

# Your Medicines and Staying Safe on the Road

Many medicines can affect your ability to stay safe on the road. This includes prescription medicines, over-the-counter medicines, and supplements. Taking medicines with alcohol or marijuana, or taking multiple medicines together, can also lead to side effects.

## Have you noticed that your medicines or medicine combinations make you:

- ☐ Shaky
- ☐ Dizzy
- ☐ Physically or mentally tired
- ☐ Confused
- ☐ Less alert than usual
- ☐ Feel off balance

If you have noticed any of these side effects, your medicines may be affecting your ability to stay safe on the road. But you can take action to keep driving safely.

## What you can do to stay safe on the road:

You can still stay safe on the road while taking most medicines. To ensure you're aware of how your medicines may affect your driving:

- Make a list of all prescription medicines, over-the-counter medicines (like vitamins, aspirin, allergy medicine, and sleep aids), and supplements you take.
- Write down how much you take, when you take it, and how often you take it.
- List any side effects you might have.
- Talk to your doctor or pharmacist about your medicine list and any side effects.
- Your doctor or pharmacist may be able to adjust the type of medicine, how much you take, and when you take it to reduce your side effects.

Never stop taking your medicines or make any changes unless your doctor or pharmacist tells you to. By creating your medicines list and talking with your healthcare provider, you can make better choices to manage your health and stay safe on the road.

## Learn more:

- National Institute on Aging article, [Taking Medicines Safely as You Age](#)
- US Food and Drug Administration article, [Some Medicines and Driving Don't Mix](#)
- Learn more about your medicine and side effects at [RXList](#)

## My Medicines List

Name of Medicine	How Much I Take	When/How Often I Take It	Side Effects With This Medicine

### General Side Effects and Concerns

Write down any other side effects you would like to talk about with your doctor, especially if you are unsure which medicine is causing them.

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