

Doncaster & Bassetlaw Medicines Formulary

Section 4.1 Hypnotics and Anxiolytics

Zopiclone 3.75mg and 7.5mg tablets

Diazepam 2mg, 5mg and 10mg tablets

Diazepam 2.5mg, 5mg and 10mg rectal tubes

Diazepam 10mg injection (emulsion)

Lorazepam 1mg tablets

Lorazepam 4mg injection

Approved by Drug and Therapeutics Committee: December 2018

Review Date: December 2021

Prescribing Guidance:

The hypnotic of choice is zopiclone. It should only be prescribed in line with licensing; risks of dependence, falls and driving must be discussed with the patient. Temazepam should not be routinely initiated, however, as with other hypnotics, it must not be stopped abruptly in patients who have been taking it for any length of time.

Diazepam is indicated for the short term relief (two to four weeks only) of severe anxiety and long term use should be avoided. Diazepam may also be used as adjunctive therapy at the start of antidepressant treatment to prevent the initial worsening of symptoms.

Lorazepam is shorter acting than diazepam and may be preferred in patients with hepatic impairment. There is a greater risk of withdrawal symptoms.

Chlordiazepoxide is indicated for the alleviation of symptoms of alcohol withdrawal within Doncaster and Bassetlaw Hospitals (see [Trust Policy PAT/T25 v.2](#)).

See also [RDASH Formulary Guidance](#) for insomnia.

Prescribing Hypnotics within Doncaster and Bassetlaw Hospitals

Hypnotics may be prescribed for in-patients due to the occurrence of difficulty sleeping whilst hospitalised. Sleeplessness in hospital frequently results from strange surroundings or worry about a pending diagnosis. Hypnotics should not routinely be prescribed as part of a patients' discharge medication unless the patient was admitted taking them on their repeat prescription (JAC does not automatically add hypnotics to the discharge prescription).

KEY: [UL] Unlicensed Preparation; **Drug** – first line choice; **Drug** – hospital only; Drug – **Amber** (TLS), **Drug** – Red (TLS), see <http://medicinesmanagement.doncasterpct.nhs.uk/>