

Drugs Implicated in Heat Intolerance

Drug or Drug Class	Proposed Mechanism of Action
Anticholinergics (e.g., benzotropine, trihexyphenidyl)	<ul style="list-style-type: none"> • Impaired sweating
Antihistamines	<ul style="list-style-type: none"> • Impaired sweating
Phenothiazines	<ul style="list-style-type: none"> • Impaired sweating • (Possibly) disturbed hypothalamic temperature regulation
Tricyclic antidepressants (e.g., imipramine, amitriptyline, proprietaryline)	<ul style="list-style-type: none"> • Increased psychomotor activity • Activated vascular endothelium
Analgesics (e.g., acetaminophen, aspirin)	<ul style="list-style-type: none"> • Liver or kidney damage
Ergogenic stimulants (e.g., ephedrine/ephedra)	<ul style="list-style-type: none"> • Increased heat production
Lithium	<ul style="list-style-type: none"> • Nephrogenic diabetes insipidus and water loss
Diuretics	<ul style="list-style-type: none"> • Hyponatremia (salt depletion) • Dehydration
Calcium channel blockers (e.g., amlodipine, verapamil)	<ul style="list-style-type: none"> • Reduced skin blood flow • Reduced blood pressure
Alcohol	<ul style="list-style-type: none"> • Diuresis (increased urine output) • Possible effects on intestinal permeability
Barbiturates	<ul style="list-style-type: none"> • Reduced blood pressure
Antispasmodics	<ul style="list-style-type: none"> • Impaired sweating
Haloperidol	<ul style="list-style-type: none"> • Tachycardia (rapid heartbeat) • Altered central temperature regulation • Hyponatremia (salt depletion)
Laxatives	<ul style="list-style-type: none"> • Dehydration
Beta blockers (e.g., atenolol, betaxolol)	<ul style="list-style-type: none"> • Reduced skin blood flow • Reduced blood pressure • Impaired sweating
Narcotics	<ul style="list-style-type: none"> • Excessive sweating • Hyponatremia (salt depletion) • Dehydration
Levothyroxine	<ul style="list-style-type: none"> • Excessive sweating • Hyponatremia (salt depletion) • Dehydration
Adapted from <i>Heat Stress Control and Heat Casualty Management</i> [DOD 2003].	