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Patient Information Leaflet

Practice Stance on prescribing of Diazepam for Fear of Flying





4. National prescribing guidelines followed by doctors also don’t

allow the use of benzodiazepines in cases or phobia. Any

doctor prescribing diazepam for a fear of flying would be

taking a significant legal risk as this goes against these

guidelines. Benzodiazepines are only licensed for short-term

use in a crisis in generalised anxiety. If this is the problem

you suffer with, you should seek proper care and support for

your mental health, and it would not be advisable to go on a

flight.

5. In several countries, diazepam and similar drugs are illegal.

They would be confiscated, and you might find yourself in

trouble with the police for being in control of an illegal

substance.

6. Diazepam has a long half-life. This means it stays in your

system for a significant time and you may fail random drug

testing if you are subjected to such testing as is required in

some jobs.

We appreciate a fear of flying is very real and very frightening and

can be debilitating. However, there are much better and effective

ways of tackling the problem. We recommend you tackle your

problem with a Fear of Flying Course, which is run by several airlines.

These courses are far more effective than diazepam, they have none

of the undesirable effects.