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**Practice Guidelines for Prescribing Benzodiazepines and Z-drugs**

Use lowest effective dose for a short period only

**Prescriptions for new patients - maximum of two weeks**

**Do NOT place these medications on repeat**

Hypnotics started in hospital **not** to be continued without review

Do **not** replace lost medicines/scripts - these drugs must be stored securely

Provide self-help leaflet

Caution in elderly – increased ‘hangover effect & increased falls risk

Chronic users needed a documented plan for withdrawal

Support available from Practice Pharmacist