

## **Patient Information Leaflet**

### **Prescribing of Diazepam for Fear of Flying**

Trent Meadows Medical Practice, has decided not to prescribe Diazepam for patients who wish to use this for a fear of flying before travel because:

1. Diazepam is a sedative and it could impair your ability to concentrate. It may make you sleepy during the flight increasing the risk of any injury particularly in the emergency situations. This could seriously affect the safety of you and the people around you.
2. Some people taking diazepam, can experience mood disturbances and make you behave in ways you normally wouldn't. This could also impact on your safety and the safety of your fellow passengers or could lead you to get in trouble with the law.
3. Diazepam is used to treat the conditions but it is not allowed to be prescribed for preventative reasons in non-medical settings.

We appreciate a fear of flying is very real and very frightening and can be debilitating. However, there are much better and effective ways of tackling the problem. We recommend you tackle your problem with a Fear of Flying Course.

#### **Fear of Flying Courses:**

##### **Easy Jet**

[www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com)

Tel: 0203 8131644

##### **British Airways**

<http://flyingwithconfidence.com/courses>

Tel: 01252 793 250

##### **Virgin Atlantic**

<https://flywith.virginatlantic.com/bb/en/wellbeing-and-health/flying-without-fear.html>

Tel: 0344 874 7747