

KIRKVIEW MEDICAL PRACTICE

PRESCRIBING MEDICATION FOR HOSPITAL/DENTAL PROCEDURES DUE TO ANXIETY OR PHOBIAS

PRACTICE POLICY

VERSION: 1

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Our practice has occasionally been asked to prescribe medication to help alleviate anxiety for patients due to attend hospitals or dentists for procedures. We have in the past prescribed small doses of diazepam to assist with this, however this is something that we are no longer able to help with.

Diazepam is a sedative medication and it can make you sleepy and relaxed but if you are requesting this to attend for a procedure at the hospital or dentists, this may make you too sedated, resulting in the procedure being postponed or cancelled. Conversely some patients can have the opposite response, resulting in agitation. You may take the medication an hour or so before the assumed procedure, to then attend and find that the procedure has been delayed, therefore the medication has worn off by the time you are ready to be seen.

All hospital consultants and dentists have prescribing abilities and so if a patient needs a certain medication to enable an investigation or procedure to go ahead, they are just as well positioned to provide a prescription through the hospital pharmacy or via a dental prescription. Any sedated patient should be monitored by the prescribing team to ensure their safety, pre and post procedure.

It is therefore more appropriate that if you require something to help with anxiety, that this medication is prescribed and monitored by the team performing the procedure. As a practice we would therefore suggest that you liaise directly with the hospital or dental team for any required medication for anxiety. We are not trying to be “obstructive” but adhering to our duty of care to provide safe, consistent, and appropriate care for our patients.