

## **PLEASE READ Sign and Date on the Bottom : Medications & Safe Driving**

The Food and Drug Administration (FDA) advises patient to make sure that medications they are taking are safe if they have to operate a vehicle. While most medications don't affect driving ability, some prescription and over-the-counter (OTC) medicines can cause reactions that may make it unsafe to drive. These reactions may include: sleepiness/drowsiness, blurred vision, dizziness, slowed movement, fainting, inability to focus or pay attention, nausea and excitability.

Knowing how medications, or any combination of them, affect the patient's ability to drive is clearly a safety measure involving the patient, passengers, and others on the road. Products that could make it dangerous to drive include:

- prescription drugs for anxiety
- some antidepressants
- products containing codeine
- some cold remedies and allergy products
- tranquilizers
- sleeping pills
- pain relievers
- diet pills, "stay awake" drugs, and other medications with stimulants (e.g. caffeine, ephedrine, pseudoephedrine)

Products that contain stimulants may cause excitability or drowsiness. Also, never combine medication and alcohol while driving.

Prescribers must pay increased attention to obtaining occupational history of their patients prior to prescribing psychoactive medications. If a patient is taking one of these medications, but is also expected to work, pull duty, or run errands, here are some tips for what to do:

1. Don't stop using your medicine unless your doctor tells you to. Take medications at prescribed levels and dosages.
2. Patient must inform health care professionals about all of the products they are taking, including prescription, OTC, and herbal products. Talk to health care professionals about side effects. Doctors and pharmacists can tell you about known side effects of medications, including those that interfere with driving. Health care professionals may be able to:
  - adjust the dose
  - adjust the timing of doses or when you use the medicine
  - add an exercise or nutrition program to lessen the need for medicine
  - change the medicine to one that causes less drowsiness
3. Learn to know how your body reacts to the medicine and supplements. Keep track of how you feel, and when the effects occur.
4. In case of an emergency, carry a list of all medications you are taking, including product names and dosages.
5. Alternatives to driving yourself: planning ahead will help get you to the places you want to go. Consider the following alternatives to driving yourself:
  - rides with family and friends
  - taxi cabs
  - shuttle buses or vans
  - public buses, trains, and subways
  - walking

**Signature of Patient or Guardian**

**Date**

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Modified from FDA Consumer Health Information: Some Medications & Driving Don't Mix  
<http://www.fda.gov/downloads/ForConsumers/ConsumerUpdates/ucm107902.pdf>

**Please feel free to ask for a copy at any time**