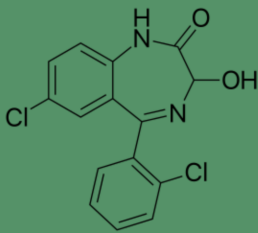




# Some facts about Benzodiazepines



## What are Benzodiazepines?

Benzodiazepines are drugs that slow down or 'depress' neuron activity. Neurons are the cells that make up the brain. By slowing their activity, brain activity is slowed as well causing a calming effect. Benzodiazepines are often prescribed for anxiety, insomnia, seizures, alcohol withdraw and panic disorders. They are usually taken orally as pills or capsules. Be sure to ask your doctor how your prescription should be taken.

(Clayton & Willihnganz, 2017)

## Potential Side effects

(Clayton & Willihnganz, 2017)



**Drowsiness**



**Depression**



**Dizziness**



**Excitement**



**Sedation**



**Blurred Vision**



**Low energy**



**Tolerance**



## Black Box Warnings

(Clayton & Willihnganz, 2017)

Patients **should not drive or operate heavy machinery** until the drug's effects are known. Benzodiazepines are a class IV narcotic capable of causing physical dependence. **Take only as prescribed.**

The FDA has found that benzodiazepine drugs when used in combination with with other central nervous system depressants such as **alcohol and opioids** can result in serious adverse side effects.

Patients should seek immediate medical attention if they any experience the following Symptoms particularly if taking Benzodiazepines in combination with other central nervous system depressants

Unusual Dizziness or lightheadedness

Difficulty breathing or unusually slow breathing

Extreme sleepiness

Unresponsiveness

## Did you know?

Benzodiazepines are some of the most widely prescribed drug classes? Here's a few of the most common medications in this class.

(Clayton & Willihnganz, 2017)

alprozolam (Xanax)



oxazepam (Serax)



diazepam (Valium)



estazolam (Prosom)

flurazepam (Dalmane)

Information from: Clayton, B.D., & Willihnganz, M. J. (2017). *Basic Pharmacology for Nurses* (17th ed.). St. Louis, MO: Elsevier

For more information about benzodiazepines consult your doctor or visit our informational website at <https://nursingedubenzos.weebly.com>

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