

# Stay Cool, PEI

## Medications and Heat

Did you know? Certain illnesses and medications can increase your health risk in the heat. So, if you are taking any medications regularly, ask your doctor, nurse or pharmacist if you need to be extra careful during hot weather.

**Medications like the ones listed below** can make it harder for your body to control its temperature, or make it easier for your skin to burn, putting you at higher risk for heat-related illness. This is even more true if you are on two or more medications.

- chlorpromazine (Thorazine, Largactil)
- thioridazine (Mellaril)
- perphenazine (Trilafon)
- fluphenazine (Modecate, Moditen)
- thiothixene (Navane)
- trifluoperazine (Stelazine)
- prochlorperazine (Stemetil)
- haloperidol (Haldol)
- clozapine (Clozaril)
- risperidone (Risperdal)
- loxapine (Loxapac, Loxitane)
- fluspirilene (IMAP)
- pimozone (Orap)
- olanzapine
- flupenthixol (Fluanxol)
- zuclopenthixol (Clopixol)
- reserpine (Serpasil, Serpalan)
- Lithium – heavy exercise or heavy sweating in hot weather may change lithium levels, so that you may have too much or too little in your system.

### Antiparkinson drugs such as:

- benztropine (Cogentin)
- biperiden (Akineton)
- ethopropazine (Parsitan, Parsidol)
- procyclidine (Kemadrin, Procyclid)
- trihexyphenidyl (Artane, Trihexane)
- levodopa (Dopar)
- selegiline (Eldepryl)
- amantadine (Symmetrel, Symadine)

### Antidepressants such as:

- amitriptyline (Elavil)
- doxepine (Sinequan)
- clomipramine (Anafranil)
- protriptyline (Vivactil)
- imipramine (Tofranil)
- desipramine (Norpramin)
- nortriptyline (Pamelor)
- fluoxetine (Prozac)
- fluvoxetine (Luvox)
- sertraline (Zoloft)
- paroxetine (Paxil)

### Your risk for heat-illness could also increase if you take certain:

- antihistamines (e.g. Benadryl, Chlortripolon)
- over-the-counter sleeping pills (e.g. Nytol)
- anti-diarrhea pills (e.g. Lomotil)



Scan the QR code to access our digital guide and get more detail on how to stay healthy and cool during a heat wave.

**Remember, we're all in this together!**



These resources have been created with support from the Government of PEI's Climate Challenge Fund.