

Diazepam and Fear of Flying Policy

Lensfield Medical Practice does not prescribe sedatives like diazepam for fear of flying.

This policy decision has been made by the GP Partners and is adhered to by all prescribers working in the practice. The reasons for this can be found below:

- Diazepam is a sedative, which means it makes you sleepy, more relaxed and can significantly delay your reaction times. If there is an emergency during the flight it may impair your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and those around you.
- Sedative drugs can make you fall asleep, however when you do sleep it is an unnatural (non-REM) sleep. This means you won't move around as much as during natural sleep. This can cause you to be at increased risk of developing a blood clot (DVT) in the leg or even the lung. Blood clots are very dangerous and can even prove fatal. This risk is even greater if your flight is greater than four hours.
- Whilst most people find sedative medications like diazepam have a relaxing effect, a small number of people can actually feel more agitated or even aggressive after taking it. Diazepam can also cause disinhibition and lead you to behave in a way that you would not normally. This could impact on your safety as well as that of other passengers and could also get you into trouble with the law.
- According to the prescribing guidelines doctors follow, (known as the BNF), benzodiazepines like diazepam are not recommended for use in phobias. Your doctor would be taking a significant legal risk by prescribing against these guidelines. They are only licensed for short term use during a crisis in generalised anxiety. If this is the case, you should be getting proper care and support for your mental health and not going on a flight.
- Diazepam and similar drugs are illegal in a number of countries. They may be confiscated or you may find yourself in trouble with the police if you are carrying any on arrival.
- Diazepam stays in your system for quite a while. If your job requires you to submit to random drug testing, you may fail this having taken diazepam.

We appreciate that fear of flying is very real and very frightening. A much better approach is to tackle this properly with a Fear of Flying course run by the airlines and we have listed a number of these below:

Easy Jet

[Easy Jet - Fearless Flyer](#)

Tel: 0203 8131644

British Airways

British Airways - Flying With Confidence

Tel: 01252 793250

Virgin

Tel: 01423 714900

PATIENT INFO - FEAR OF FLYING AND ANXIETY