



## **BENZODIAZEPINES FOR FEAR OF FLYING**

This leaflet explains why Inverbervie Medical Practice is unable to prescribe Benzodiazepines (such as Diazepam) to patients for fear of flying. Many other GP practices have a similar policy.

- They are sedating drugs which can cause safety concerns:
  - If you are drowsy, your reaction times may be slower, and you may be **unable to act quickly** in an emergency on-board a flight.
  - If you are drowsy, you may move around less and sit for longer, increasing **the risk of a DVT** (blood clot) in the leg or even lung. This can have **serious** (even fatal) outcomes.
- They can cause **respiratory depression** (slower breathing rate) which can be dangerous as blood oxygen levels are already reduced at high altitude.
- It is possible that they can cause agitation and confusion which may put other passengers at risk.
- They are a controlled (regulated) drug in the UK and we must prescribe medications safely:
  - The use of Benzodiazepines to treat phobia (fear) is contraindicated (i.e. not allowed) – this is the advice given in the BNF (drug formulary) - which is the manual used for information about drugs.
  - They are only indicated for severe or disabling anxiety – we would not advocate flying if a patient was suffering from this.
- Benzodiazepines are illegal in some countries meaning you may risk breaking the law if you take these medications with you.
- They should not be mixed with alcohol which may be available to buy on or before a flight.

We appreciate patients may have a genuine fear of flying. Several of the big UK-based airlines provide “Fear of Flying” courses which you may wish to investigate.

Thank you for your understanding in this matter.

Dr. G. MacLeod  
Inverbervie Medical Practice

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