



Appendix C: Medications Contributing to the Risk of Falling

Examples of drugs that can increase the risk of falling, or of a serious outcome if a fall occurs, and possible mechanisms.

Falls are often caused by multiple factors. This list should be used in conjunction with other fall prevention strategies. A patient should not be denied beneficial or necessary drug therapy based on this list.

Possible mechanisms (often unclear): (1) Drowsiness. (2) Dizziness. (3) Hypotension/orthostatic hypotension. (4) Parkinsonian effects. (5) Ataxia/gait disturbance. (6) Vision disturbance. (7) Osteoporosis or reduced bone mineral density increases the fracture risk if a fall occurs. (8) Risk of serious bleeding if a fall occurs. Individualize therapy. (9) Fracture risk; mechanism unclear. (10) Hypoglycemia. (11) Theoretical due to potential hypoglycemia. (12) Conflicting evidence; many studies do not find an association between antihypertensive drugs and falls or fractures with beta blockers, ARBs, calcium channel blockers or diuretics; caution with high doses and when beginning therapy. (13) Syncope.

Drugs that can increase the risk of falling, or of a serious outcome if a fall occurs (and possible mechanisms)	Generic (chemical) name
ACE Inhibitors (3)	Benazepril, Captopril, Cilazapril, Enalapril, Fosinopril, Lisinopril, Perindopril, Quinapril, Ramipril, Trandolapril
Alcohol (1,5)	
Alpha Receptor Blockers (2, 3, 13 especially initial doses)	Alfuzosin, Doxazosin, Prazosin, Silodosin, Tamsulosin, Terazosin
Anticoagulants (8)	Acenocoumarol (nicoumalone), Apixaban, Dabigatran, Dalteparin, Enoxaparin, Fondaparinux, Heparin, Rivaroxaban, Tinzaparin, Warfarin
Antiplatelet Drugs	Acetylsalicylic Acid, Clopidogrel, Prasugrel, Ticagrelor, Ticlopidine
Anticonvulsants (1,2,5,6,7)	Brivaracetam (1,2,5), Carbamazepine (1,2,6), Clonazepam (1,2,5), Ethosuximide (1,2,5), Gabapentin (1,2,5,6), Lacosamide (1,2,5,6), Lamotrigine (1,2,6), Levetiracetam (1,2,5), Oxcarbazepine (1,2,5,6), Phenobarbital (1,2), Phenytoin (1,2,5,7), Pregabalin (1,2,6), Primidone (1,2), Rufinamide (1,2,5), Topiramate (1,2), Valproic acid (1,2,5), Vigabatrin (1,2)
Antidepressants (1,2,3,5,6,7)	Amitriptyline, Bupropion, Citalopram (1,2,3,6,7), Clomipramine, Desipramine, Desvenlafaxine, Doxepin, Duloxetine, Escitalopram (1,2,3,6,7), Fluoxetine (1,2,3,6,7), Fluvoxamine (1,2,3,6,7), Imipramine, Lithium, Maprotiline, Mirtazapine, Moclobemide, Nortriptyline, Paroxetine (1,2,3,6,7), Sertraline (1,2,3,6,7), Tranylcypromine (2,3), Trazodone, Trimipramine, Venlafaxine, Vortioxetine
Antidiabetic drugs	Albiglutide (11), Canagliflozin (3, 7), Chlorpropamide (11), Dapagliflozin (3, 7), Delaglutide (11), Empagliflozin (3, 7), Exenatide (11), Glucalazine (11), Glimepiride (11), Glyburide (11), Insulin (10), Liraglutide (AHFS), Repaglinide (11), Pioglitazone (7), Tolbutamide (11)
Antiemetics	Aprepitant (2,5), Dimenhydrinate (1), Fosaprepitant (2,5), Nabilone (1,2,3,6), Scopolamine (1,6)
Antihistamines, sedating (1) Cold Medications that contain sedating antihistamines (1)	Brompheniramine, Cetirizine, Chlorpheniramine, Diphenhydramine, Hydroxyzine, Trimeprazine
Antihypertensive Drugs, other (see 12)	Beta blockers, Calcium Channel Blockers
Antiparkinson Drugs (1,3,5)	Bromocriptine (1,3), Entacapone (1,3,5), Levodopa (1,3,5), Pramipexole (1,3,5), Rasagiline (1,3,5), Ropinirole (1, 3,5), Rotigotine (1,3,5), Selegiline (3,5)
Antipsychotics and Related Drugs (1,3,4)	Aripiprazole, Asenapine, Chlorpromazine, Clozapine, Flupenthixol, Fluphenazine, Haloperidol, Loxapine, Lurasidone, Methotrimeprazine, Olanzapine, Paliperidone, Perphenazine, Pimozide, Prochlorperazine, Quetiapine, Risperidone, Thiothixene, Trifluoperazine, Ziprasidone, Zuclopenthixol
Caffeine, large amounts (7)	

Drugs that can increase the risk of falling, or of a serious outcome if a fall occurs (and possible mechanisms)	Generic (chemical) name
Cannabinoids (1,2,3)	Cannabidiol, Marijuana
Chemotherapy (7)	Anastrozole, Bicalutamide, Buserelin, Exemestane, Goserelin, Histrelin, Letrozole, Leuprolide, Methotrexate, Triptorelin
Cholinesterase inhibitors (13)	Donepezil, Galantamine, Rivastigmine
Corticosteroids, oral (7)	
Corticosteroids, inhaled, high-dose (7)	Beclomethasone, Betamethasone, Budesonide, Ciclesonide, Cortisone, Dexamethasone, Fludrocortisone, Fluticasone, Hydrocortisone, Methylprednisolone, Mometasone, Prednisolone, Prednisone, Triamcinolone
Digoxin (mechanism unknown)	n/a
Diuretics, loop and thiazide	Bumetanide, Chlorthalidone, Furosemide, Hydrochlorothiazide, Indapamide, Metolazone
Eye drops (6)	n/a
Herbal products, Natural Health Products, Natural Sleep Aids, Natural Products for Sexual Enhancement (possible adulteration with undeclared drugs)	n/a
Metoclopramide (1,2,4)	
Muscle Relaxants (1,2)	Baclofen, Chlorzoxazone, Cyclobenzaprine, Dantrolene, Methocarbamol, Orphenadrine, Tizanidine
Nitrates (2,3,13)	Isosorbide dinitrate, Isosorbide mononitrate, Nitroglycerin
NSAIDs	ASA/acetylsalicylic acid (8)
Opiates/Narcotics (1,2,3)	Buprenorphine, Butorphanol, Codeine, Fentanyl, Hydromorphone, Meperidine, Methadone, Morphine, Oxycodone, Sufentanil
Proton Pump Inhibitors (9)	Dexlansoprazole, Esomeprazole, Lansoprazole, Omeprazole, Pantoprazole, Rabeprazole
Sedative/hypnotics, Benzodiazepines Barbiturates (1,2,5)	Alprazolam, Bromazepam, Buspirone, Chloral hydrate, Chlordiazepoxide, Clobazam, Clonazepam, Clorazepate, Diazepam, Diphenhydramine, Doxylamine, Flurazepam, Lorazepam, Midazolam, Nitrazepam, Oxazepam, Phenobarbital, Temazepam, Triazolam, Zopiclone

Drugs are listed by generic (chemical) name under each drug group. For Brand (manufacturer's) names, check in the Compendium of Pharmaceuticals and Specialties under the generic product monograph.

This list includes only those drugs for which there is evidence of increased risk of falls or their consequences or a logical potential risk. There may be other drugs that increase this risk in certain patients.

List above published by [Finding Balance BC: Medications and the Risk of Falling](#)