

Oxazepam (pron. ox-as-e-pam)

What is oxazepam used for?

Oxazepam (also known as Serenid[®]) is mainly used to help treat the symptoms of anxiety. It can also be used to help the symptoms of panic, social anxiety and alcohol withdrawal. It is known as a benzodiazepine.

What is the usual dose of oxazepam?

The usual dose of oxazepam is around 15mg to 30mg three times a day.

How should I take oxazepam?

Swallow the tablets or capsules 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.

When should I take oxazepam?

Take your oxazepam as directed on the label. Try to take it at regular times each day. Taking it at mealtimes may make it easier for you to remember as there is no problem about taking oxazepam with or after food.

What are the alternatives to oxazepam?

This will depend on what you are taking it for. There are many other medicines (e.g. SSRIs), talking therapies and treatments for anxiety. See our "Handy charts" to help you compare the medicines, how they work and their side effects.

How long will oxazepam take to start to work?

Oxazepam usually starts to work in about an hour. The effect may build over several days or weeks. Please look at one of the "Handy charts" for more help and advice.

How long will I need to keep taking oxazepam for?

This will depend on what you are taking it for. Please look one of at the "Handy charts" for more help and advice.

Is oxazepam addictive?

You could become dependent on oxazepam. It can produce some withdrawal or discontinuation symptoms in some people who have taken it regularly every day for more than about 4 to 6 weeks. About 1 in 3 people get no symptoms, about 1 in 3 get some that last for a few weeks, and about 1 in 3 people get more marked symptoms. In the worst cases the symptoms from stopping oxazepam quickly could include anxiety, tension, panic attacks, poor concentration, difficulty in sleeping, nausea, trembling, palpitations, sweating and pains and stiffness in your face, head and neck (not unlike anxiety itself). These could occur several days after stopping oxazepam. They may last from one to three weeks but can go on for months, and are more likely with alcohol dependence. If you have taken oxazepam for a long time you should stop it slowly over several weeks or months. This is best done by reducing your dose a little every few weeks and will reduce the chance of withdrawal effects. It is also true to say that many people get no withdrawal symptoms when they stop oxazepam, even if they have been taking it for many years. You should thus make sure that you discuss your particular treatment with your doctor.

Can I stop taking oxazepam suddenly?

It is unwise to stop taking it suddenly, even if you feel better. Your symptoms can return if treatment is stopped too early. This may occur some weeks or even many months after oxazepam has been stopped. When the time comes, you should withdraw oxazepam by a gradual reduction in the dose over several weeks or longer. You should discuss this fully with your doctor.

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

Take the missed dose as soon as you remember unless it is within about 4-6 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. If you have problems remembering your doses (as very many people do) ask your pharmacist, doctor or nurse about this. There are some special packs that can be used to help you remember.

Can I drink alcohol while I am taking oxazepam?

If you drink alcohol while taking oxazepam 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.

Will oxazepam affect my other medication?

Oxazepam has only a few interactions with other medicines.

- The effect of oxazepam can be decreased by caffeine (e.g. in tea, coffee, cola drinks, some energy drinks), theophylline or aminophylline (for asthma)
- If oxazepam is taken with alcohol, it will cause more drowsiness. You will also get more drowsiness if you take oxazepam with anything else that causes drowsiness e.g. some antihistamines, antidepressants, pain killers, antipsychotics, anticonvulsants and many other medicines
- You should have no problems with "The Contraceptive Pill" and oxazepam

Not all of these interactions happen in everyone. Some of these medicines can still be used together but you will need to follow your doctor's instructions carefully. There are many other possible drug interactions.

What sort of side-effects might occur if I am taking oxazepam?

The table below will show you some of the main side effects you might get from oxazepam.

Side effect	What happens	What to do about it
COMMON (<i>more than about 1 in 10 people might get these</i>)		
Sleepiness	You feel sleepy or sluggish. It can last for a few hours after taking your dose, or longer.	Don't drive or use machinery. Discuss with your doctor if you can take your oxazepam at a different time of the day.
Dizziness	Feeling light-headed and faint.	Don't stand up too quickly. Try and lie or sit down if you feel it coming on. Don't drive.
LESS COMMON (<i>less than about 1 in 10 people might get these</i>)		
Ataxia	Being unsteady on your feet.	Discuss with your doctor when you next see him or her.
RARE (<i>less than about 1 in 100 people might get these</i>)		
Aggression	Feeling excitable. You may be over-talkative, intrusive, unfriendly or disinhibited.	Discuss this with your doctor. He or she may want to adjust your medicine or dose.
Headache	Your head is pounding and painful.	Try paracetamol. Your pharmacist will be able to advise if this is safe to take with any other medicines you may be taking.
Confusion	Your mind is all mixed up or confused.	Discuss with your doctor when you next see him or her. He or she may want to adjust your medicine or dose.
Hypotension	Low blood pressure. This can make you feel dizzy, particularly when you stand up.	Don't stand up too quickly. If you feel dizzy, don't drive.
Amnesia	Loss of short-term memory. Difficulty in remembering.	It is not dangerous. Discuss with your doctor if you are worried.
Rashes	Blotches seen on the skin.	Stop taking oxazepam and see your doctor now.

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 in this table. If you think you might have a side effect to your medicine, you should ask your doctor, nurse or pharmacist. If you want to know more, go to our website for links to other websites with more information.

Will I need a blood test if I am taking oxazepam?

You will not need to have a blood test to check on oxazepam.

Can I drive or cycle while I am taking oxazepam?

You may feel a bit sleepy at first when taking oxazepam. You should be careful as it may slow down your reaction times. Until this wears off, or you know how oxazepam affects you, do not drive or operate machinery.

The small print: This leaflet is to help you understand about your medicine. You should also read the manufacturer's Patient Information Leaflet (PIL). You may find lots more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else. Go to our website for fuller answers to these and many other questions e.g. driving, women's health, how it works, doses and interactions, and about the conditions. The "Handy charts" will help you compare the main medicines for each condition, how they work and their side effects.