

Valium

If you have anxiety, seizures, or muscle spasms, you may be prescribed Valium.

Its generic name is Diazepam.

To understand how Valium works, let's look at how anxiety affects your body.

Your brain is constantly firing information and messages to the rest of your body, telling you how to think, how to feel and what to do.

When you are faced with a situation that makes you anxious or causes you to panic, your brain puts you in a state of alert and gets you ready to face the situation.

When it passes, the nerve signals in your brain slow down and your body calms. But when you suffer from anxiety, your brain can't turn off that state of alert.

Valium enhances a chemical in the brain called GABA, which helps calm you down. And it slows pain signals going down the spine to help reduce muscle spasms.

Valium comes in a tablet, liquid or rectal gel. Your healthcare provider will decide how much you need to take but tablets come in 2 milligrams, 5 milligrams and 10 milligrams dosages.

Valium is a powerful medication. Some people should not take it.

Do not take Valium if you are allergic to other anti-anxiety medications like Klonopin or Xanax.

Do not take Valium if you have liver disease, breathing problems, certain types of glaucoma or sleep apnea.

Do not take Valium if you are pregnant, planning to get pregnant, breastfeeding, or have an infant less than 6 months old. Valium can harm your baby.

Before taking Valium, tell your healthcare provider if you have a history of: asthma or other breathing problems, glaucoma, liver or kidney problems, depression or suicidal thoughts.

Valium can be highly addictive. If you have a history of abuse of: street drugs, prescription medications, or alcohol, tell your healthcare provider. There may be a different medication available for you.

Some side effects of Valium include: dizziness, feeling tired, feeling lightheaded, muscle weakness, and confusion.

If you do notice any of these side effects contact your doctor about how to manage them.

When you are taking Valium be aware that...

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You are at an increased risk of falling...
Your ability to drive a car or operate heavy machinery can be affected...
Valium can increase the effects of alcohol...

If you have an allergic reaction like: trouble breathing, hives, or swelling of your face or throat, call 911.

This is not the complete list of side effects. Make sure you discuss all possible side effects with your healthcare provider.

Remember to take Valium exactly as prescribed.

If you think you have taken too much Valium, call 911. An overdose can lead to death.

If you have been prescribed Valium rectal gel, make sure you discuss how to properly administer it with your healthcare provider.

Store Valium at room temperature, not too hot or too cold, away from moisture and direct sunlight.

Valium can help you manage anxiety, muscle spasms, or seizures. But it is a powerful medication that should only be taken exactly as prescribed.

If you have any questions about Valium, ask your doctor or pharmacist for more information.