

A brief guide on Anxiolytics

Anxiolytics if used as prescribed can be useful in treating symptoms of anxiety. These medications tend to work quickly, and are often prescribed for short-term use.

Some Benzodiazepine Generic Names

Alprazolam, Diazepam, Lorazepam

Side Effects Include

- Sedation
- Dizziness
- Impairment fine motor coordination
- Impairment of some memory functions
- Blurred vision

Precaution

When benzodiazepines are stopped suddenly, there can be withdrawal symptoms such as anxiety, dizziness, sweating, tremors, headache and sometimes fits. In addition, there is potential for drug abuse and drug dependency from patients who might have benefited from these drugs. Therefore, these drugs are not generally for long term use.

Under treatment, care should be taken when driving or operating machinery as individual's reaction times may be slowed. In addition, when combined with other depressants or alcohol may have additive effects. Hence, no alcohol should be taken together with benzodiazepines.

Do not mix western medication with traditional Chinese medication.

The information provided serves as psycho-education and not a guide for self-medication. The information contained herein is not intended to cover all possible uses, directions, precautions, warnings, drug interactions, allergic reactions, or adverse effects. Please consult your psychiatrist before taking any medication.



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