



WARNINGS & PRECAUTIONS

Before taking alprazolam:

- Tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. Alprazolam may harm your baby. If you become pregnant while taking alprazolam, call your doctor.
- Talk to your doctor about the risks and benefits of taking this medication if you are 65 years of age or older. Older adults should receive low doses of alprazolam because higher doses may not work better and may cause serious side effects.
- If you are having surgery, including dental surgery, tell the doctor or dentist that you are taking alprazolam.
- Remember that alcohol can add to the drowsiness caused by this medication. Alcohol can make the side effects from alprazolam worse.

COMMON SIDE EFFECTS OF ALPRAZOLAM:

All medicines may cause side effects, but many people have no, or minor, side effects. Check with your doctor if any of these most COMMON side effects persist or become bothersome when using alprazolam:

- changes in appetite
- changes in sexual desire
- constipation
- dry mouth
- increased saliva production
- trouble concentrating
- weight changes
- unsteadiness

Connecticut Department of Consumer Protection
Prescription Monitoring Program
450 Columbus Blvd, Suite 901
Hartford, CT 06103
(860) 713-6073 • www.ct.gov/dcp



Alprazolam

(Alprazolam Intensol, Niravam, Xanax, Xanax-XR)



Anxiety Treatment With a Chance of Addiction



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WHAT IS ALPRAZOLAM?

Alprazolam is used to treat anxiety disorders and panic disorder (sudden, unexpected attacks of extreme fear and worry about these attacks). Alprazolam is in a class of medications called benzodiazepines. It works by decreasing abnormal excitement in the brain.

Although alprazolam is recommended for short term or intermittent use, some patients use it on a daily basis. They may have a condition that requires frequent use, or patients may self-administer and increase their intake without medical advice.

Getting Addicted to Alprazolam

The habit-forming potential of alprazolam is HIGH. It is possible to become addicted (dependent) in the first few days if you are using this drug for the first time. Thus, you should only take the prescribed amount of alprazolam, to avoid addiction.

Addiction and abuse are frequently associated with adolescents and young adults who take alprazolam to obtain a “high.” This intoxicated state results in reduced inhibition and impaired judgment.

Breaking an addiction can be very painful for not only the addict, but for everyone close to them as well. Always consult your doctor before discontinuing the use of alprazolam. Stopping abruptly may cause withdrawal symptoms and is not recommended.



WITHDRAWAL SYMPTOMS

Alprazolam works fast and has a relatively short half-life. This means that after quitting, withdrawal symptoms begin quickly.

Some symptoms of alprazolam withdrawal include:

- insomnia
- headaches
- nausea
- vomiting
- lightheadedness
- sweating
- anxiety
- fatigue

Seizures, hallucinations and fever can occur in more severe cases of withdrawal.

OVERCOMING ADDICTION

There is no set time frame for an addiction to alprazolam to be successfully overcome. However, most people will begin to experience some side effects within twelve hours of reducing the dosage.

The symptoms tend to reach their full strength around the four-day mark and then may linger for a few weeks or months, depending on the amount of alprazolam you were taking previously.

Your doctor can assess your particular situation and give you some idea of what to expect as you gradually become free from the medication.

Alprazolam abuse is highly treatable, but it should never be conducted alone. The full support of a qualified medical professional is absolutely necessary, since some of the symptoms themselves may require immediate treatment if they are severe enough.