

MEDICATIONS AND THE HEAT

Before the onset of warmer weather, ask your doctor, pharmacist or nurse if your medications increase your sensitivity to heat.

If you are taking any of the medications listed below, you are at greater risk for heat-related illnesses.

If you are on two or more medications, your risk could be increased.

You should **not** modify how you take your medication unless you have first consulted with your doctor.

Please note that these lists may not be complete. Some drugs have different brand names, so check with your doctor, nurse or pharmacist to be sure.

Common medications:

- Some antihistamines (**Benadryl, Dimetapp, Chlor-Tripolon**)
- Over-the-counter sleeping pills (eg. **Nytol**)
- Anti-diarrhea pills (eg. **Lomotil**)
- Pseudoephedrine (**Sudafed**)

Anti-depressant drugs such as:

- **Prozac, Zoloft**, other SSRIs
- amitriptyline (**Elavil**)
- clomipramine (**Anafranil**)
- desipramine (**Norpramin, Pertofane**)
- doxepine (**Sinequan**)
- imipramine (**Tofranil**)
- nortriptyline (**Aventyl**)
- protriptyline (**Vivactil**)

Antiadrenergics and β -Blockers: (**Atenolol, Metoprolol**)

Anticholinergics: (**Scopolamine**)

Diuretics: Furosemide (**Lasix**)

Psychiatric drugs such as:

- chlorpromazine (**Thorazine, Largactil**)*
- clozapine (**Clozaril**)
- flupenthixol (**Fluanxol**)
- fluphenazine (**Modecate, Moditen, Permitil**)*
- fluspirilene (**Imap**)
- haloperidol (**Haldol**)
- lithium
- loxapine (**Loxapac**)
- olanzapine (**Zyprexa**)
- perphenazine (**Trilafon**)*
- pimozide (**Orap**)
- prochlorperazine (**Stemetil**)
- reserpine (**Serpasil**)
- risperidone (**Risperdal**)
- trifluoperazine (**Stelazine**)
- thiothixene (**Navane**)*
- thioridazine (**Melleril, Novoridazine**)*
- zuclopenthixol (**Clopixol, Acuphase**)

*These medications and others may make it easier for your skin to sunburn. To be sure, ask your pharmacist, doctor, or nurse.

Anti-parkinson drugs such as:

- amantadine (**Symmetrel**)
- benztropine (**Cogentin**)
- biperiden
- ethopropazine
- levodopa (**Sinemet, Prolopa**)
- procyclidine (**Procyclid**)
- selegiline (**Eldepryl**)
- trihexyphenidyl (**Artane, Apo-Trihex**)

References:

City of Toronto; Medications and the Heat, Health Canada;
Extreme Heat Events Guidelines: Technical Guide for Health Care Workers