

# Alameda County Behavioral Health Care Services

## Drug Information Sheet: **benzodiazepines**

- |   |   |
|---|---|
| <input type="checkbox"/> alprazolam (Xanax)         | <input type="checkbox"/> lorazepam (Ativan)   |
| <input type="checkbox"/> chlordiazepoxide (Librium) | <input type="checkbox"/> oxazepam (Serax)     |
| <input type="checkbox"/> clonazepam (Klonopin)      | <input type="checkbox"/> temazepam (Restoril) |
| <input type="checkbox"/> diazepam (Valium)          | <input type="checkbox"/> triazolam (Halcion)  |
| <input type="checkbox"/> flurazepam (Dalmane)       | <input type="checkbox"/> _____                |

Benzodiazepines relieve anxiety and nervousness, cause relaxation and sleep, and decrease physical symptoms of anxiety. They are used in the treatment of anxiety and anxiety disorders, agitation, sleep disorders, and alcohol withdrawal. In addition, they may be helpful in depression, bipolar affective disorder, schizophrenia, and other conditions.

Like any medication, the benzodiazepines can cause some side effects, including:

### ***Common***

drowsiness  
lightheadedness  
slurred speech

### ***Less Common***

confusion  
headache  
dry mouth

### ***Rare***

memory loss  
excitement  
irritability/restlessness

Benzodiazepines should not be abruptly discontinued, due to the occurrence of withdrawal symptoms that may include anxiety, sleeplessness, irritability and seizures.

**Combining these medications with alcohol can cause severe sleepiness, or even unconsciousness. Alcohol should not be used with these medications.**

**There is a possibility of becoming physically or emotionally dependent on the benzodiazepines. Some people abuse these medications, or use larger and larger doses.**