

This easy read information is about anticholinergic medicines.



This information will help you make a decision. Use when a doctor, nurse or pharmacist has suggested you start (or carry on) taking an anticholinergic medicine.



Anticholinergic medicines are used for lots of different health conditions like hay fever, allergies and an overactive bladder (going for a wee a lot).



They can also be used for some mental health conditions like depression or to help you sleep.



It is very important to ask your doctor, nurse or pharmacist if any of the medicines you take regularly are anticholinergic medicines.

Are there any side effects of anticholinergic medicines?



A side effect is an unwanted symptom caused by a medicine.

Some of the side effects you might get from taking these medicines are:

- Drowsiness (feeling really tired).
- Blurry vision.
- Feeling muddled.



- Falls because of the drowsiness, blurry vision or feeling muddled.



- Dry eyes and dry mouth.
- Fast heart rate.
- Constipation (not being able to go for a poo, or pain when pooing).
- Urine retention (this is when your bladder doesn't empty properly).

You may have a higher chance of getting side effects if:



- You are an older person. This is because when we are older our liver and kidneys don't handle medicines as well as they used to.



- You take lots of different medicines for different health conditions.
- You are put on a high dose of the medicine, or you take it for a long time.

Who can help me lower my risk of getting side effects?



Talk to your doctor, nurse or pharmacist and show them this leaflet.

They can talk to you about the risks.



Do not stop or change any medicines without speaking to your doctor, nurse or pharmacist.

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