



Lorazepam



Increases the effects of GABA and helps with agitation and distress, anxiety, panic attacks, sleep and catatonia

Takes 20-30 minutes to work and lasts for 6-8 hours

Common side-effects are feeling sleepy, feeling tired, feeling dizzy, feeling weak, headache and memory problems

Talk to your doctor if you want to stop taking it

Can be used for up to 4 weeks - can be addictive if taken for longer

The same dose won't work as well the more you take it

Avoid alcohol with lorazepam