

Medications that can cause Orthostatic Hypotension in Older Adults

Over 200 drugs have been associated with orthostatic hypotension.

Hypertension medications, when used in combination, are more likely to result in orthostatic hypotension.

Orthostatic hypotension is more common in older adults. However, there is limited data about which drugs are most harmful in this age group.

These classes of drugs are strongly associated with orthostatic hypotension:

- “Betablockers” (widely used for hypertension and/or congestive heart failure)
- “SGLT-2 inhibitors” (widely used for diabetes)
- “Tricyclic antidepressants” (historically used for depression. Less commonly used now.)
- “Alpha-blockers” (widely used for prostate hypertrophy. Some drugs in this class have fewer side effects.)
- “Anti-psychotics” (controversial use for agitation in dementia)

Polypharmacy, the use of many medications, increases the probability of orthostatic hypotension.