

REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES



FOCUS ON BENZODIAZEPINE RECEPTOR AGONISTS (BZRAs)



As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.

Lowering your medication dose is a way for health care providers to help you safely cut back on medications.

The medication you are currently taking: _____

Your dose: _____

WHY CONSIDER REDUCING OR STOPPING YOUR MEDICATION?



BZRAs can cause memory problems, daytime fatigue, addiction, and are linked to dementia and falls

HOW TO SAFELY REDUCE OR STOP A BZRA:



Ask your health care provider to find out if lowering or stopping your medication is for you.



Your medication dose should be lowered slowly with your health care provider's help.



Download the BZRA patient information pamphlet available online:

<http://deprescribing.org/resources/deprescribing-information-pamphlets/>

Ask questions, stay informed and be proactive.

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Pottie K, Thompson W, Davies S, Grenier J, Sadowski C, Welch V, Holbrook A, Boyd C, Swenson JR, Ma A, Farrell B. Evidence-based clinical practice guideline for deprescribing benzodiazepine receptor agonists. *Can Fam Physician* 2018;64:339-51 (Eng), e209-24 (Fr)

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