertraline (Zoloft)
- venlafaxine (Effexor)

### Medicines for Mood:

- aripiprazole (Abilify)
- olanzapine (Zyprexa)
- quetiapine (Seroquel)
- risperidone (Risperdal)

### Medicines for Anxiety:

- alprazolam (Xanax)
- clonazepam (Klonopin)
- diazepam (Valium)
- lorazepam (Ativan)

### Medicines for Sleep:

- eszopiclone (Lunesta)
- temazepam (Restoril)
- zaleplon (Sonata)
- zolpidem (Ambien)

If you have fallen in the past and are taking one of these medicines, talk with your doctor about what you can do to lower your risk of future falls. If you have any side effects, talk with your doctor about changing your medicine.

Contact OneCare Customer Service toll-free at **1-877-412-2734**, 24 hours a day, 7 days a week. We have staff who speak your language. TTY users can call toll-free at **1-800-735-2929**. Visit us at **[www.caloptima.org](http://www.caloptima.org)**.

