

Information about Diazepam

This is an easy way to say.....Dye-az-ee-pam



What is Diazepam?



Diazepam is a medication that will help you if you are very anxious

Diazepam can be taken as tablets or liquid medicine

Where do I get Diazepam?



You can only get this medication with a prescription

The doctor or consultant will:

- ask you questions about your health
- may also check your blood pressure
- ask you if you are taking other medication

How do I take Diazepam?



The doctor will talk to you about how much Diazepam you need to take.

The doctor will tell you how to take your Diazepam.
You only need to take Diazepam for a short time.



You can take Diazepam up to three times a day.



If you forget to take your medication you need to tell your carer and ask your doctor for advice.



If you have been taking Diazepam for a long time
You should not stop taking your medication suddenly as
this could make you feel unwell.



What is good about Diazepam?



Diazepam can help you feel calm when you are very
anxious.

You do not have to take diazepam for long periods of
time.



What is not good about Diazepam?



If you take Diazepam for a long time you can become dependent on it.

There are some health problems that people can get when they take diazepam.

These problems are called side effects but not everyone gets them.

- Having a headache
- Feeling tired
- Problems remembering things
- Feeling dizzy and faint
- Feel confused
- Feeling unsteady on your feet

You will need to speak to your doctor if you:

- Have a rash on their skin
- Feel more angry

What other things do I need to talk to the doctor about?



You should talk to your doctor if:

- You are worried about your medication.
- You want to know how much alcohol is safe to drink when taking medication.
- You are planning to have a baby.

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

The full information sheet about Diazepam medication should also be given to the service user, carers and staff.

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