



Alcohol AND meds

DON'T MIX

You may have heard that you shouldn't drink alcohol and take medicines together. This combination is very dangerous because:

1. If you take aspirin and drink alcohol, this raises the chances of bleeding in your stomach.
2. Drinking alcohol with cold or allergy medicines can make you very sleepy.
3. Even small amounts of alcohol taken with sleeping pills can cause dizziness or fainting.
4. Alcohol combined with some pain relievers can cause liver damage.
5. Taking alcohol with certain blood thinners can cause bleeding.

If you take any medicines and drink alcohol, even occasionally, talk to your doctor.

Sources: National Alliance on Mental Illness, National Institute on Aging