

Alprazolam (pron. Al-praz-o-lamb)

What is alprazolam used for?

Alprazolam (also known as Xanax[®]) is mainly used to help treat the symptoms of anxiety. It can also be used to help the symptoms of panic and social anxiety. It is known as a benzodiazepine. It is made as tablets.

What is the usual dose of alprazolam?

The usual dose of alprazolam in adults for anxiety is 250mcg to 500mcg (0.25-0.5mg) three times a day. In older people the dose should be a bit lower e.g. 250mcg (0.25mg) two or three times a day.

How and when should I take alprazolam?

Swallow the tablets with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in your throat. There is no problem about taking alprazolam before, with, or after food.

How long will it be before alprazolam works?

For anxiety, alprazolam usually starts to work in about an hour. The effect may then build over several days or weeks.

How long will I need to keep taking alprazolam for?

This will depend on what you are taking it for. It may only need to be for a few weeks, or it could be much longer.

Can I stop taking alprazolam suddenly?

Alprazolam is not addictive as such, although some people have abused it. If you have taken it every day for more than a few weeks, it might be best to reduce the dose slowly over a few days or weeks. You should discuss this fully with your doctor, nurse or pharmacist.

What should I do if I forget to take a dose of alprazolam?

Take the missed dose as soon as you remember unless it is within about 3-4 hours of your next dose. If you remember after this just take the next dose as normal. Do not try to catch up by taking two doses at once as you may get more side-effects.

Can I drink alcohol while I am taking alprazolam?

If you drink alcohol while taking alprazolam it may make you feel more sleepy.

What sort of side-effects might I get if I am taking alprazolam?

Most people get:	A few people get:	A very few people get:
<ul style="list-style-type: none"> Dizziness Sleepiness 	<ul style="list-style-type: none"> Feeling unsteady on your feet the next day 	<ul style="list-style-type: none"> Headache Confusion Amnesia (forgetting things)

Do not be worried by this list of side effects. Some people get no side effects at all and others may get some effects that are not listed here. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist.

Can I drive or cycle while I am taking alprazolam?

Alprazolam may affect your ability to drive. It can cause a little dizziness and lightheadedness. You should be careful as it may slow down your reaction times. Until you know how alprazolam affects you, be careful about driving or operating machinery.

The small print: This short leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL) or visit our website for more information. Do not share medicines with anyone else.