

BURTON CROFT SURGERY  
... in the heart of  Headingley

**PATIENT INFORMATION LEAFLET**

**Practice stance on prescribing of Diazepam  
and benzodiazepines for fear of flying**

December 2023

**We will not prescribe Diazepam for patients who wish to use this for a fear of flying. There are several reasons why we have taken this decision:**

1. Diazepam, is a sedative, which induces drowsiness and relaxation. Taking it before a flight may hinder your focus, responsiveness, and ability to follow instructions in an emergency, posing a safety risk to you and others.
2. Prescribing diazepam for a fear of flying goes against national guidelines, posing a legal risk for doctors. Benzodiazepines are only licensed for short-term use in crisis situations related to generalized anxiety. If this is the problem you suffer with, you should seek proper care and support for your mental health and flying may not be recommended.
3. While most people experience sedation with benzodiazepines like Diazepam, a few may become aggressive or exhibit disinhibited behaviour. This could jeopardize your safety, as well as that of fellow passengers, and may lead to legal issues.
4. Sedative drugs induce an unnatural non-REM sleep, reducing movements and increasing the risk of blood clots (DVT), which can be fatal. This risk is higher on flights exceeding 4 hours.
5. In several countries, diazepam and similar drugs are illegal. They would be confiscated, and you might find yourself in trouble with the police for being in control of an illegal substance.
6. Diazepam has a long half-life. This means it stays in your system for a significant time and you may fail random drug testing if you are subjected to such testing as is required in some jobs.

We appreciate a fear of flying is very real and very frightening and can be debilitating. However, there are much better and effective ways of tackling the problem.

We recommend you tackle your problem with a Fear of Flying Course, which is run by several airlines. These courses are far more effective than diazepam, they have none of the undesirable effects and the positive effects of the courses continue after the courses have been completed.

## **Fear of Flying Courses**

### **Easy Jet**

[www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com)

Tel: 0203 8131644

### **British Airways**

Fear of flying courses from British Airways™ |

Flying With Confidence

Tel: 01252 793 250

### **Virgin Atlantic**

Welcome to Lovefly®

Email: [team@lovefly.co.uk](mailto:team@lovefly.co.uk)