

Are your medications still right for you?

As life changes, your medication needs may change as well. Medications that were once good for you may not be the best choice for you today.

These medications can cause anticholinergic side effects.

- Amitriptyline (Elavil®)
- Benztropine (Congentin®)
- Cyclobenzaprine (Flexeril®)
- Cyproheptadine (Periactin®)
- Dicyclomine (Bentyl®)
- Doxepin (Sinequan®)
- Fesoterodine (Toviaz®)
- Hydroxyzine (Atarax®)
- Hydroxyzine Pamoate (Vistaril®)
- Meclizine (Antivert®)
- Nortriptyline (Aventyl®/Pamelor®)
- Oxybutynin (Ditropan®)
- Paroxetine (Paxil®)
- Solifenacin (VESIcare®)
- Tolterodine (Detrol®)
- Trosipium (Sanctura®)

Anticholinergic side effects include:

- dry mouth
- blurred vision
- drowsiness
- constipation
- urinary problems

As people age, they are more likely to experience side effects. Because of this, experts recommend that people on these medications talk to their doctor about whether they should continue, reduce, or stop these medications.

Do not stop this medication before talking with your doctor. Certain medications must be reduced slowly and should not be stopped suddenly. Stopping too quickly may cause problems.

Your doctor can suggest alternative medications or lifestyle changes that may help you

What should you do?

- If someone helps you with your medications at home, share this information with them.
- **Bring this information sheet to your doctor.**
- Ask your doctor whether reducing or stopping this medication is the right choice for you.

