



The Robert Street Practice

Dr. B Aubrey Dr. D Weaver Dr. A Mackintosh Dr. M Douglas Dr. I Griffiths Dr. V Anthony

Robert Street Practice Policy on Diazepam prescribing for Fear of Flying or Medical Procedures/Investigations (e.g. dental procedures/MRI scans)

After careful consideration, Robert Street Practice has adopted a policy to NOT prescribe Diazepam or other sedative medications for Fear of Flying or Medical Procedures (e.g. dental procedures, MRI or CT scans) This approach is consistent with many GP practices in Wales and across the UK. The summary below outlines the reasoning behind this policy:

Fear of flying:

- The British National Formulary (BNF) advises against prescribing diazepam for phobic disorders such as fear of flying and recommends avoiding its use in cases of mild, short-lived anxiety.
- The National Institute of Clinical Excellence (NICE) states that medication is not appropriate for mild mental health conditions that are likely to resolve on their own. For more severe anxiety disorders, it also advises against the use of benzodiazepines, sedative antihistamines, or antipsychotic medications.
- From a safety concern viewpoint, benzodiazepines can slow both reaction time and cognitive processing. During an in-flight emergency this could reduce your ability to respond effectively, potentially compromising your safety.
- Although diazepam may promote sleep on flights, it produces a non-REM sleep state that limits movement. Reduced mobility - especially on long haul flights - raises the likelihood of developing deep vein thrombosis (DVT), which can be life-threatening.
- While diazepam usually has a calming effect, a small number of people may experience the opposite response, including agitation, aggression, or loss of inhibition. Such reactions could present risks to yourself and others and may have legal implications.
- In certain countries, particularly in parts of the Middle East, bringing benzodiazepines into the country is prohibited. This could result in confiscation of the medication or potential legal consequences.
- Prolonged use of benzodiazepines has been linked to a higher risk of developing dementia.
- Taking benzodiazepines alongside alcohol can intensify all the associated risks described above.

Flight anxiety is not covered under General Medical Services as defined by the NHS GP contract.

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Therefore, we are not obligated to prescribe medication for this condition.

Alternative support is available for managing flight anxiety:

-NHS talking therapies accessed via your GP or via self-referral [Talking therapies - NHS](#):

-EasyJet Fearless Flyer: <https://fearlessflyer.easyjet.com> Tel: 0203 813 1644

-British Airways Flying with Confidence: <https://flyingwithconfidence.com> Tel: 01252 793250

Medical Procedures:

- MRI scans are conducted within hospitals. If anxiety is preventing you from attending your appointment, you should contact the department that will conduct the scan rather than your GP practice.
- GPs are not equipped or trained to provide procedural sedation. Inadequate dosing may have no effect, while excessive dosing could suppress breathing or consciousness and result in the procedure being cancelled. Safe use of sedation requires monitoring facilities that are not available in primary care.
- Although diazepam is typically calming, it can occasionally have the opposite effect, causing restlessness or agitation, which may increase risk during procedures.
- Hospital scans and procedures are often subject to delays. Sedation should therefore be administered by the clinical team performing the procedure to ensure it takes effect at the appropriate time.
- The Royal College of Radiologists sets strict guidelines regarding sedation for CT and MRI imaging. Prescribing sedatives without appropriate monitoring is considered unsafe. If the radiology team is unaware that sedation has been taken, any complications that arise could pose serious risks.
- For procedures such as dental work or surgical interventions (including cataract surgery), it is the responsibility of the treating clinician to arrange and provide any necessary sedation. GP practices do not prescribe sedatives for these situations.

If you are concerned about undergoing a scan or procedure due to anxiety or claustrophobia, please contact the requesting department or radiology service directly.

Further Information:

[NHS: About Diazepam](#)

[BNF: Diazepam](#)

[BNF: Hypnotics and Anxiolytics](#)

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References:

British National Formulary (BNF) (2026) Hypnotics and anxiolytics. London: BMJ Group and Pharmaceutical Press. Available at: <https://bnf.nice.org.uk/treatment-summaries/hypnotics-and-anxiolytics/> (Accessed: June 2026).

National Institute for Health and Care Excellence (NICE) (2014) Anxiety disorders: Quality standard QS53 – Quality statement 3: Pharmacological treatment. Available at: <https://www.nice.org.uk/guidance/qs53/chapter/quality-statement-3-pharmacological-treatment> (Accessed: June 2026).

Royal College of Radiologists (2024) Sedation, analgesia and anaesthesia in radiology (3rd edition). London: RCR. Available at: <https://www.rcr.ac.uk/media/vfalujia/sedation-analgesia-anaesthesia-radiology-2024.pdf> (Accessed: June 2026).

Medical Defence Union (2019, updated 2025) Managing common fears and phobias in patients. Available at: <https://mdujournal.themdu.com/issue-archive/autumn-2019/managing-common-fears-and-phobias-in-patients> (Accessed: June 2026)

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Polisi Meddygfa Robert Street ar gynnig presgripsiwn Diazepam ar gyfer Pryder Hedfan neu Brofion Meddygol/Llawdriniaethau (e.e. llawdriniaethau ddeintyddol/sgan MRI)

Ar ôl ystyriaeth ofalus mae Meddygfa Robert Street wedi creu polisi i BEIDIO â rhoi presgripsiwn Diazepam nac unrhyw feddyginiaethau tawelu eraill ar gyfer Pryder Hedfan neu Brofion Meddygol (e.e. MRI neu CT). Mae'r penderfyniad hwn yn unol â llawer o feddygfeydd meddygon teulu yng Nghymru ac ar draws y DU. Mae'r crynodeb isod yn amlinellu'r rhesymeg y tu ôl i'r polisi hwn:

Pryder Hedfan:

- Mae'r British National Formulary (BNF) yn cynghori yn erbyn rhagnodi diazepam ar gyfer anhwylderau ffobig megis ofn hedfan ac yn argymhell osgoi ei ddefnyddio mewn achosion o bryder ysgafn byrhoedlog.
- Mae'r National Institute for Health and Care Excellence (NICE) yn nodi nad yw meddyginiaeth yn briodol ar gyfer cyflyrau iechyd meddwl sy'n debygol o wella ar eu pen eu hunain. Ar gyfer anhwylderau gorbryder mwy difrifol, mae hefyd yn cynghori yn erbyn defnyddio benzodiazepam, gwrthhistaminau tawelu neu feddyginiaethau gwrth-seicotig.
- O safbwynt diogelwch, gall benzodiazepinau arafu amser ymateb a phrosesu. Yn ystod argyfwng mewn awyren gallai hyn leihau eich gallu i ymateb yn effeithiol, gan beryglu eich diogelwch.
- Er y gall diazepam helpu a mynd i gysgu ynystod hedfan, mae'n cynhyrchu cyflwr cwsig nad yw'n REM sy'n cyfyngu ar symudiad. Mae llai o symudedd yn enwedig ar deithiau hir ar awyren yn cynyddu'r tebygolrwydd o ddatblygu thrombosis gwythiennol dwfn (DVT), a all fod yn fygythiad i fywyd.
- Er bod diazepam fel arfer yn cael effaith tawelu, gall nifer fach o bobl brofi'r ymateb gwrthwynebol i hyn, gan gynnwys cynhyrriad, ymddygiad ymosodol neu golli hunanreolaeth. Gallai ymatebion o'r fath beri risgiau i chi eich hun ac eraill a gallent gael goblygiadau cyfreithiol.
- Mewn rhai gwledydd, yn enwedig mewn rhannau o'r Dwyrain Canol, mae dod â benzodiazepinau i mewn i'r wlad yn waharddedig. Gallai hyn arwain at atafaelu'r feddyginiaeth neu oblygiadau cyfreithiol.
- Mae defnydd hir-dymor o benzodiazepinau wedi cael ei gysylltu â risg uwch o ddatblygu dementia.
- Gall cymryd benzodiazepinau ochr yn ochr ag alcohol gynyddu'r holl risgiau cysylltiedig a ddisgrifir uchod.

Nid yw gorbryder sy'n gysylltiedig â hedfan wedi'i gynnwys o dan y Gwasanaethau Meddygol Cyffredinol fel y diffinnir gan contract meddygon teulu'r GIG. Felly, nid oes goblygiad arnom i rhoi presecripsiwn ar gyfer y cyflwr hwn.

Mae cymorth amgen ar gael i reoli gorbryder hedfan via:

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- Therapïau siarad y GIG drwy eich meddyg teulu neu drwy hunangyfeirio: Talking therapies - NHS
- EasyJet Fearless Flyer: <https://fearlessflyer.easyjet.com> Ffôn: 0203 813 1644
- British Airways Flying with Confidence: <https://flyingwithconfidence.com> Ffôn: 01252 793250

Profion a Thriniaethau Meddygol:

- Mae sganïau MRI fel arfer yn cael eu trefnu gan arbenigwyr ysbyty yn hytrach na meddygon teulu. Os yw gorbryder yn eich atal rhag mynychu eich apwyntiad, dylech gysylltu â'r adran a drefnodd y sgan yn hytrach na'ch practis meddyg teulu.
- Nid yw meddygon teulu wedi'u hyfforddi i ddarparu tawelyddion ar gyfer yr achos yma. Gall dos annigonol achosi iddo beidio a chael unrhyw effaith, tra gall dos ormodol atal anadlu neu ymwybyddiaeth ac arwain at broblemau mwy. Mae defnydd diogel o dawelyddion yn gofyn am gyfleusterau monitro nad ydynt ar gael yn y gymuned drwy eich feddygfa deulu.
- Er bod diazepam fel arfer yn cael effaith tawelu, gall achosi aflonyddwch neu gynhyrriad mewn rhai achosion, a allai gynyddu'r risg yn ystod profion meddygol neu sgan.
- Mae sganïau ac apwyntiadau ysbyty yn aml yn destun oedi. Felly dylai tawelyddion gael eu rhoi gan y tîm clinigol sy'n cynnal y weithdrefn er mwyn sicrhau eu bod yn gweithredu ar yr amser priodol.
- Mae'r Royal College of Radiologists yn gosod canllawiau llym ynghylch tawelyddion ar gyfer sganïau CT ac MRI. Ystyrir bod rhoi presgripsiwn o dawelyddion heb fonitro priodol yn anniogel. Os nad yw'r tîm radioleg yn ymwybodol fod tawelydd wedi'i gymryd, gallai unrhyw gymhlethdodau a fyddai'n codi beri risgiau difrifol.
- Ar gyfer gwaith deintyddol neu lawdriniaethau llawfeddygol (gan gynnwys llawdriniaeth cataract), cyfrifoldeb y clinigwr sy'n trin yw trefnu a darparu unrhyw dawelyddion angenrheidiol. Nid yw meddygon teulu yn cynnig presgripsiwn tawelyddion ar gyfer y sefyllfaoedd hyn.

Os ydych yn pryderu am gael sgan neu lawdriniaeth oherwydd eich bod yn dioddef o orbryder neu glawstroffobia, cysylltwch yn uniongyrchol â'r adran sy'n gyfrifol am gynnig y llawdriniaeth neu'r adran radioleg.

Gwybodaeth Bellach:

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