



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