



## Diazepam / Diazepam Intensol® / Valium®

### Why is this medication prescribed?

Diazepam is used to relieve anxiety, muscle spasms, and seizures and to control agitation caused by alcohol withdrawal.

### How should this medicine be used?

Diazepam comes as a tablet, extended-release (long-acting) capsule, and concentrate (liquid) to take by mouth. Do not open, chew, or crush the extended-release capsules; swallow them whole. It usually is taken one to four times a day and may be taken with or without food. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take diazepam exactly as directed.

Diazepam concentrate (liquid) comes with a specially marked dropper for measuring the dose. Ask your pharmacist to show you how to use the dropper. Dilute the concentrate in water, juice, or carbonated beverages just before taking it. It also may be mixed with applesauce or pudding just before taking the dose.

Diazepam can be habit-forming. Do not take a larger dose, take it more often, or for a longer time than your doctor tells you to. Tolerance may develop with long-term or excessive use, making the drug less effective. This medication must be taken regularly to be effective. Do not skip doses even if you feel that you do not need them. Do not take diazepam for more than 4 months or stop taking this medication without talking to your doctor. Stopping the drug suddenly can worsen your condition and cause withdrawal symptoms (anxiousness, sleeplessness, and irritability). Your doctor probably will decrease your dose gradually.

### Other uses for this medicine

Diazepam is also used to treat irritable bowel syndrome and panic attacks. Talk to your doctor about the possible risks of using this drug for your condition.

This medication is sometimes prescribed for other uses; ask your doctor or pharmacist for more information.

### What special precautions should I follow?

Before taking diazepam,

- tell your doctor and pharmacist if you are allergic to diazepam, alprazolam (Xanax), chlordiazepoxide (Librium, Librax), clonazepam (Klonopin), clorazepate (Tranxene), estazolam (ProSom), flurazepam (Dalmane), lorazepam (Ativan), oxazepam (Serax), prazepam (Centrax), temazepam (Restoril), triazolam (Halcion), or any other drugs.

- tell your doctor and pharmacist what prescription and nonprescription medications you are taking, especially antihistamines; cimetadine (Tagamet); digoxin (Lanoxin); disulfiram (Antabuse); fluoxetine (Prozac); isoniazide (INH, Laniazid, Nydrazid); ketoconazole (Nizoral); levodopa (Larodopa, Sinemet); medications for depression, seizures, pain, Parkinson's disease, asthma, colds, or allergies; metoprolol (Lopressor, Toprol XL); muscle relaxants; oral contraceptives; probenecid (Benemid); propoxyphene (Darvon); propranolol (Inderal); ranitidine (Zantac); rifampin (Rifadin); sedatives; sleeping pills; theophylline (Theo-Dur); tranquilizers; valproic acid (Depakene); and vitamins. These medications may add to the drowsiness caused by diazepam.
- if you use antacids, take diazepam first, then wait 1 hour before taking the antacid.
- tell your doctor if you have or have ever had glaucoma; seizures; or lung, heart, or liver disease.
- tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking diazepam, call your doctor immediately.
- if you are having surgery, including dental surgery, tell the doctor or dentist that you are taking diazepam.
- you should know that this drug may make you drowsy. Do not drive a car or operate machinery until you know how this drug affects you.
- remember that alcohol can add to the drowsiness caused by this drug.
- tell your doctor if you use tobacco products. Cigarette smoking may decrease the effectiveness of this drug.

### **What should I do if I forget a dose?**

If you take several doses per day and miss a dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

### **What side effects can this medication cause?**

Side effects from diazepam are common and include:

- drowsiness
- dizziness
- tiredness
- weakness
- dry mouth
- diarrhea
- upset stomach
- changes in appetite

Tell your doctor if any of these symptoms are severe or do not go away:

- restlessness or excitement
- constipation
- difficulty urinating
- frequent urination
- blurred vision
- changes in sex drive or ability

If you experience any of the following symptoms, call your doctor immediately:

- seizures
- shuffling walk
- persistent, fine tremor or inability to sit still
- fever
- difficulty breathing or swallowing
- severe skin rash

- yellowing of the skin or eyes
- irregular heartbeat

### **What storage conditions are needed for this medicine?**

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from excess heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed. Talk to your pharmacist about the proper disposal of your medication.

### **In case of emergency/overdose**

In case of overdose, call your local poison control center at 1-800-222-1222. If the victim has collapsed or is not breathing, call local emergency services at 911.

### **What other information should I know?**

Keep all appointments with your doctor and the laboratory. Your doctor will order certain lab tests to check your response to diazepam.

Diazepam can cause false results in urine tests for sugar using Clinistix and Diastix. Diabetic patients should use TesTape to test their urine for sugar.

Do not let anyone else take your medication. Ask your pharmacist any questions you have about refilling your prescription.

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

If you have any questions or concerns about this medication

please feel free to call the office at 602.653.0540

or e-mail at [info@getyourbodyrochlin.com](mailto:info@getyourbodyrochlin.com).

Have a beautiful day!

[www.getyourbodyrochlin.com](http://www.getyourbodyrochlin.com)

I, *(sign here)* \_\_\_\_\_, have received and been instructed to review these 3 pages of information regarding:

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