

Background

Benzodiazepines (diazepam, lorazepam, temazepam, clonazepam) have short term effects on memory co-ordination, concentration and are addictive and withdrawal can lead to serious health effects. They have unfortunately become widely used as a drug of abuse. In the UK they are Class C/ controlled drug, and this means restrictions on how and when and how much can be prescribed.

BNF (prescribing guidance) states "the use of benzodiazepines to treat short-term anxiety is inappropriate". They are sedative drugs which means they can make you sleepier than usual, such that in an emergency they may impair your ability to concentrate, follow instructions and safely react to a situation. Occasionally diazepam can cause agitation and aggression, and this could impact your safety and those of others around you.

Practice Policy

TRAVEL

Lombard Medical Centre practice will not prescribe diazepam (or similar sedatives) for fear of flying/train travel.

This is outside the NHS GP contract and carries safety risks stated above including dependence, side-effects, and interaction with alcohol/other medicines.

Support options you may find helpful:

- Self-help and CBT-based resources for fear of flying
- Airline-run fear-of-flying courses (e.g. via the airline's website)
- Private providers who offer structured therapy for travel anxiety

PROCEDURES IN HOSPITAL OR OTHER HEALTH CARE SETTINGS

If your request relates to sedation for a hospital/MRI procedure, the responsibility to prescribe rests with the hospital/diagnostic provider. Please contact their team directly.

GENERAL ANXIETY

If your anxiety is affecting day-to-day life, please submit an online consultation for a routine mental health review so we can discuss longer-term support options.

If symptoms worsen or you are in crisis, contact NHS 111, local urgent mental health services, or 999 in an emergency.