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What Is Diazepam?

Diazepam, commonly known by the brand name Valium, belongs to the benzodiazepine family of medications. It is prescribed to treat a variety of conditions, including anxiety, seizures, symptoms related to alcohol withdrawal, muscle spasms, insomnia, and restless leg syndrome.

Since its introduction, Diazepam has been one of the most widely prescribed medications in the United States. It works by enhancing the activity of specific neurotransmitters in the brain, helping to promote relaxation and reduce excessive brain activity.

Diazepam is sometimes combined with other medications to relieve muscle spasms, body stiffness, and certain types of seizures. The medication is available in several forms—tablets, oral solutions, rectal gels, injectable solutions, and nasal sprays—allowing healthcare providers to choose the most effective form for each patient's needs.

When Should Diazepam Be Used?

Diazepam is indicated for the treatment of anxiety disorders, seizure control, mild anesthesia before endoscopic procedures, and the management of alcohol withdrawal symptoms. It should only be used when prescribed by a healthcare professional, as misuse or excessive dosing can lead to severe health risks.

Most adults aged 18 and older can take Diazepam in tablet or solution form. Older adults (65+) typically require lower doses due to increased sensitivity. Children aged 1 month or older may use Diazepam to treat muscle spasms when recommended by a physician.

Individuals experiencing alcohol withdrawal may be prescribed Diazepam to ease symptoms and promote relaxation. However, Diazepam should *not* be used by individuals with certain medical conditions including sleep apnea, narrow-angle glaucoma, severe liver or heart disease, or respiratory problems, as these conditions may worsen with the medication.

Dosing Information

Diazepam dosages vary depending on the patient's age, specific medical condition, and response to treatment. Doctors prescribe the lowest effective dose to reduce the risk of dependence, especially in individuals with a history of substance use disorder.

Available Forms:

- **Tablets:** 2 mg, 5 mg, 10 mg, 15 mg
- **Oral solution:** 1 mg/mL and 5 mg/5 mL bottles

Typical Dosage Guidelines:

- **Muscle Spasms:**
2–10 mg taken 3–4 times daily.
- **Anxiety Disorders:**
2–10 mg per day for short-term treatment.
- **Endoscopic Procedures:**
5–15 mg taken 1–2 hours before the procedure.
- **Before Surgery (Sedation):**
5–10 mg given 1–2 hours prior.
- **Seizures in Adults:**
2–10 mg taken orally 2–4 times daily.
- **Alcohol Withdrawal:**
10 mg initially for the first 24 hours, then reduced to 5 mg as needed.

Always follow your doctor's exact instructions, as individual needs may vary.

Side Effects of Diazepam

Diazepam can cause serious side effects, including slowed or shallow breathing—especially if taken with alcohol, opioids, or other sedatives. Use during pregnancy increases the risk of congenital abnormalities, premature birth, and developmental issues.

Adults over 65 are generally advised to avoid Diazepam because safer alternatives may be available for their conditions.

Common Side Effects Include:

- Dizziness
- Drowsiness
- Headaches
- Nausea
- Fatigue
- Dry mouth
- Muscle weakness
- Constipation
- Confusion

- Difficulty urinating
- Increased urination
- Changes in sex drive

Tell your doctor if you have a history of:

- Sleep apnea
- Narrow-angle glaucoma
- Severe liver disease
- Breathing disorders
- Untreated open-angle glaucoma
- Myasthenia gravis

What to Avoid While Taking Diazepam

- **Do not take Diazepam for longer than prescribed.** Prolonged use can lead to dependence.
- **Avoid alcohol**, as combining it with Diazepam can cause dangerous breathing problems.
- **Never take Diazepam without a prescription**, and do not combine it with other sedatives unless specifically instructed by your doctor.
- **Use caution** if you have any underlying health conditions or past substance use disorder.