

# You may be at increased risk

Are you **over the age of 65** and taking one of the following medications?

Alprazolam (Xanax<sup>®</sup>)

Bromazepam  
(Lectopam<sup>®</sup>)

Chlordiazepoxide  
(Librium<sup>®</sup>)

Clonazepam  
(Rivotril, Klonopin<sup>®\*</sup>)

Clorazepate (Tranxene<sup>®</sup>)

Diazepam (Valium<sup>®</sup>)

Flurazepam (Dalmane<sup>®</sup>)

Lorazepam (Ativan<sup>®</sup>)

Nitrazepam (Mogadon<sup>®</sup>)

Oxazepam (Serax<sup>®</sup>)

Temazepam (Restoril<sup>®</sup>)

Triazolam (Halcion<sup>®</sup>)

Zolpidem (Ambien<sup>®\*</sup>,  
Intermezzo<sup>®\*</sup>, Edluar<sup>®\*</sup>,  
Sublinox<sup>®</sup>, Zelpimist<sup>®\*</sup>)

Zopiclone (Imovane<sup>®</sup>,  
Rhovane<sup>®</sup>)

*\* US brand names*

## Then you are at **increased risk** of experiencing:

- Memory problems
- Confusion
- Falls
- Fractures
- Motor vehicle accidents

Ask me  
(your healthcare  
provider) about  
safer approaches

**IMPORTANT:** Do not stop these medications on your own without your healthcare provider's help, as you could experience withdrawal.

Check out the Canadian Deprescribing Network's sedative hypnotics brochure, available from <http://www.criugm.qc.ca/fichier/pdf/BENZOeng.pdf> for more information about your medications.