



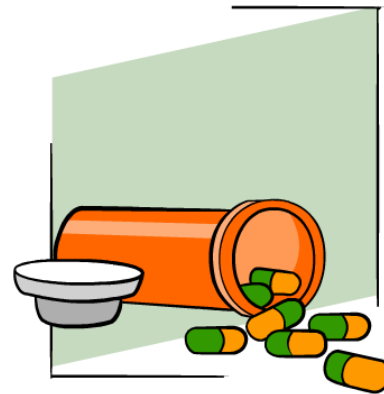
Prevention and health guidelines for **safe driving**

Are you on medication?

Are you on medication?

All medicines have side-effects, in particular those which can influence the psycho-physical state of a driver, such as these:

- Sleeping pills and tranquillizers;
- Antidepressives;
- Antihistamine drugs;
- Painkillers/anaesthetics;
- Antiepileptic drugs used for chronic pain, like headaches, trigeminal neuralgia, diabetic pains.



Avoid repeat prescriptions and always ask your doctor about the effects of a medicine you are about to take.



ANTIHISTAMINE



Some medicines make you drowsy.

Medicines commonly associated with drowsiness

In the table you can see a detailed list of medicines, or substances which the abuse of or suspension of are commonly associated with drowsiness.

Medicines	Substances of abuse uso	Affected by sospensione
Alpha blockers	Alcohol	Amphetamines
Alfa agonists	Cannabis	Caffeine
Anticholinergics	Narcotics	Cocaine
Antiepileptics		Irregular intake of modafinil or stimulants
Antipsychotics		
Antihistamines		
Tranquilizers		
Beta blockers		
Benzodiazepan		
Dopaminergics		
Sedatives		
Narcotics		
Opiates		
Serotonin reuptake inhibitors		
Tri-cyclic antidepressives		

Are you on medication?

Answer these questions:



Do you take any of the medication shown in the table?

Yes, often

Sometimes

No

Are you taking any kind of medicine for pain, for anxiety, for an allergy or sedatives for a cough without changing your driving habits?

Yes, often

Sometimes

No

If either of your answers come under the red or amber traffic light, be more careful when you drive!