



QUINTIN MEDICAL CENTRE

Patient Information: Use of Anxiolytics, Z Drugs, and Hypnotics for Acute Anxiety, Phobias, and Insomnia

Understanding Anxiolytics, Z Drugs, and Hypnotics

Anxiolytics (like Diazepam and Lorazepam), Z drugs (such as Zopiclone and Zolpidem), and other hypnotics can help reduce anxiety and induce sleep. However, these medications come with risks. They may impair your ability to function in emergencies, complicate medical procedures, and lead to dependency. When considering to prescribe anxiolytics or Z drugs, patient safety is our top priority.

Our Policy on Anxiolytics, Z Drugs, and Hypnotics for Phobias

For short-term, acute anxiety, anxiolytics may be prescribed for a limited period, given their potential for dependency. Z drugs may be used for short-term management of insomnia, with ongoing evaluations as per NICE guidelines.

However, for phobias or procedural anxiety including aerophobia (fear of flying), claustrophobia (fear of enclosed spaces) or dentophobia (fear of dentists or dental procedures), we do not prescribe anxiolytics, Z drugs, or any sedative medications. This approach prioritises your safety, as these drugs can impair reaction times and interfere with medical procedures. For patients currently on these medications, we will regularly review their use and explore safer alternatives if necessary.

Managing Anxiety for Procedures and Phobias

If you have anxiety related to specific phobias there are options available. These include, but are not limited to:

- **Specialised Programs:** Airlines such as [EasyJet](#) and [British Airways](#) offer online programmes to help manage fear of flying.
- **Consultation with Specialists:** For anxiety related to medical or dental procedures, speak with your provider for additional support and tailored advice.

Referral for Ongoing Support

For chronic anxiety or insomnia, we can refer you to [Health In Mind \(HiM\)](#), which provides various support services. You can also [self-refer](#) by visiting their website. The [Sleepio app](#) is also our first line choice in the management of insomnia, which can be accessed for free using your NHS details.

The Quintin Medical Centre prioritises your safety and well-being. We encourage open discussions with your healthcare provider about the best treatment options for your needs.

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