

Medications that May Affect the Voice

Medications, whether prescribed by your doctor, taken over-the-counter, or homeopathic/herbal, may have an affect on your larynx. The adverse side effects should be balanced by the benefit of the medication.

Those classes of medications that may dry the protective layer overlying the vocal folds (mucosa) include:

- Antidepressants
- Muscle relaxants
- Decongestants
- Diuretics
- Antihypertensives
- Antihistamines
- Anticholinergics
- High-dose Vitamin C (greater than five grams per day)

Other medications that may affect the voice include:

- Angiotensin-converting-enzyme (ACE) inhibitors may induce a cough or throat clearing in as many as 10 percent of patients.
- Oral contraceptives may cause vocal fold fluid retention (edema) due to the estrogen component.
- Estrogen replacement therapy post-menopause may have a variable effect
- Inadequate thyroid replacement medication level in patients with hypothyroidism
- Anticoagulants may lead to increased chances of vocal fold hemorrhage or hemorrhagic polyp formation in response to trauma

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