



FEAR OF FLYING PHOBIA

The Lodge surgery does not prescribe Diazepam for a patient's fear of flying. There are a number of very good reasons why prescribing this drug is not recommended:

1) Diazepam is a sedative, which means it makes you sleepy and more relaxed. If there is an emergency during the flight it may impair your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and those around you.

2) Sedative drugs can make you fall asleep, however when you do sleep it is an unnatural non-REM sleep. This means you won't move around as much as during natural sleep. This can cause you to be at increased risk of developing a blood clot (DVT) in the leg or even the lung. Blood clots are very dangerous and can even prove fatal. This risk is even greater if your flight is greater than 4 hours.

3) Whilst most people find benzodiazepines like diazepam sedating, a small number have paradoxical agitation and increased aggression. They can also cause disinhibition and lead you to behave in a way that you would not normally.

4) According to the prescribing guidelines doctors follow (BNF) Benzodiazepines are contraindicated (not allowed) in treating phobia. Your doctor would be taking a significant legal risk by prescribing against these guidelines.

5) Diazepam and similar drugs are illegal in a number of countries. They may be confiscated or you may find yourself in trouble with the police.

6) Diazepam stays in your system for quite a while. If your job requires you to submit to random drug testing you may fail this having taken diazepam.

Flight anxiety does not come under the remit of General Medical Services as defined in the GP contract and so we are not obliged to prescribe for this. Patients who still wish to take benzodiazepines for flight anxiety are advised to consult with a private GP.

We appreciate that fear of flying is very real and very frightening. Another approach is to tackle this properly with a Fear of Flying course run by the airlines.

We have listed two of these below:

Easy Jet- <http://www.fearlessflyer.easyjet.com>

British Airways -

<https://www.britishairways.com/en-gb/information/travel-assistance/flying-with-confidence>