

# Polypharmacy: Use of Multiple Anticholinergic Medications in Older Adults (Poly-ACH) measure

## Quick reference guide

### Overview

The Polypharmacy: Use of Multiple Anticholinergic Medications in Older Adults (Poly-ACH) measure is based on the American Geriatric Society Beers Criteria® and addresses the use of multiple anticholinergics in older adults that are associated with an increased risk of cognitive decline. This guide will help identify anticholinergic medications and assist in the assessment of the total anticholinergic burden during regular medication reviews.

### Potential risks of anticholinergic medications

- Urinary retention
- Blurred vision
- Dry mouth
- Sedation
- Orthostatic hypotension
- Increased confusion
- Dementia
- Delirium
- Increased risk of fractures
- Increased risk of fractures

### Anticholinergic medications

To promote safer prescribing for older adults, avoid or limit the use of the following medications, –especially in combination with other anticholinergic or high-risk medications. For comprehensive guidance, please view the [American Geriatric Society Beers Criteria](#).

Drug class	Medication		
<b>Antidepressant</b>	• Amitriptyline • Amoxapine • Clomipramine	• Desipramine • Doxepin (> 6 mg/day) • Imipramine	• Nortriptyline • Paroxetine
<b>Antiemetics</b>	• Prochlorperazine	• Promethazine	
<b>Antihistamines</b>	• Brompheniramine • Chlorpheniramine • Cyproheptadine	• Dimenhydrinate • Diphenhydramine (oral) • Doxylamine	• Hydroxyzine • Meclizine • Triprolidine
<b>Antimuscarinics (Urinary Incontinence)</b>	• Darifenacin • Oxybutynin • Trosium	• Fesoterodine • Solifenacin	• Flavoxate • Tolterodine

Drug class	Medication		
<b>Antiparkinsonian Agents</b>	• Benztropine	• Trihexyphenidyl	
<b>Antispasmodics</b>	• Atropine (excludes ophthalmic) • Clidinium-chlordiazepoxide	• Dicyclomine • Homatropine (excludes ophthalmic)	• Hyoscyamine • Scopolamine (excludes ophthalmic)
<b>Antipsychotics</b>	• Chlorpromazine • Clozapine	• Olanzapine	• Perphenazine
<b>Skeletal muscle relaxants</b>	• Cyclobenzaprine	• Orphenadrine	



## Questions? We're here to help

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