

# How to use your Lorazepam tablets



## **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.

## For further information about this service contact:

Luton Community Nursing Team for District Nurses and Macmillan Palliative Care Team  
Tel: 0333 405 3000

24 hour Palliative Care Advice Line - 0808 180 7788

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.