

Dear Patient

You are being given this leaflet as there is the possibility that one or several of the medications that you are taking could increase the risk of you having a fall.

There are many things that may increase your chance of losing balance, feeling dizzy and falling over. We would like to increase your awareness of the factors that can increase risk of falls and provide advice to reduce your risk of falling and to help keep you safe.

Many medications can increase your chances of falls, here is a list of some of the types of medicines that may affect you (this is not an exhaustive list);

- Blood pressure tablets
- Heart medicines
- Diuretics or water tablets
- Muscle relaxers
- Laxatives
- Sleeping tablets
- Painkillers
- Antihistamines



### **What can I do?**

Check to see if any medications you take are listed

Ask your pharmacist about the effects they can have and any precautions you should take.

Taking more than four medicines can increase your risk of having a fall. Ensure that a health professional has reviewed your medications in the last six months to check they are still the most effective for you.

Medicines to help you sleep should not be taken for long periods, ask your doctor, pharmacist or nurse for help in stopping them.

Alcohol may increase your risk of having a fall when mixed with some medication. Be aware of the increased effects alcohol may have.

If you have concerns about your mobility, please ask for help rather than attempting things on your own.

Please ask to see the physiotherapist who may be able to provide further advice and support.