

# Management of benzodiazepine misuse – client agreement and information

**Please add to Theseus, give one copy to client and keep one copy for filing**

I am being prescribed a reducing dose of diazepam to help manage withdrawal symptoms as I reduce and stop using benzodiazepines.

I understand and agree to the following:

- The reason for prescribing diazepam is to help me reduce and stop benzodiazepine use.
- The prescribed dose will be reduced and then stopped
- My prescription is for daily pickups
- The reduction plan will not be lengthened.
- I will attend all my appointments, sober and on time.
- My prescription will be stopped if:
  - I use any illicit drugs (including heroin, crack and benzodiazepines)
  - I drink alcohol in a harmful way or attend the service or pharmacist intoxicated
  - I seek more prescribed benzodiazepines from another service or my GP
- There is any suspicion that I have given or sold my medication to anyone else

**Agreed reduction plan: (EXAMPLE: 30mg for 2 weeks, 25mg 2w, 20mg 2w, 16mg 2w, 12mg 2w, 10mg 2w, 8mg 2w, 6mg 2w, 4mg 2w, 2mg 2w)**

Signed \_\_\_\_\_

Date \_\_\_\_\_