

Swallownest Health Centre

Worksop Road, Sheffield S26 4WD

Tel: 0114 4333888



Prescribing of diazepam for fear of flying

The Practice has taken the decision to no longer provide prescriptions of diazepam or similar drugs (benzodiazepines) for fear of flying for the following reasons

1. The use of diazepam can cause drowsiness and longer reaction times. This will put the passenger at risk during the unlikely event of an emergency as this may affect your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and those around you
2. These group of drugs can make you fall asleep but this is not a natural sleep. You will not move around as much as you would during natural sleep and this can therefore increase your risk of developing a DVT (blood clot in your leg or lung). Blood clots can potentially be fatal
3. Whilst the majority of people find diazepam sedating, it may make some people agitated, aggressive or confused. This may impact on your safety as well as that of other passengers and could also get you into trouble with the law
4. Diazepam may be illegal or controlled drugs in some countries so they may be confiscated or you may be subject to legal proceedings
5. Benzodiazepine use with alcohol consumption causes an increase in the risk of over sedation and altered behaviour, many nervous fliers may consume alcohol before and during the flight
6. According to the national prescribing guidelines doctors follow benzodiazepines are not allowed to be prescribed in cases of phobias

We appreciate that some people have a fear of flying that is very real and frightening. A better way of dealing with this would be to register for a Fear of Flying course which is run by several airlines

www.fearlessflyer.easyjet.com

www.flyingwithconfidence.com

www.flyingwithoutfear.co.uk