

Sedatives

Medication*	Initial Oral Dose (mg)	Dosing Frequency	Formulation	Titration Dose (mg) and Schedule	Average Total per day (mg)	Common Side Effects	Medication Administration
lorazepam (Ativan)	0.25-0.5	qhs	tablet, injection	0.25-0.5 q 3 to 7 days	1.5	<ul style="list-style-type: none"> • sedation • confusion • unsteady gait • falls • disinhibition 	<ul style="list-style-type: none"> • Injection: IM or SC • keep injectables in fridge • SL tabs can be taken orally
temazepam (Restoril)	15	qhs	capsule	15 q 3 to 7 days	30	<ul style="list-style-type: none"> • as above 	<ul style="list-style-type: none"> • do not split capsule
oxazepam (Serax)	5	qhs	tablet	2.5-5 q 3 to 7 days	15	<ul style="list-style-type: none"> • as above 	<ul style="list-style-type: none"> • 10mg and 15mg tablets may be split
zopiclone (Imovane)	3.75-5	qhs	tablet	3.75 q3 to 7 days	7.5	<ul style="list-style-type: none"> • bitter taste • sedation • confusion • unsteady gait • falls 	<ul style="list-style-type: none"> • can be split for lower doses
trazodone (Desyrel)	25	qhs	tablet	25 q3 to 7 days	100	<ul style="list-style-type: none"> • drowsiness • dizziness • mild headache • constipation • dry mouth • postural hypotension • falls 	<ul style="list-style-type: none"> • can be split for lower doses
Other							

*Please consult with the product monograph for more detailed information.

Key Messages/Considerations:

- Start low and go slow;
- Strive for a good clinical trial - increase dose only until clinical effectiveness is achieved;
- Short-term use is recommended, tolerance may develop;
- Reassess the need for continued therapy;
- Discontinuation of medication requires a taper;
- Monitor for adverse effects especially when combined with other CNS sedatives or alcohol;
- PRN doses may be used temporarily while determining the need for regular dosage administration.

2. References and other medication information:

- Canadian Consensus Conference on Diagnosis and Treatment of Dementia (CCCDTD4), 2012, retrieved July 30th, 2013 online from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3516356/> .
- Clinical Handbook of Psychotropic Drugs, 18th Edition. (2009) Hogrefe and Huber.
- CPS - Compendium of Pharmaceutical and Specialities (2013).
- Lexicomp online drug information (www.online.lexi.com).
- P.I.E.C.E.S. Psychotropic Template (2009), retrieved online June 14th, 2013 from http://www.piecescanada.com/pdf/Psychotropic_Template_Jan09.pdf
- Stahl, Steven M (2007) Essential Psychopharmacology: The Prescriber's Guide. Cambridge University Press.
- Tool on Pharmacological Treatment of Behavioral Symptoms of Dementia in Long Term Care Facilities for Older Adults, based on: Canadian Coalition for Seniors' Mental Health (CCSMH) National Guidelines: The Assessment and Treatment of Mental Health Issues in Long Term Care Homes, retrieved online May 30th, 2013 from: http.