

Medication Information Card

Benzodiazepine

(Ben – zo – die – az – ah – peen)

Other names for this medication

Alprazolam - Xanax[®]

Clonazepam - Rivotril[®]

Diazepam - Valium[®]

Lorazepam - Ativan[®]

Oxazepam - Serax[®]

There are many other names for this medication.

How this medication works

This medication is used to reduce anxiety, agitation and feelings of panic. It helps you relax.

This medication can be used as a sleeping pill to help you sleep.

This medication is also used to help reduce muscle spasms.

This medication can be habit forming. If it does not work as you desire, do not take more of this medication.

How to take this medication

Take this medication exactly as directed by your doctor.

Many people take this medication only when needed during times of stress.

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How to take this medication (continued)

Some people take this medication regularly. If you take this medication regularly, do not stop taking the medication without checking with your doctor first. You may need to slowly decrease your dose before stopping it completely. Stopping the medication suddenly can cause seizures, problems sleeping and anxiety.

If you take this medication regularly, talk to your doctor about what to do if you miss a dose. **You need to make a plan with your doctor and follow this plan if you miss a dose.**

Always check with your health care provider such as nurse, doctor or pharmacist before taking any over-the-counter medications such as cold remedies, antihistamines or natural and herbal products. Adding other medications may make you very drowsy.

Do not drink alcohol such as wine, beer and liquor because these medications increase the effect of alcohol.

Until you know how your medication affects you, do not drive or operate machinery.

This medication may harm an unborn baby. Talk to your doctor before trying to get pregnant.

This medication passes into breast milk. Talk to your doctor before breastfeeding while taking this medication.

Storing this medication

Store your medication in a tightly closed container at room temperature, away from heat, moisture and direct light.

While taking this medication you may notice

- drowsiness
- forgetfulness
- feeling weak

Contact your doctor if you notice

- severe confusion
- severe drowsiness
- trouble breathing
- restless or excited feelings
- loss of memory
- sleep apnea gets worse