

Falls Are Preventable

Manage Your Medicines

Did you know that some medications can make you dizzy or drowsy and may increase your risk of a fall?

If you start taking a new medicine, change to a new brand, take multiple medicines or change your normal dose, the chance of experiencing side effects increases.

Did you know that certain over the counter medications may react with your prescription medicines?

Medicines for anxiety, depression or sleep difficulties make falls more likely.



What Can You Do?

Do not take anyone else's prescribed medication.

Read medication labels in good light and follow the instructions carefully.

Do not use out of date medications, return them to your pharmacist.

Talk to your doctor or pharmacist regularly to review your medications, including any herbs or supplements.



Have an up-to-date list of all medications including herbal and supplements taken. Take to all health appointments.

Talk to you pharmacist about using a 'dosette box' or Webster pack to help you manage your medications.



Health
Central Coast
Local Health District

For more information on how to avoid a fall go to
www.healthpromotion.com.au
or contact the Health Promotion Service on 4320 9700.