

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.

The **medications** in this box are sometimes used **for anxiety or sleep**:

- Alprazolam (Xanax®)
- Clonazepam (Klonopin®)
- Diazepam (Valium®)
- Eszopiclone (Lunesta®)
- Lorazepam (Ativan®)
- Temazepam (Restoril®)
- Zolpidem (Ambien®)



These medications can cause **side effects** including:

- falls and fractures
- dizziness
- worsened memory problems
- daytime fatigue
- dependence

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

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

Your doctor may 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.

