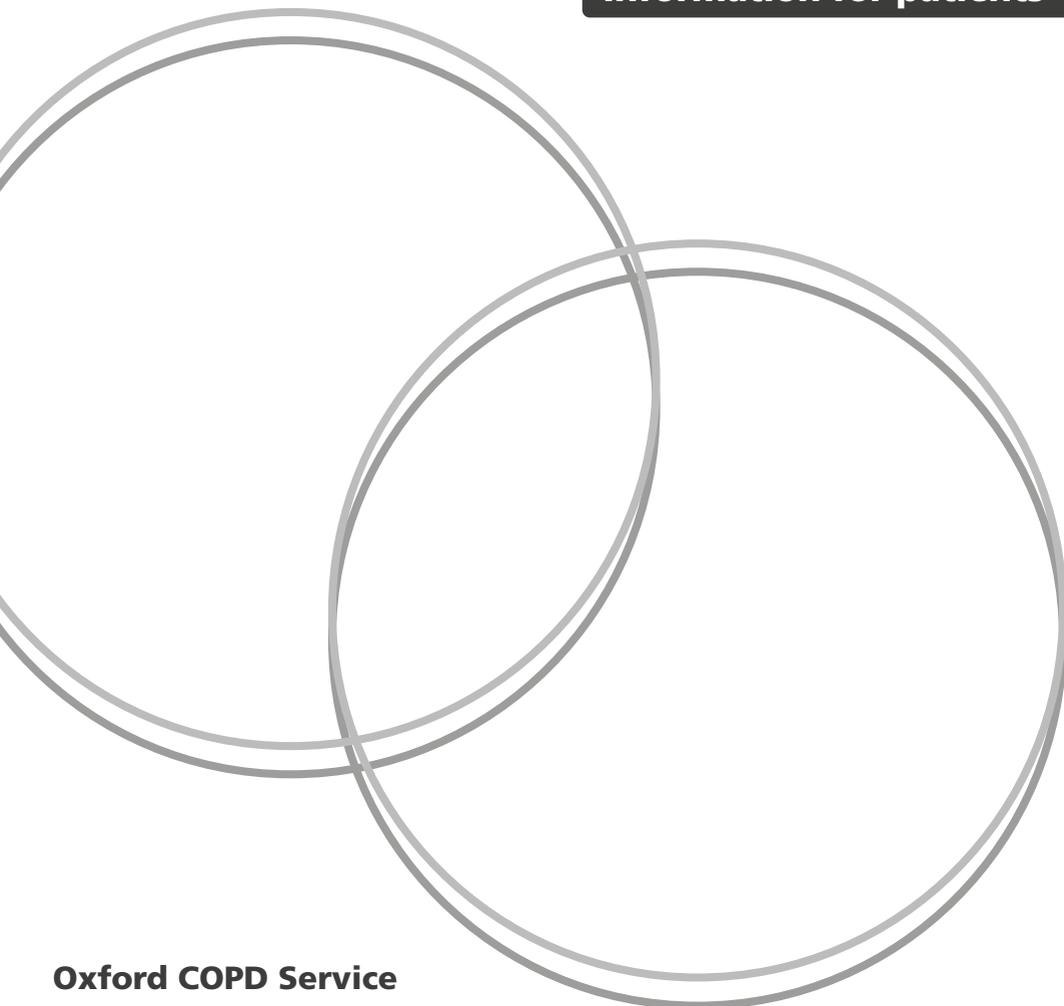




Oxford University Hospitals
NHS Foundation Trust

Lorazepam

Information for patients



Oxford COPD Service

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 to 30 minutes before any activity that may make you breathless, such as washing and dressing.

How to take lorazepam

If your lorazepam tablet is white, it should be swallowed with water.

If your lorazepam tablet is blue, it will dissolve under your tongue. This will help it to absorb into the soft tissues in your mouth and to act more quickly. Before taking this form of lorazepam it is best to drink some water, as this will help the tablet to dissolve under your tongue.

What are the most common side effects?

Lorazepam might make you feel sleepy. If you are on other medicines which also make you feel sleepy, then you should discuss this with your Doctor before starting lorazepam. Because of the possibility of sleepiness, 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 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 Respiratory 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 Doctor or your Respiratory Nurse know.**

Name:

DOB:

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

How to contact us

If you have any further questions please do get in touch.
Useful phone numbers are listed below.

Oxford Health Community Respiratory Nursing Team

Telephone: 01865 904 418

Oxford Centre for Respiratory Medicine

COPD Team Consultant Secretary

Telephone: 01865 225 234

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Respiratory Medicine Team
January 2024
Review: January 2027
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

