

Medication & the Sun Not always a good mix

Many commonly used medications can make your skin more sensitive to the sun's rays. You may need to avoid sun exposure as much as possible or be meticulous about using sunscreen and [other protective measures](#). If you are taking medication – even over-the-counter medication – ask your doctor or pharmacist if the medication will make your skin sun sensitive. Some medications that may cause increased sun sensitivity include:



- antibiotics, such as tetracycline;
- birth control pills;
- antihistamines;
- anti-hypertensive (blood pressure) medications;
- antidepressants; and
- pain relievers, such as ibuprofen and naprosyn.^{1,2}

Some herbal products, such as bergamot oil used to flavor Earl Grey tea, can cause increased sun sensitivity. Talk with your doctor or pharmacist about the herbal products you use in addition to medications.

Sources:

1. Pallarito, K. (2004). Shielding your skin from the summer sun. Retrieved May 16, 2005. From <http://www.healthfinder.gov/news/newsstory.asp?docid=520318>.
2. Federal Trade Commission (2001). Sunscreens and sun-protective clothing. Retrieved May 20, 2005. From <http://www.ftc.gov/bcp/online/pubs/health/sun.htm>.

