

## Lorazepam (pron. law-raz-e-pam)

### What is lorazepam used for?

Lorazepam (also known as Ativan<sup>®</sup>) is mainly used to help treat anxiety. It can also be used to help poor sleep and the symptoms of panic and social anxiety. It is known as a benzodiazepine. It is made as tablets and an injection (only used in emergency situations).

### What is the usual dose of lorazepam?

The usual dose of lorazepam is around 1mg up to three times a day.

### How and when should I take lorazepam?

Swallow the tablet 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 lorazepam before, with, or after food.

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

Lorazepam 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 lorazepam for?

This will depend on what you are taking it for. It could be for a few weeks or longer.

### Can I stop taking lorazepam suddenly?

Lorazepam is not addictive as such, although some people have abused them. Some people get something called "rebound insomnia" when they stop a sleeping tablet. This means they find it even more difficult to get to sleep than before. It is best to take lorazepam only when you need it but if you have taken it every night for more than a few weeks, it might be best to reduce the dose slowly over a few days. You could discuss this fully with your doctor, nurse or pharmacist.

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

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 lorazepam?

If you drink alcohol while taking lorazepam it may make you feel more sleepy, especially the next morning. 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 lorazepam?

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 lorazepam?

Lorazepam should not affect your ability to drive, but it can cause a little dizziness and lightheadedness. Until you know how lorazepam 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.

