



## Gastrointestinal disorders in the summer. Prevention, medication and influence on driving

Some medications used against dyspepsia, such as cinitapride, metoclopramide and clebopride cause drowsiness, and therefore cannot be taken during long trips.

Combining driving with dyspepsia, drowsiness and medication to improve digestion increases the risk of causing or being involved in an accident due to lack of attention.

### Medications for digestive diseases and adverse effects on driving

- **Digestive diseases can cause discomfort and pain, which can distract from driving** and affects one's attention and ability to react quickly before anything happens.
- **Taking medication for digestive diseases may interfere with driving** when adverse effects are produced in combination with other regulated drugs: dizziness, headaches, muscle weakness, etc.
- **Some medication that does not interfere with driving may produce discomfort**, such as flatulence and interference with other medications, dizziness, headaches, muscle weakness, etc., which interfere with driving.
- Antacids, calcium and magnesium salts, H<sub>2</sub>-receptor antagonists ranitidine and proton-pump inhibitors: omeprazol, lansoprazol and pantoprazol does not usually interfere directly with driving. **It may have adverse effects** in combination with other treatments or through indiscriminate consumption.
- **Prokinetic agents and antipropulsives may interfere with driving**, because they can cause sedative effects, nausea, pain due to spasms, fatigue, epigastralgia, etc.
- Heavy meal + medication that produces somnolence + driving = **increased risk of accident.**

### 6 Tips for driving while on digestive disease medication



**Do not take sedative medications if you plan to drive**

Most propulsive medications sold over the counter in pharmacies must warn of sedative effects.



**Do not drive with digestive discomfort and pain.**

The major risk in these cases is not paying attention to the road due to the discomfort or looking for medication in the car. Store in a safe place and take steps to alleviate it.



**Do not drive without wearing a seatbelt.**

Some medication that cause flatulence and discomfort before defecation may lead you to remove your seatbelt. In this case, it is better to stop and wait until the discomfort or pain is over before continuing to drive.



**Do not drive**

With adverse reactions to medication produced by dyspepsia medication.



**Do not take sips of propulsive syrup without specifying the dose**

Since you can take too much and increase the side effects of sedation.



**Preferably take with easily digestible food.**

Fat-free food help maintain attention, react quickly and avoid episodes of dyspepsia.