LORAZEPAM
lor-az-eh-pam

What does it do?
Lorazepam is used to treat anxiety and to help you sleep. It is also sometimes used for other conditions.

How should you take it?
Take lorazepam as directed with a glass of water.

What if you forget a dose?
Take the missed dose if you remember on the same day. If not, skip the dose and carry on as normal. Do not take two doses at the same time.

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?

<table>
<thead>
<tr>
<th>Side Effects</th>
<th>Recommended action</th>
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</thead>
<tbody>
<tr>
<td>Slow or shallow breathing, hard to wake up</td>
<td>Tell your doctor immediately</td>
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<tr>
<td>Trouble with speech or swallowing</td>
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<tr>
<td>Mood changes, agitation, unusual behaviour or thinking, loss of coordination, confusion, memory loss, trouble concentrating</td>
<td>Tell your doctor</td>
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<tr>
<td>Muscle weakness</td>
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<tr>
<td>Drowsiness, tiredness, dizziness, headache, changes in vision</td>
<td>Tell your doctor if troublesome</td>
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<tr>
<td>Dry mouth, stomach upset</td>
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<tr>
<td>Less interest in sex, trouble peeing</td>
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If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:
- Tell your doctor if you have liver problems, a chronic muscle condition (e.g. myasthenia gravis), sleep apnoea or a head injury.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Lorazepam may make you dizzy or sleepy and make it dangerous to drive, operate machinery or do other activities that require you to be alert. Limit alcohol intake because it can increase these effects.
- If you still feel sleepy the next day, do not drive or operate machinery.
- Lorazepam may be addictive with long-term use.
- If you have been taking lorazepam regularly for a long time, do not stop taking it suddenly without talking to your doctor.
- Sleep problems commonly occur when lorazepam is stopped. It may take several weeks for these to improve.
- Caffeine-containing drinks (e.g. coffee, cola, tea) may reduce the effect of lorazepam. Discuss with your doctor.