

## Diazepam (pron. die-az-e-pam)

### What is diazepam used for?

Diazepam is known as a benzodiazepine. It is usually used to help treat the symptoms of anxiety. It can also be used to help the symptoms of panic, social anxiety and epilepsy. It is made as tablets, syrup, injection, suppositories and rectal tubes (although the last two are usually just for epilepsy).

### What is the usual dose of diazepam?

The usual dose of diazepam is around 2-5mg one to three times a day.

### How and when should I take diazepam?

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

### How long will it be before diazepam works?

Diazepam usually starts to work in about an hour. The effect may build over several days or weeks.

### How long will I need to keep taking diazepam for?

This will depend on what you are taking it for. Take about this with your doctor.

### Can I stop taking diazepam suddenly?

You could become dependent on diazepam. 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 diazepam?

Take the missed dose as soon as you remember unless it is within about 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 diazepam?

If you drink alcohol while taking diazepam it may make you feel more sleepy. This is particularly important if you need to drive or operate machinery and you must seek advice on this.

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

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

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 diazepam?

Diazepam should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. Until you know how diazepam affects you, be careful about driving or operating machinery. You should be careful as it may slow down your reaction times.

**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.