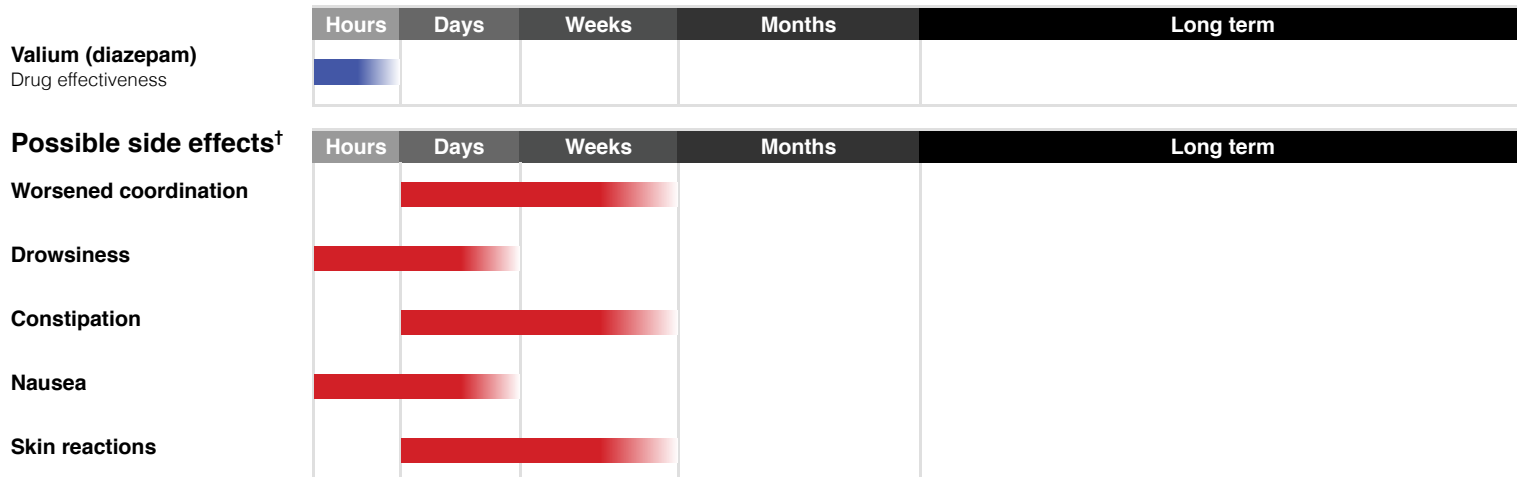


Valium (diazepam) basics

Helps you relax. Valium (diazepam) is effective for occasional or short-term use for anxiety and muscle spasm. Compared to similar drugs, Valium (diazepam) acts very quickly but can have interactions with other medicines.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

Tips from pharmacists

- Valium (diazepam) is good for short-term relief of anxiety symptoms and muscle spasms.
- Starts working within 30 minutes when swallowed.
- Take Valium (diazepam) with food or water. Mix the oral concentration with water, juice, soda, applesauce, or pudding before use.
- Valium (diazepam) can cause temporary dizziness and drowsiness. Do not drive or operate heavy machinery until you know how this drug affects you.
- Long-term use can cause dependence or abuse. Take exactly as your doctor prescribed.
- Valium (diazepam) is not safe to use with alcohol.

Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

Decreased breathing from use with opioids

Using Valium (diazepam) in combination with opioids (a type of pain medicine) may cause severe drowsiness, slowed breathing, and potentially even coma or death. This combination should be avoided. Alcohol use should also be avoided while taking Valium (diazepam). If you experience excessive drowsiness or slowed breathing, notify your doctor right away and seek medical care.

Dependence and withdrawal

Valium (diazepam) has a risk of physical and psychological dependence. If you have been taking Valium (diazepam) for a while or at a high dose, suddenly decreasing or stopping the dose can cause withdrawal symptoms such as stomach cramps, vomiting, sweating, headache, anxiety, irritability, and muscle pain. Take Valium (diazepam) exactly as prescribed and talk to your doctor if you wish to stop taking Valium (diazepam).

Driving impairment

Valium (diazepam) impairs your ability to focus, think, and react. These effects can extend to the morning after taking Valium (diazepam). Be careful and avoid activities that require you to be alert, such as driving a car or operating machinery, until you know how this medicine affects you.