

### What PRECAUTIONS should I take?

Before taking your medicine, inform your doctor if:

- You are allergic to this medicine or any other medicine.
- You are currently taking any other medicines, especially medicines that make you sleepy (such as sleeping pills, cold and allergy medicines, narcotic pain killers or sedatives).
- You have any medical conditions such as glaucoma, seizure disorder, lung, kidney or liver disorders.
- You are pregnant or planning to get pregnant or are breast-feeding.
- Do not drink alcohol while you are using this medicine.
- This medicine may make you drowsy. Avoid driving, using machinery or doing anything else that could be dangerous if you are not alert.

### How should I STORE the medicine?

Store the medicine in a cool, dry place. Protect from moisture, heat and direct sunlight.



# Patient Information Leaflet



# Benzodiazepines

## ABOUT your medicine

Diazepam, lorazepam, lorazepam, lorazepam, nitrazepam, bromazepam, clonazepam, alprazolam and midazolam belong to a group of medicine called benzodiazepines. They are used to treat anxiety and insomnia (inability to sleep).

In addition to insomnia, diazepam, nitrazepam and clonazepam are also used to control seizures. Doctors may also use diazepam as a muscle relaxant. Alprazolam and clonazepam are sometimes used in the treatment of panic disorder.

Benzodiazepines belong to the group of medicines called central nervous system (CNS) depressants. The medicines act by slowing down nerve transmissions in the brain.

## HOW should I take the medicine?

Your doctor will instruct you on how much and how often you should take your medicine. If you are taking it for insomnia, do not take this medicine when your schedule does not permit you to get a full night's sleep (7 to 8 hours). If you must wake up before this, you may continue to feel drowsy and may experience memory problems, because the effects of the medicine might not have worn off.

These medicines may be habit-forming. Do not take more of the medicine or take it more often than your doctor tells you to. If you think that this medicine is not working properly after you have taken it for a few weeks, do not increase the dose. Instead, check with your doctor.

The medicine can be taken with or without food. Do not stop taking the medicine suddenly without asking your doctor. You may need to slowly decrease your dose before stopping it completely. This will help to reduce withdrawal symptoms.

## What should I do if I FORGET a dose?

If you miss a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for the missed dose.

## What are the possible SIDE-EFFECTS of the medicine?

Consult your doctor as soon as possible if you have any of these side-effects:

- Severe confusion
- Trouble breathing
- Slow heartbeat
- Severe drowsiness or weakness
- Seizures

Inform your doctor, if you have problems with these less serious side-effects:

- "Hangover" effects after bedtime use
- Drowsiness, dizziness & clumsiness
- Blurred vision and headache
- Nausea or vomiting