Anti-Anxiety Medications Cheat Sheet

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Benzodiazepine Actions

- Binds to benzodiazepine receptors
- Facilitates GABA
- Slows neural transmission to decrease cellular excitation and anxiety

Common Uses

- Anxiety
- Insomnia
- Alcohol use withdrawal
- Pre-anesthesia for desired amnesia/sedation
- Seizure prevention/treatment
- Panic disorders

Type of Benzodiazepines

Generic Name	Brand Name
Alprazolam	Xanax
Chlordiazepoxide	Librium
Clonazepam	Klonopin
Diazepam	Valium
Lorazepam	Ativan
Midazolam	Versed

Side Effects

Physiological	Psychological
Respiratory suppression	Drowsiness
Ataxia	Dizziness
Nausea	Confusion
Sedation	Early dementia
Decreased libido	Decreased concentration
Lack of coordination	Depression
Slurred speech	Decreased alertness

*RISK OF FALLS!!

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