OXAZEPAM
ox-az-eh-pam

What does it do?
Oxazepam is used to treat anxiety. It is also sometimes used for other conditions.

How should you take it?
Take oxazepam as directed with a glass of water.

What if you forget a dose?
Take the missed dose if you remember on the same day. If not, skip the dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?
Some medicines available without a prescription may react with oxazepam including:
- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. valerian) or recreational drugs.

What side effects might you notice?

<table>
<thead>
<tr>
<th>Side Effects</th>
<th>Recommended action</th>
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<tbody>
<tr>
<td>Slow or shallow breathing, hard to wake up</td>
<td>Tell your doctor immediately</td>
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<tr>
<td>Trouble with speech or swallowing</td>
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<tr>
<td>Mood changes, agitation, unusual behaviour or thinking, loss of coordination</td>
<td>Tell your doctor</td>
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<tr>
<td>Confusion, memory loss, trouble concentrating</td>
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<tr>
<td>Muscle weakness</td>
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<tr>
<td>Drowsiness, tiredness, dizziness, headache, changes in vision</td>
<td>Tell your doctor if troublesome</td>
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<tr>
<td>Dry mouth, stomach upset</td>
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<tr>
<td>Less interest in sex, trouble peeing</td>
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If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:
- Tell your doctor if you have liver problems, a chronic muscle condition (e.g. myasthenia gravis), sleep apnoea or a head injury.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Oxazepam can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- If you still feel sleepy the next day, do not drive or operate machinery.
- Oxazepam may be addictive with long-term use.
- If you have been taking oxazepam regularly for a long time, do not stop taking it suddenly without talking to your doctor.
- Sleep problems commonly occur when oxazepam is stopped. It may take several weeks for these to improve.
- Caffeine-containing drinks (e.g. coffee, cola, tea) may reduce the effect of oxazepam. Discuss with your doctor.

This leaflet contains important, but not all, information about this medicine.
Prepared by the PILs Committee at Christchurch Hospital, Canterbury District Health Board, New Zealand. January 2020