





## Topic of the month: Medications to Avoid or Use with Caution



### DID YOU KNOW?

People over the age of 65 might be more sensitive to certain medications.

Here are some commonly used over-the-counter (OTC) medications (purchased without prescriptions) that older adults need to avoid or use with caution, and the reasons why.

| MEDICATION TO AVOID OR USE CAUTIOUSLY                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | REASON(S)                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. ANTIHISTAMINES</b><br>a. Diphenhydramine, Chlorpheniramine included in: <ul style="list-style-type: none"> <li>Allergy medications (e.g. Benadryl®)</li> <li>Cold medications (e.g. Tylenol® Cold, Advil® Cold and Sinus, Buckley's®, Benlyn®)</li> <li>OTC Sleep products (e.g. Tylenol® NightTime, Advil® PM, Aleve® PM, Sleep.eze®, Nytol®, Unisom®)</li> </ul> b. Dimenhydrinate, included in: <ul style="list-style-type: none"> <li>Nausea and Motion Sickness medications (e.g. Gravol®)</li> </ul> |  <p><b>DROWSINESS</b></p>  <p><b>DRY MOUTH</b></p>                                                |
| <b>2. MUSCLE RELAXANTS</b><br><ul style="list-style-type: none"> <li>Methocarbamol (e.g. Robaxin®, Robaxacet®, Robax Platinum®)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                       |  <p><b>INCREASE YOUR RISK OF FALLS</b></p>  <p><b>CONSTIPATION AND PROBLEMS URINATING</b></p> |
| <b>3. NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)</b><br>a. Pain Killers <ul style="list-style-type: none"> <li>Acetylsalicylic Acid (ASA) (e.g. Aspirin® &gt;325mg/day)</li> <li>Ibuprofen (e.g. Advil®/Motrin®)</li> <li>Naproxen (e.g. Aleve®)</li> </ul>                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>↑ Increase the risk of bleeding stomach ulcers</li> <li>↑ Increase blood pressure</li> <li>↓ Affect your kidney function</li> <li>↓ Make heart failure worse</li> </ul>                                                         |

### IF YOU ARE TAKING ANY OF THESE MEDICATIONS...



**TALK TO YOUR  
HEALTHCARE  
PROVIDER OR  
PHARMACIST**



**BE EXTRA-CAUTIOUS  
WHEN USING OTC  
MEDICATIONS IF  
YOU HAVE KIDNEY  
PROBLEMS**



**DO NOT STOP TAKING  
ANY MEDICATIONS  
WITHOUT FIRST  
TALKING TO YOUR  
HEALTHCARE PROVIDER**

References: Ten Medications Older Adults Should Avoid Or Use With Caution <https://www.healthinaging.org/tools-and-tips/ten-medications-older-adults-should-avoid-or-use-caution>