






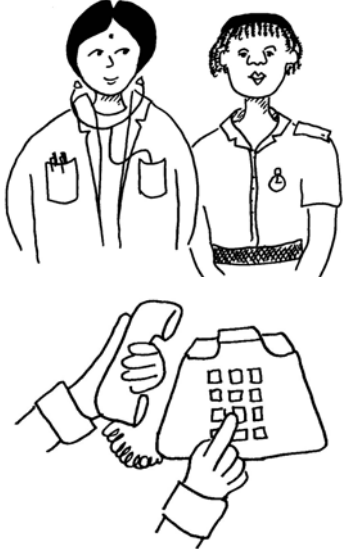
## Diazepam

This is an easy way to read this word...dye-az-eh-pam

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|    | <p><b>What is this leaflet for?</b></p> <p>This leaflet is to help you understand more about your medicine.</p> <p>Your medicine could look different to the photographs on this leaflet.</p>  |
|     | <p><b>What is the medicine called?</b></p> <p>Diazepam is also called Rimapam, Tensium, Dialar and Diazemuls.</p> <p>You may see 1 of these names on your prescription.</p> <p>Diazepam could come as tablets or as a liquid.</p>  |
|  | <p><b>What is diazepam for?</b></p> <p>Diazepam could be used for different reasons.</p> <p>Diazepam is used for anxiety disorders, insomnia and epilepsy.</p> <p>Diazepam is sometimes used for people who have behaviour problems.</p> <p>For example, it could...</p> <ul style="list-style-type: none"><li>• help if you are anxious</li><li>• help calm you down</li><li>• help you feel less angry</li><li>• help you feel less tense.</li></ul> |
|  | <p><b>What will diazepam do?</b></p> <p>Diazepam should help you feel calm and relaxed.</p> <p>It could take some time for diazepam to have its full effect.</p> <p>This effect should reduce your behaviour problem.</p>  |

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|    | <p>For example, it may...</p> <ul style="list-style-type: none"><li>• help you control your temper</li><li>• help you stop hurting yourself</li><li>• help you stop breaking things.</li></ul>   |
| <br><br><br><br> | <p><b>What are the side effects of diazepam?</b></p> <p>Side effects are effects medicine can have on your body that are not wanted.</p> <p>Not everyone taking a medicine will get side effects.</p> <p>Many side effects will go away with time.</p> <p>Many side effects are rare.</p> <p><b>You might want to talk to your doctor if you have any side effects.</b></p> <p>For example, these are some side effects of diazepam...</p> <ul style="list-style-type: none"><li>• feeling unsteady on your feet</li><li>• feeling light headed and faint</li><li>• feeling sleepy and sluggish</li><li>• feeling more aggressive</li><li>• feeling confused</li><li>• problems remembering things</li><li>• headache.</li></ul> |

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|    | <p>Some side effects are more serious.</p> <p>You should tell someone straight away if...</p> <ul style="list-style-type: none"><li>• you have a rash or blotches on your skin.</li></ul>   |
| <br><br><br> | <h3>How and when do I take diazepam?</h3> <p>The label on your diazepam packet should tell you when to take your medicine.</p> <p>The label should tell you how much medicine you should take.</p> <p>You should follow these instructions carefully.</p> <p>You should swallow your tablet with water...</p> <p>Or...</p> <p>Measure and swallow your liquid</p> <p>If you forget to take your medicine, tell someone straight away.</p> <p>You should ask your pharmacist if you can crush your medicine or if it can be mixed with a drink.</p> <p>You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.</p> <p>You should talk to your doctor before you stop taking your medicine.</p> |

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|    | <h3>What do I need to know about diazepam?</h3> <p>Drinking alcohol whilst taking diazepam could make you feel drowsy.</p> <p>Some medicines do not work well together.</p> <p>You should tell your doctor about any other medicines you are taking.</p>   |
|  | <h3>Where can I get more information?</h3> <p>This leaflet does not tell you everything about diazepam.</p> <p>If you want more information about diazepam...</p> <ul style="list-style-type: none"><li>• you can ask your pharmacist, doctor or nurse for more information</li><li>• you can ask your carer to get more information</li><li>• you can phone NHS Direct on 0845 4647</li><li>• you can phone a medicine information helpline on 020 3228 2999.</li></ul> |

G. Unwin and S. Deb from the University of Birmingham created this leaflet with help from People First (Staffs) and Mencap. The project was funded by the Big Lottery Fund.

It can be downloaded from [www.ld-medication.bham.ac.uk](http://www.ld-medication.bham.ac.uk).

The information in this leaflet came from...

- the British National Formulary ([www.bnf.org](http://www.bnf.org))
- the United Kingdom Psychiatric Pharmacy Group Patient Advisory Leaflets ([www.ukppg.org.uk/ukppg-pals.html](http://www.ukppg.org.uk/ukppg-pals.html))
- Miriam Wilcher's Handbook for Carers of People with Learning Disabilities.