

# BENZODIAZEPINE AND NON-BENZODIAZEPINE HYPNOTIC MEDICATIONS

## INTRODUCTION:

Benzodiazepines and non-benzodiazepine hypnotics are frequently prescribed and commonly used medications for treatment of anxiety, panic attacks, insomnia, and other conditions.

**Most common brand names of benzodiazepines: Xanax, Klonopin, Valium**

**Most common brand names of non-benzodiazepine hypnotics: Lunesta, Sonata, Ambien**

## MISUSE AND ABUSE:

- Taking these drugs differently than prescribed can result in life-threatening health risks. These drugs are commonly misused and abused due to their potentially mind-altering effects.
- Individuals with a history of drug misuse are most likely to seek these and other medications to experience euphoria or an altered mental state.
- Use with opioids is risky. Using these medications and opioids together may result in intense sedation, respiratory depression, coma, and death. If you are prescribed either of these medications, and take opioids, discuss your situation with your medical provider(s) immediately. (Opioids include prescription medications such as Percocet, OxyContin, and Vicodin, as well as illegal substances such as heroin and fentanyl-laced drugs.)
- If you believe you have taken too much of any one of these drugs at one time, call 911.

**1/3 of opioid overdose deaths involve benzodiazepines.**

## RISK OF DEPENDENCY AND ADDICTION:

- While these medications may be useful for short-term use, physical dependence can develop as a result of long-term, daily use.
- Physical signs of dependence include a need for a higher or an earlier dose to achieve equal results, and uncomfortable withdrawal symptoms when missing or skipping a dose.
- Benzodiazepine withdrawal can be particularly dangerous and even life-threatening. Medical detoxification under a provider's direct care is advised.

## ADDICTION SUPPORT AND TREATMENT RESOURCES:

- People who are psychologically dependent on benzodiazepines crave the drug and feel as though they can't cope without it. If you are concerned about your benzodiazepine use or someone else's, contact a health care provider or addiction professional.
- For a list of local resources, including topics on prevention, addiction, treatment, and recovery, visit [HelpsHereDE.com](http://HelpsHereDE.com). Help is available.

## PROPER STORAGE AND DISPOSAL:

- Do not share your prescription medications with anyone. It is illegal and unsafe.
- Lock up all medications or put them out of the way of anyone, including children or pets, who might try to consume them by accident or on purpose.
- Safely dispose of any unused medications at one of the Delaware prescription medication drop boxes. A list of locations can be found at [HelpsHereDE.com/DropBox](http://HelpsHereDE.com/DropBox).

### STRUGGLING WITH ADDICTION?

Call our hotline 24/7.

**800-652-2929**

New Castle County

**800-345-6785**

Kent and Sussex counties

**Call 911 for all medical emergencies.**

**For additional information on benzodiazepines and non-benzodiazepine hypnotic medications, visit [HelpsHereDE.com](http://HelpsHereDE.com).**

