Sedative Ingestion

An overdose is when more drugs are taken than recommended. **The risk of serious problems from overdosing on any sedative depends on the amount of drug taken, and if it is mixed with other drugs or alcohol**. The most common group of sedatives are benzodiazepines:

- Lorazepam.
- Flurazepam.
- Triazolam.
- Librium®.
- Oxazepam.
- Valium®.
- Xanax®.

Sedatives are prescribed for insomnia, anxiety, muscle tension and alcohol or drug withdrawal symptoms.

A sedative overdose causes symptoms similar to alcohol intoxication. **These include:**

- **Loss of coordination.**
- **Slurred speech.**
- **Slowed breathing.**
- **Poor judgment.**
- **Memory loss.**
- **Drowsiness.**
- **Blackouts, coma**.

Taking too many sedatives can cause:

- Respiratory depression.
- Vomiting.
- Dehydration.
- Low blood pressure.
- Death.

You are also at increased risk for injury when on sedative drugs, especially when you drive or operate machinery. **It is very important that someone keep a close watch on you for the next 24-48 hours and call for emergency help, if you have trouble breathing or cannot be aroused from sleep.**

At this point, hospital care is not needed. You may have a hangover after sedative ingestion. Get plenty of rest and drink increased amounts of non-alcoholic fluids. **A sedative ingestion is often a sign of a severe emotional state or depression**. If you have been taking a sedative medicine regularly for a long time and stop suddenly, you may have withdrawal symptoms, including: anxiety, agitation, headache and more serious symptoms. Be sure to see your doctor or counselor for further treatment to address these emotional and physical issues.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop recurrent dizziness or weakness or you faint.
- You have trouble breathing.
- You have a seizure.

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