



Side Effects of Benzodiazepines

- Sedation
- Dizziness
- Weakness
- Unsteadiness
- Loss of orientation
- Transient drowsiness
- Headache
- Confusion
- Irritability
- Memory impairment
- Sleep disturbance
- Aggression

What are benzodiazepines used to treat?

- Anxiety or panic
- Insomnia
- Seizures
- Sedation
- Muscle relaxation
- Agitation from withdrawal symptoms
- Depression
- Panic attacks

Benzodiazepines

What you need to know about the medication you are taking.



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Benzodiazepines and Opioids

The US Food and Drug Administration (FDA) recently changed its standards for the use of benzodiazepines along with the use of opioids. This is no longer safe due to the additive effects both medications have on the depression of the central nervous system (CNS). Taken together these medications can cause:

- Dizziness
- Lightheadedness
- Extreme sleepiness
- Difficult or slowed breathing
- Coma or death



Tapering your benzodiazepines

WEEKS	TAPERING SCHEDULE							✓
	MO	TU	WE	TH	FR	SA	SU	
1 and 2	●	●	●	●	●	●	●	
3 and 4	◐	●	◐	◐	●	◐	◐	
5 and 6	◐	◐	◐	◐	◐	◐	◐	
7 and 8	◐	◑	◐	◐	◑	◐	◐	
9 and 10	◐	◑	◐	◑	◐	◑	◐	
11 and 12	◑	◑	◐	◑	◑	◐	◑	
13 and 14	◑	◑	◑	◑	◑	◑	◑	
15 and 16	✗	◑	✗	✗	◑	✗	◑	
17 and 18	✗	✗	✗	✗	✗	✗	✗	

EXPLANATIONS

● Full dose ◐ Half dose ◑ Quarter of a dose ✗ No dose

In conjunction with tapering you may also try:

- Cognitive Behavioral Therapy
- Improve sleep hygiene
- Manage anxiety with therapeutic techniques
- Ask your provider about other medications
- Seek a therapist or counselor to manage anxiety

References

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