

Dear Patient,

The Practice is committed to following prescribing guidelines. Please note that we therefore have a strict protocol to control Benzodiazepine prescribing to optimise the care of our patients.

These tablets are sometimes used to help with sleep or anxiety. Guidelines suggest short term use only (14 days).

They include temazepam, diazepam, lorazepam and nitrazepam, zopiclone and zolpidem .

These medicines will now only be prescribed in very exceptional circumstances.

If you are already taking one or more of these tablets regularly we will aim is to gradually reduce our dose before eventually stopping completely. You will be swapped to lowest dose table as part of the withdrawal.

Any new prescriptions will be for a maximum of 14 days supply.

If you have concerns regarding this policy, please make an appointment to see your GP.

Yours sincerely,

The Partners at Lake Road Practice