

Oxford Interstitial Lung Disease Service

# Lorazepam

Information for patients



Working in partnership:  
Oxford University Hospitals NHS Foundation Trust and  
Oxford Health NHS Foundation Trust

Lorazepam is a medicine which is usually used for the treatment of anxiety, but it has also been shown to be effective in reducing the feeling of breathlessness.

This medicine is taken as a tablet. The dose normally prescribed is between 0.5mg (half a 1mg tablet) to 1mg (one 1mg tablet). It is usually prescribed to be taken at night and when needed in the day for anxiety related breathlessness (up to a maximum of 4 times in 24 hours). It is advisable to take it 20-30 minutes before any activity that may make you breathless, such as washing and dressing.

## How to take lorazepam

The tablet is absorbed into the soft tissues in your mouth, so you will need to place it under your tongue. Before taking this form of lorazepam it is best to drink some water, as this will help the tablet to dissolve under your tongue.

Only the blue make of lorazepam tablets dissolve under your tongue, so please ask your pharmacist to make sure they give you the blue tablets.

## What are the most common side effects?

Lorazepam might make you feel sleepy. Because of this, we advise you to take the first dose before going to sleep at night and to see how drowsy you feel in the morning. If you do not feel drowsy you can start to try using the lorazepam during the day, when you feel you need it. If you do feel drowsy then you should discuss this with your Doctor or Specialist ILD Nurse.

When you start taking lorazepam during the day, we advise that you rest immediately after you take the dose. You also should not drive when you start taking lorazepam, until it is clear how drowsy it makes you feel.

Occasionally, you may also experience light headedness and a dry mouth after taking lorazepam. **If you experience any of these side effects each time you take lorazepam , please let your GP or your Specialist ILD Nurse know.**

You have been prescribed: ..... mg (.....tablet)

Address label

## How to contact us

If you have any further questions please do get in touch.

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**

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