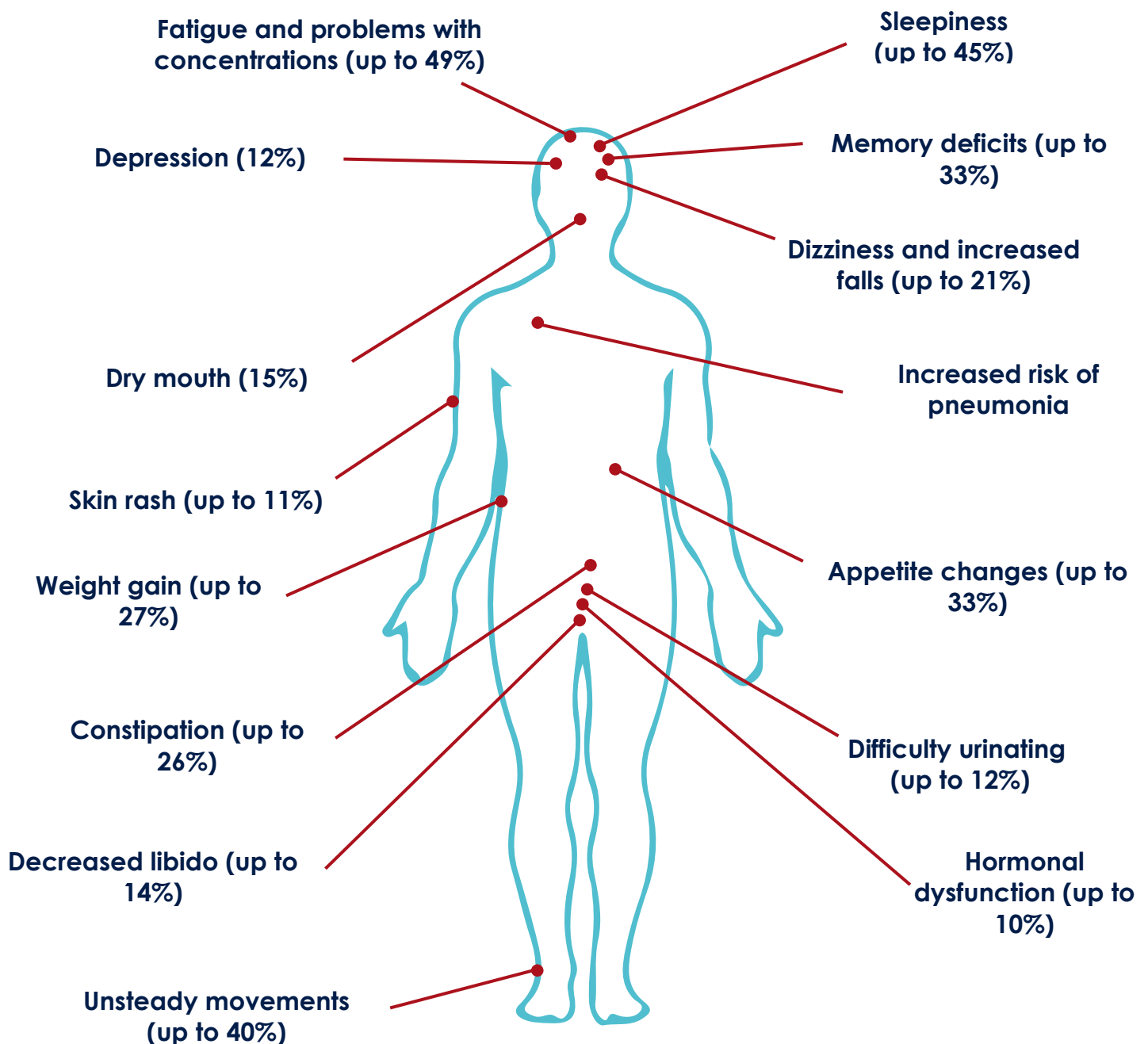




Benzodiazepine Medication Informed Consent





Compass Opioid Prescribing + Treatment Guidance Toolkit

Quick Facts

- + Patients taking benzodiazepines are 3.5 times more likely to die from all-cause mortality
- + Benzodiazepines have serious risks of abuse, addiction, physical dependence and withdrawal reactions.
- + Benzodiazepine use is associated with an increased risk of motor vehicle accidents, suicide, falls and pneumonia.

Risks

- + **Cognitive impairment and decline**
 - + Most common in patients taking high doses, long-acting products and taking for long periods of time
 - + Highest risk in patients taking benzodiazepines for longer than 3 years
 - + No reversal
- + **Benzodiazepine dependence**
 - + Benzodiazepines cause significant changes within the brain and body.
 - + Dependence is inevitable when taking benzodiazepines long term.
 - + Dependence makes it very difficult to stop using benzodiazepines.
 - + Benzodiazepine dependence can occur in as little as one month of regular use.
- + **Benzodiazepine addiction**
 - + Addiction is a treatable, chronic medical disease involving interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction may use substances or engage in compulsive behaviors despite harmful consequences.
- + **Overdose and death**
 - + High doses, or the use of benzodiazepines with opioids, alcohol, or other depressants significantly increases the risk of overdose.

Benefits

Benzodiazepines can be effective for the short-term treatment of some types of anxiety, such as anxiety relating to procedures (MRI, dental work, etc). Research shows no benefit for the treatment of chronic anxiety.

Alternatives

There are many ways to manage anxiety, including non-benzodiazepine medications, psychotherapy, and complementary and alternative treatments such as yoga and meditation.

I have read the risks, benefits, and alternatives outlined above, and I understand and consent to my proposed benzodiazepine treatment.

Patient Signature

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