Te Whatu Ora
Health New Zealand
Waitaha Canterbury

LORAZEPAM (before procedures)

lor-az-eh-pam

What does it do?

Lorazepam is used to make you calm or sleepy before a medical or dental procedure.

Before you start

- Tell your health professional if you have sleep apnoea or a head injury.
- Tell your health professional if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Only take *lorazepam* once you are at your appointment when the staff doing your procedure tell you to take it.

Can you take other medicines?

Some medicines available without a prescription may react with *lorazepam* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. valerian) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Slow or shallow breathing, hard to wake up Trouble with speech or swallowing	Tell your health professional immediately
Mood changes, agitation, unusual behaviour or thinking, loss of coordination	Tell your health professional
Memory loss	Tell your health professional if troublesome
Drowsiness, dizziness, trouble concentrating, confusion	May continue for up to 24 hours – don't drive while feeling this way

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Lorazepam* may make you sleepy or dizzy and make it dangerous to drive, operate machinery or do other activities that require you to be alert. Arrange for someone to drive you home after your treatment. Avoid any alcohol or recreational drugs as they can increase these effects.
- If you still feel sleepy the next day, do not drive or operate machinery.