

Fear of Flying – Prescribing Sedative Drugs

We will no longer prescribe sedative drugs, such as diazepam (Valium), for fear of flying.

They are no longer recommended for treatment of phobias.

If there is an emergency during the flight it may affect your ability to concentrate, follow instructions and react to the situation. This could have serious safety consequences for you and others.

The sedative effects of these drugs can affect breathing and cause low oxygen levels, which could be life threatening.

We recognise that fear of flying is real and frightening, and we do not underestimate the impact it can have. We recommend tackling this properly by using self-help resources or considering one of the 'Fear of Flying' course run by many airlines.