Medicate right to stay upright
Some medicines can make you fall more easily

Heart and blood pressure medicines

Fluid tablets

Sleeping tablets

Medicines for mood or anxiety

Pain killers

Here are some of the side effects to look out for

Sleepiness

Balance problems

Dizziness

Blurry vision

Talk to your doctor or pharmacist if you are worried about your medicines or think you have had any unwanted side effects from your medicines

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