

How to use your Lorazepam tablets



Pride in our older people's and adult community services

What are lorazepam tablets used for?

Lorazepam tablets can be used to relieve anxiety (worry), fear, agitation and breathlessness.

When can the lorazepam tablets be used?

Your doctor or nurse will discuss with you and your family or carer the situations in which you can use the lorazepam tablets.

How are the lorazepam tablets used?

Place the prescribed dose of lorazepam under your tongue and allow it to dissolve. Do not worry if the tablet is swallowed but it may take longer to work.

Do not take more than the prescribed dose.

After taking a tablet, please contact your GP or District Nurse for advice or further medical help if needed.

Can lorazepam cause unwanted effects?

Along with their useful effects all medicines can cause unwanted effects.

Lorazepam may cause you to feel drowsy, dizzy, lightheaded, unsteady or less alert. This is to be expected. Sit or lay down as needed.

How do I look after the lorazepam tablets?

The lorazepam tablets have been prescribed for you. Never give your medication to others even if their condition appears to be the same as yours.

Keep the lorazepam tablets together with your other medication in a safe place, out of the sight and reach of children.

If they are no longer needed, take them to your local community pharmacy who will ensure they are disposed of safely.

Any questions?

If you have any questions about your lorazepam tablets, do feel free to ask your District Nurse or GP.

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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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