

Common Medications and Substances Associated with Increased Falls in the Elderly

Psychotropics

Very high risk – especially benzodiazepines

Antidepressants

Citalopram (Celexa)
Fluoxetine (Prozac)
Fluvoxamine (Luvox)
Paroxetine (Paxil)
Sertraline (Zoloft)
Venlafaxine (Effexor)
Amitriptyline (Elavil)
Bupropion (Wellbutrin)
Clomipramine (Anafranil)
Desipramine (Norpramin)
Doxepin (Sinequan)
Imipramine (Tofranil)
Mirtazapine (Remeron)
Moclobemide (Manerix)
Nortriptyline (Aventyl)
Trazodone (Desyrel)

Anticonvulsants

Carbamazepine (Tegretol)
Gabapentin (Neurontin)
Lamotrigine (Lamictal)
Phenobarbital
Phenytoin (Dilantin)
Topiramate (Topamax)
Valproate (Depakene)
Vigabatrin (Sabril)

Benzodiazepines

Long-acting:

Chlordiazepoxide (Librium)
Clonazepam (Rivotril)
Diazepam (Valium)
Flurazepam (Dalmane)

Intermediate-acting:

Alprazolam (Xanax)
Lorazepam (Ativan)
Nitrazepam (Mogadon)
Oxazepam (Serax)
Temazepam (Restoril)

Short-acting:

Triazolam (Halcion)
Midazolam (Versed)

Antihistamines/Antinauseants

Dimenhydrinate (Gravol)
Diphenhydramine (Benadryl)
Meclizine (Bonamine)
Metoclopramide (Maxeran)
Prochlorperazine (Stemetil)
Promethazine (Phenergan)
Scopolamine patch (Transderm-V)

Antipsychotics

Atypical:

Clozapine (Clozaril)
Olanzapine (Zyprexa)
Quetiapine (Seroquel)

Neuroleptics:

Chlorpromazine (Largactil)
Haloperidol (Haldol)
Hydroxyzine (Atarax)
Lithium
Loxapine (Loxapac)
Methotrimeprazine (Nozinan)
Perphenazine (Trilafon)
Prochlorperazine (Stemetil)
Risperidone (Risperdal)
Thioridazine (Mellaril)
Trifluoperazine (Stelazine)

Alzheimer's Drugs

Donepezil (Aricept)
Galantamine (Reminyl)
Rivastigmine (Exelon)

Antiparkinsonian Agents

Risk of postural hypertension increases when used with antihypertensives

Amantadine (Symmetrel)
Bromocriptine (Parlodel)
Entacapone (Comtan)

Levodopa/Benserazide (Prolopa)
Levodopa/Carbidopa (Sinemet)
Pergolide (Permax)

Pramipexole (Mirapex)
Selegiline (Eldepryl)

Alcohol

The most commonly used substance by seniors

The best practice when taking medications is to abstain. Liquid medications may contain ethanol

There is no such thing as a trivial fall – the next one might be devastating.

Adapted from Niagara Health System Falls Prevention Program, Regional Niagara Public Health Department (2004).
Original Concept from Baycrest Centre for Geriatric Care Fall Risk Assessment (1996).

Common Medications and Substances Associated with Increased Falls in the Elderly

Antihypertensives

Angiotensin II Receptor Antagonists

Candesartan (Atacand)
Eprosartan (Teveten)
Irbesartan (Avapro)
Losartan (Cozaar)
Telmisartan (Micardis)
Valsartan (Diovan)

ACE Inhibitors

Benazepril (Lotensin)
Captopril (Capoten)
Perindopril (Coversyl)
Cilazapril (Inhibace)
Ramipril (Altace)
Lisinopril (Prinivil, Zestril)
Quinapril (Accupril)
Fosinopril (Monopril)

Beta Blockers

Acebutalol (Sectral)
Atenolol (Tenormin)
Bisoprolol (Monacor)
Carvedilol (Coreg)
Labetalol (Trandate)
Metoprolol (Lopressor)
Propranolol (Inderal)
Sotalol (Sotacor)
Timolol (Blocadren)

Calcium Channel Blockers

Amlodipine (Norvasc)
Diltiazem (Cardizem)
Felodipine (Plendil)
Nifedipine (Adalat)
Verapamil (Isoptin)

Diuretics

Amiloride/HCTZ (Moduret)
Furosemide (Lasix)
Hydrochlorothiazide
Triamterene/HCTZ

Vasodilators

Isosorbide (Isordil)
Hydralazine (Apresoline)
Nitroglycerine (Nitro-Dur)
Terazosin (Hytrin)

Narcotics

Acetaminophen-Codeine-Caffeine (Tylenol 1/2/3)
Codeine
Fentanyl
Hydromorphone (Dilaudid, Hydromorph Contin)

Meperidine (Demerol)
Morphine (MOS, MS Contin, M-Eslon)
Oxycodone (Percocet/Percodan, OxyContin)
Pentazocine (Talwin)

Over the Counter

OTCs may contain medications identified in this resource. Medications **with line-extensions**, e.g. (Tylenol-**Cold**) contain more than one substance.

Allergy medications	Cold remedies	Muscle relaxants	Some herbal and alternative remedies
Antinauseants	Cough preparations	Painkillers	
		Sleeping pills	

There is no such thing as a trivial fall – the next one might be devastating.

Adapted from Niagara Health System Falls Prevention Program, Regional Niagara Public Health Department (2004).
Original Concept from Baycrest Centre for Geriatric Care Fall Risk Assessment (1996).