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.

Deprescribing is a way for health care providers to help you safely cut back on medications.

WHAT ARE BENZODIAZEPINE RECEPTOR AGONISTS & Z-DRUGS?
- Drugs used to treat problems like anxiety or difficulty sleeping
- Examples include:
  - Alprazolam (Xanax®)
  - Bromazepam (Lectopam®)
  - Clonazepam (Rivotril®)
  - Chlorzepate (Tranxene®)
  - Diazepam (Valium®)
  - Flurazepam (Dalmane®)
  - Lorazepam (Ativan®)
  - Nitrazepam (Mogadon®)
  - Oxazepam (Serax®)
  - Temazepam (Restoril®)
  - Triazolam (Halcion®)
  - Zopiclone (Imovane®, Rhovane®)
  - Zolpidem (Sublinox®)

WHY CONSIDER REDUCING OR STOPPING A BZRA BEING USED FOR INSOMNIA?
- BZRAs can cause dependence, memory problems, daytime fatigue, and are linked to dementia and falls
- Many could take them for short periods (up to 4 weeks) but remain on them for years
- BZRAs are not recommended at all (regardless of duration) in older persons as first line therapy for insomnia
- BZRAs may become less helpful for sleep after only a few weeks

HOW TO SAFELY REDUCE OR STOP A BZRA
- Ask your health care provider to find out if deprescribing is for you; BZRA doses should be reduced slowly with supervision
- Tell your health care provider about the BZRA deprescribing algorithm, available online: [http://deprescribing.org/resources/deprescribing-guidelines-algorithms/](http://deprescribing.org/resources/deprescribing-guidelines-algorithms/)
- Download the BZRA patient information pamphlet available online: [http://deprescribing.org/resources/deprescribing-information-pamphlets/](http://deprescribing.org/resources/deprescribing-information-pamphlets/)