

Fatigue Risk Factor: Medications and Supplements

Some medications can increase your risk of fatigue by disrupting your sleep quality and/or quantity. Your fatigue level could be higher after your disrupted sleep. Other medications and supplements can increase your risk of fatigue on their own by changing your brain chemistry. This list continues to grow as scientific findings become available. Please ask your Fatigue Manager for the most current list.

Medications and Supplements that can Disrupt Sleep and Increase Your Risk of Fatigue After the Disrupted Sleep	Medications and Supplements that can Produce Fatigue After you Take Them
Decongestants e.g., pseudoephedrine	Antihistamines e.g., diphenhydramine
Nicotine and nicotine replacements	Antinauseants e.g., dimenhydrinate
Caffeine	Caffeine withdrawal
Alcohol	Alcohol
Cannabis	Cannabis
Sleeping pills	Sleeping pills
Cough suppressants e.g., dextromethorphan	Cough suppressants e.g., dextromethorphan
Melatonin	Melatonin
SSRI Antidepressants e.g., fluoxetine, paroxetine	SSRI Antidepressants and some non-SSRI antidepressants e.g., paroxetine, trazodone
Fat soluble beta blockers (blood pressure medications) e.g., propranolol; and other antihypertensive medications	Beta blockers (blood pressure medications) and other antihypertensive medications
Anesthetics e.g., ketamine	Anesthetics e.g., ketamine
Vitamin B, especially B12	Sedative-hypnotics e.g., benzodiazepines, barbiturates
Dopamine agonists (Parkinson's disease medications) e.g., Levodopa	Narcotics e.g., codeine, morphine
Oral steroids	Analgesics e.g., ibuprofen
Some ulcer medications e.g., cimetidine	Tryptophan
Some heart failure medications e.g., digoxin	Anticonvulsants (seizure medications)
Stimulants e.g., methylphenidate (Ritalin), amphetamines, modafinil	Antipsychotics and mood stabilizers e.g., chlorpromazine, lithium