

Cornerways Surgery Conscious Sedation Policy

General Practitioners (GPs) will not issue prescriptions for sedating medications (such as diazepam) prior to dental procedures or MRI scans.

Dentistry

If a Dentist wishes to prescribe sedating medications for anxious patients that dentist should be responsible for issuing the prescription, either on an FP14D form if it is an NHS patient or a private prescription for a private patient. Dentists may contact a GP for information or advice, if, for example the patient has a complex medical history.

Claustrophobia and MRI Scans

For MRI scans, there is emphasis on thorough pre-procedure assessment, planning and monitoring. This is to avoid a patient being inadequately sedated for a procedure, or being unmonitored due to the procedure team being unaware of consumed sedation provided by a GP.

A GP is not the right person to prescribe these medications. Sedation options need to be discussed with the radiology team. The 2018 Royal College of Radiologists' guidance, 'Sedation, analgesia and anaesthesia in the radiology department', states that a 'trained and credentialed team should administer sedation and analgesia.'

There are many resources online that can help prepare patients on what to expect during a scan including step by step explanations and videos.

<https://www.nhs.uk/tests-and-treatments/mri-scan/what-happens/>

<https://www.nhs.uk/mental-health/conditions/claustrophobia/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/phobias/self-care/>

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/>

Flight Anxiety

Use of benzodiazepines, including the well-known Diazepam also known as 'Valium' have short term deleterious effects on memory, co-ordination, concentration and reaction times, they are also addictive if used for a moderate time, with withdrawal leading to fits, hallucinations, agitation and confusion, and further had long-term effects on cognition and balance.

They are only licensed short term for a crisis in generalized anxiety. Our GPs will consider a prescription for severe flight anxiety but there are proactive resources and help available for flight anxiety that may be a healthier and safer long-term option.

Resources to help with flight anxiety:

<https://www.easyjet.com/en/help/extra-services/fear-of-flying>

<https://www.fearless-flyer.com/>

<https://flyingwithconfidence.com/>

<https://flywith.virginatlantic.com/gb/en/wellbeing-and-health/flying-without-fear.html>

<https://www.flyingwithoutfear.com/first-class/the-complete-audio-guide-to-overcoming-your-fear-of-flying/>

References

Lincolnshire Local Medical Committee 2025 'Performance Matters: Radiology Sedation' <https://www.lincslmc.co.uk/performance-matters-radiology-sedation/> [accessed 7-7-25]

NICE: Generalised anxiety disorder and panic disorder in adults: management Clinical guideline, Reference number: CG113, Published: 26 January 2011 Last updated:

15 June 2020 <https://www.nice.org.uk/guidance/cg113> [Accessed 9-7-25]

Royal College of Radiologists June 2018 'Sedation, analgesia and anaesthesia in the radiology department second edition' https://www.rcr.ac.uk/media/ch2olbds/rcr-publications_sedation-analgesia-and-anaesthesia-in-the-radiology-department-second-edition_june-2018.pdf [accessed 7-7-25]