



## Did you know that medications and supplements can affect your eyes?

Most of us know that overall health and the health of our eyes are related. Did you know that medicine for other medical problems can have side effects involving the eyes? These can range from irritated, dry eyes to blindness. Talk to your eye doctor about eye-related side effects. This is an important part of managing your medicines. Here are some eye-related side effects that can result from commonly used medications and supplements:

Medication	Commonly used for	Eye side effects
Anti-inflammatory <ul style="list-style-type: none"> <li>• Cortisone</li> <li>• Prednisone</li> </ul>	Arthritis, joint pain, asthma, allergies	Cataracts (cloudy vision), Glaucoma (pressure in the eye which can cause blindness if untreated)
Diuretics <ul style="list-style-type: none"> <li>• Lasix (furosemide)</li> <li>• Hydrodiuril (HCTZ)</li> </ul>	Heart disease, kidney disease	Dry eyes, light sensitivity, blurred vision
Anti-hypertensives <ul style="list-style-type: none"> <li>• Tenormen</li> <li>• Lopressor (metoprolol tartrate)</li> <li>• Inderal (propranolol)</li> </ul>	High blood pressure	Dry eyes, light sensitivity
Plaquenil (hydroxychloroquine)	Arthritis, Lupus	Blurred vision, poor color vision, blind spots in field of view
Niacin (Vitamin B3)	High cholesterol, Vitamin B deficiency	Blurred, distorted vision

Medication	Commonly used for	Eye side effects
Anti-anxiety <ul style="list-style-type: none"> <li>• Xanax (alprazolam)</li> <li>• Valium (diazepam)</li> <li>• Ativan (lorazepam)</li> </ul>	Anxiety	Double vision
Anti-depressants <ul style="list-style-type: none"> <li>• Prozac (fluoxetine Hcl)</li> </ul>	Depression	Blurred vision, light sensitivity
Ritalin (methylphenidate Hcl)	Attention disorders	Blurred vision, dilated pupils
Antihistamines <ul style="list-style-type: none"> <li>• Claritin (loratadine)</li> <li>• Zyrtec (cetirazin)</li> <li>• Benadryl (diphenhydramine)</li> </ul>	Allergies	Dry eyes, blurred vision
Retinoids <ul style="list-style-type: none"> <li>• Accutane (isotretinoin)</li> </ul>	Acne	Dry eyes, light sensitivity, redness, blurred vision
Oral Contraceptives	Birth control, acne, hormone regulation	Blurred vision
Scopolamine Patch	Motion sickness	Blurred vision, dilated pupils

Herbal Supplements	Eye side effects
<ul style="list-style-type: none"> <li>• Ginkgo biloba</li> </ul>	Bleeding inside and on the white of the eye
<ul style="list-style-type: none"> <li>• St. John's wort</li> </ul>	Light sensitivity
<ul style="list-style-type: none"> <li>• Valerian root</li> </ul>	Blurred vision

This list does not include all medications and supplements that can cause eye problems. If you take any of the medications listed, it is important to have comprehensive eye exams. Make sure your eye doctor knows what medications and supplements you take. This will help them watch for any changes in your eyes that could be related to your medications and supplements. If your eye doctor finds problems in your vision or eye health, she can talk to your medical doctor. Your doctors can adjust or change your medications to work without side effects for your eyes. This is one more way that a comprehensive eye exam can be a part of your eye health and your overall health.



Spectera vision coverage provided by or through UnitedHealthcare Insurance Company, located in Hartford, Connecticut, UnitedHealthcare Insurance Company of New York, located in Islandia, New York, or their affiliates. Administrative services provided by Spectera, Inc., United HealthCare Services, Inc. or their affiliates. Plans sold in Texas use policy form number VPOL.06.TX or VPOL.13.TX and associated COC form number VCOC.INT.06.TX or VCOC.CER.13.TX. Plans sold in Virginia use policy form number VPOL.06.VA or VPOL.13.VA and associated COC form number VCOC.INT.06.VA or VCOC.CER.13.VA.