

# Medication Change Schedule: Benzodiazepine

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Your health care provider has talked with you about taking a benzodiazepine for your health condition. The amount of medicine you take is called a dose. You will start with a low dose of medicine, then your dose will increase over time. This will happen until you reach the dose your health care provider has chosen to help you. This is called tapering. Tapering helps to lessen side effects of your medicine.

My medicine is: \_\_\_\_\_

Start Date	End Date	How much medicine should I take?	When should I take this medicine?

**Follow this chart to take your benzodiazepine safely.**

Bring the chart to every appointment. If you have questions about your medication, please call your health care provider.

When you take a benzodiazepine, unwanted things may happen. These are called side effects.

**Call your health care provider if the following side effects last for more than one week:**

- Feeling dizzy
- Feeling sleepy
- Nausea
- Confusion
- Trouble falling asleep
- Trouble concentrating

**Call 911 or go to the nearest hospital immediately if you:**

- Have chest pain
- Have trouble breathing
- Have a seizure
- Pass out
- Have sudden trouble seeing or hearing

**Your health care provider's phone number is:**

---

For help finding substance abuse or mental health care in your area, please call **800-662-HELP (4357)**.

# UPMC Pinnacle

UPMCPinnacle.com