

# Medicines That Can Increase Your Fall Risk

Certain medicines can increase your 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)

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.

If you have questions, contact OneCare Customer Service toll-free at **1-877-412-2734 (TTY 711)**, 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at [www.caloptima.org/OneCare](http://www.caloptima.org/OneCare).



## 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)



CalOptima Health, A Public Agency

Medicines that Increase Your Fall Risks\_E  
IR24\_PD002\_H5433  
MMA 3172 10-20-23 RX