

# Rx for Safe Driving:

## Medications and driving don't always mix.

When it comes to drinking alcohol and driving, most people are pretty clear: you don't do it. But what about when you've taken some painkillers, or a cold remedy? What about the medications prescribed by your doctor?

Prescription medications have made aging, and the health conditions that accompany the process, much easier to manage. Unfortunately, these medications and driving don't always mix. Many medications can cause drowsiness, sap energy and slow reaction time.

An additional factor can be a dangerous drug interaction. Many times, older people see more than one doctor, each who may prescribe a different type of medication. When taken together, some drugs can multiply impairment and make it extremely risky to operate a vehicle.

### What you need to know:

Not all medications affect your driving, but quite a few do. Some medications can also interact with alcohol, making drinking and driving more dangerous, even if you have had less to drink than the legal alcohol limit. **The types of drugs most likely to increase the risk of a car crash are:**

- treatments for diabetes that lower your blood sugar,
- treatments for epilepsy or Parkinson disease,
- calming drugs such as tranquilizers, stimulants, antidepressants, and
- drugs that affect the nervous system, such as strong painkillers, antipsychotics, & beta-blockers.

### What you need to do:

Read the fine print. If a medication you're taking is labeled "Do not use while operating heavy machinery," let someone else drive. **If any medication makes you feel sleepy or disoriented, don't drive.**

Also remember to:

- Inform your doctor about any non-prescription medications you are taking. This includes alcohol, which can interact with some drugs and cause serious side effects.
- Discuss your medications and their effects with your doctor or pharmacist.
- Always check with your doctor before stopping any medication.



[www.bcstopdwi.com](http://www.bcstopdwi.com)



# Roadwise



*Your tool for understanding how medications may affect you and your driving.*

Did you know some over-the-counter medications can increase crash risk by up to 41 percent? Use AAA's free online tool, Roadwise Rx, to explore how your medications impact your safety behind the wheel.

Roadwise Rx is a tool designed to help you learn more about your medications and how they may affect your driving.

Once you have entered all your medications that you are currently taking, both prescribed and over-the counter, click "View Results" to find any "interactions, warnings and information" about your medications.

Medications have intended and unintended effects on your body, and these effects change based on the other medications that you're taking and the foods that you eat. Not only does that affect how you feel, many of these effects can also impact your ability to drive safely.

## [www.RoadwiseRx.com](http://www.RoadwiseRx.com)

**Medication Interactions Detected**

RoadwiseRx found one or more warnings about the medication you are taking. Click on a tab below to learn about medication interactions, single medication information, driver warnings, and potential food interactions.

[Edit Medications List](#)

Click below to see your results

⚡	Interactions:	1 Found
🍏	Food Interactions:	3 Found
🚗	Driver Warnings:	4 Found
📄	Medication Info:	3 Found

Medication Interactions 1 | Food Interactions 3 | Driver Warnings 4 | Learn More About Your Medication 3

Medications with potentially **Major** interactions when taken together:

***Be Informed. Be Safe. Be Roadwise.***

***Enhancing the quality of life for midlife and older adults in the Southern Tier since 1967***

***Don't let the name fool you***

**Action  
for Older  
Persons**

**722-1251**  
[www.ActionforOlderPersons.org](http://www.ActionforOlderPersons.org)

***We help people of ALL ages!***