

Practice policy:

# Policy on Diazepam for Fear of Flying /MRI scans/Dental work.

We do not prescribe Diazepam or other sedative medications for fear of flying. This will apply to other situations, such as for MRI scans, Dental or other medical procedures. This decision is based on several important medical, legal, and safety considerations outlined below.

## Medical Risks

- **Impaired Awareness & Safety** – Diazepam is a sedative that can impair concentration, reaction time, and decision-making. In an emergency, this could put both you and others at risk.
- **Increased Risk of Blood Clots (DVT)** – Sedative medications reduce movement during sleep, increasing the risk of deep vein thrombosis (DVT), which can be life-threatening. This risk is higher on long flights (over four hours).
- **Unpredictable Reactions** – While most people experience sedation, some may have the opposite reaction, leading to agitation, aggression, or disinhibition, which could compromise safety and lead to legal consequences.

## Legal & Prescribing Guidelines

- **Not Recommended for Phobias** – National prescribing guidelines do not support the use of benzodiazepines for phobias, including fear of flying.
- **Legal Restrictions in Other Countries** – Some countries classify Diazepam as a controlled substance. Carrying it could lead to confiscation or legal issues at your destination.
- **Work & Drug Testing Considerations** – Diazepam has a long half-life and can remain in your system for an extended period, potentially affecting drug tests required for certain jobs.

## **Alternative Support**

We understand that fear of flying is a genuine and distressing condition. Instead of medication, we recommend considering a **Fear of Flying Course**, which is offered by several airlines.

[https://www.fearless-flyer.com/ff-vs-1-gbp/?utm\\_source=bing&utm\\_medium=ffuk&utm\\_campaign=JMCPC1&ff\\_plat=bing&ff\\_aid=&msclkid=86645cb104bd15180dca3ac829c7a74e](https://www.fearless-flyer.com/ff-vs-1-gbp/?utm_source=bing&utm_medium=ffuk&utm_campaign=JMCPC1&ff_plat=bing&ff_aid=&msclkid=86645cb104bd15180dca3ac829c7a74e)

These courses provide evidence-based coping strategies, are safer, and offer long-term benefits beyond a single flight.

Additional information is available at:

<https://patient.info/news-and-features/how-to-manage-flight-anxiety>

## **Here is some information of how to overcome MRI scan anxiety:**

<https://www.happymri.com/>