

Drugs Which May Increase the Risk of Falls

Group/BNF Class	Common Drug Names	Risk Factors	Comments
Antidepressants	Tricyclics (TCAs) amitriptyline, dosulepin (dothiepin), imipramine, lofepramine. SSRIs – citalopram, fluoxetine, paroxetine, sertraline. Other – trazodone, mirtazapine, venlafaxine	Drowsiness, blurred vision, dizziness, postural hypotension, constipation, retention of urine.	<ul style="list-style-type: none"> Review indication. Stop if possible. May need to withdraw slowly. Consider changing a TCA to a SSRI. Consider specialist referral if further advice needed.
Antipsychotics	Chlorpromazine, haloperidol, lithium, trifluoperazine, quetiapine, olanzapine, risperidone, amisulpride, clozapine	Postural hypotension, confusion, drowsiness, Parkinsonian symptoms.	<ul style="list-style-type: none"> Review indication. In long term use do not stop without specialist opinion. For acute use see Rapid Tranquillisation policy
Sedatives and hypnotics	Temazepam, diazepam, lorazepam, nitrazepam, , chlordiazepoxide, chloral betaine (Welldorm), clomethiazole. Zopiclone, zolpidem	Drowsiness which can last into the next day, lightheadedness, confusion, loss of memory. Ataxia, Nightmares, hallucinations	<ul style="list-style-type: none"> Stop if possible. Long term use will need slow withdrawal.
Drugs for Parkinson's Disease	Co-beneldopa, co-careldopa, rotigotine, amantadine, entacapone, selegiline, ropinirole	Sudden daytime sleepiness, dizziness, insomnia, confusion, low blood pressure, blurred vision.	<ul style="list-style-type: none"> May not be possible to change. Do not change without specialist opinion. Check for postural hypotension.
Drugs with anti-cholinergic side effects (Antimuscarinics)	Procyclidine, trihexyphenidyl (Benzhexol), prochlorperazine, oxybutynin, tolterodine, solifenacin, trospium	Dizziness, blurred vision, retention of urine, confusion, drowsiness, hallucinations.	<ul style="list-style-type: none"> Review indication. Reduce dose or stop if possible.
Drugs for dementia	Donepezil, galantamine, rivastigmine, memantine	Dizziness, drowsiness, hallucinations	Review Indication and dose
Cardiovascular drugs ACE inhibitors / Angiotensin-II antagonists Vasodilators Diuretics Beta-blockers Alpha-blockers Anti-arrhythmics	Ramipril, lisinopril, captopril, perindopril/irbesartan, candesartan, losartan. Hydralazine bendroflumethiazide, bumetanide, indapamide, furosemide, amiloride, spironolactone, metolazone. Atenolol, bisoprolol, carvedilol, propranolol, sotalol, metoprolol. Doxazosin, alfuzosin, terazosin, tamsulosin. Digoxin, flecainide, amiodarone, disopyramide	Low blood pressure, postural hypotension, dizziness, tiredness, sleepiness, confusion. Increased urinary frequency and urgency.	<ul style="list-style-type: none"> Check lying and standing BP. Review indication Review dose. May not be possible to stop. <p>Alpha-blockers also used for benign prostatic hyperplasia - consider alternative.</p>
Opiate Analgesics	Codeine, tramadol, morphine, oxycodone, fentanyl, buprenorphine	Drowsiness, confusion, hallucinations, postural hypotension.	<ul style="list-style-type: none"> Review dose. Use analgesic pain ladder to avoid excess use. In elderly use low dose increase slowly
Anti-epileptics	Carbamazepine*, sodium valproate*, gabapentin, lamotrigine, clonazepam, phenytoin*, phenobarbitone*, primidone*.	Drowsiness, dizziness, blurred vision.	<ul style="list-style-type: none"> Consider indication (some are also used for pain control or mood stabilisation). May need specialist review in problem cases. *Consider Vitamin D supplements for at risk patients on long-term treatment with these drugs.

Never stop or withhold medication without agreement from the medical team.

This can never be an exhaustive list but includes the higher-risk drugs known to contribute to falls.