

# MONIFIETH MEDICAL PRACTICE

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## Practice Information

We understand that the fear of flying can be overwhelming and challenging to manage. However, it is important to note that while Monifieth Medical Practice will consider prescribing sedatives for fear of flying, we want to ensure you are aware of the potential side effects these medications may have on you. Here are some important reasons to consider before requesting sedatives:

1. **Safety Concerns:** Sedatives like Diazepam can make you sleepy and more relaxed, potentially impairing your ability to concentrate, follow instructions, and react to emergencies during the flight. This poses serious safety risks for you and those around you.
2. **Increased Risk of Blood Clots:** Sedative drugs can induce an unnatural non-REM sleep, reducing movement during the flight and increasing the risk of developing blood clots (DVT) in the legs or lungs, especially during flights longer than four hours.
3. **Potential Adverse Reactions:** While most people find benzodiazepines like Diazepam sedating, a small number may experience agitation, aggression, or disinhibition, which can impact safety and lead to legal trouble.
4. **Medical Guidelines:** Prescribing guidelines (BNF) contraindicate benzodiazepines for phobias (fears), meaning doctors prescribing against these guidelines are taking a legal risk.
5. **Legal Implications:** Diazepam and similar drugs are illegal in certain countries, leading to potential confiscation or legal repercussions.
6. **Drug Testing Concerns:** Diazepam stays in the system for a prolonged period, potentially leading to failed drug tests, which can affect employment, particularly in jobs requiring random drug testing.

We recognise the severity of fear of flying and recommend a more effective approach through Fear of Flying courses offered by airlines. Below, we have listed some courses you may find beneficial:

- Easy Jet [www.fearlessflyer.easyjet.com](http://www.fearlessflyer.easyjet.com) Tel 0203 8131644
- British Airways [www.flyingwithconfidence.com](http://www.flyingwithconfidence.com) Tel 01252 793250
- Virgin [www.flyingwithoutfear.co.uk](http://www.flyingwithoutfear.co.uk) Tel 01423 714900

If you have any questions or concerns, please do not hesitate to contact us. Your safety and well-being are our top priorities.