



Lorazepam is ordered to:

- Decrease anxiety
- Relax the muscles that can cause shortness of breath
- Relax the stomach to lessen nausea & vomiting
- Help those who are having trouble sleeping

Side Effects may include:

Dizziness or lightheadedness – be sure to get up slowly from sitting or lying down.

Weakness – ask for assistance with walking, nap or rest often during the day.

Dry mouth – increase frequency of mouth care, take small sips of water often or try sucking on candy, ice chips, or popsicles.

Sleepiness - during the first two or three days of using Lorazepam, you may sleep more because of the calming effect of the medicine. This will wear off and does not mean you are taking too much medicine.

Most side effects should also lessen after the first 2 to 3 days.

Use of alcohol can make the side effects worse.

Questions or concerns?

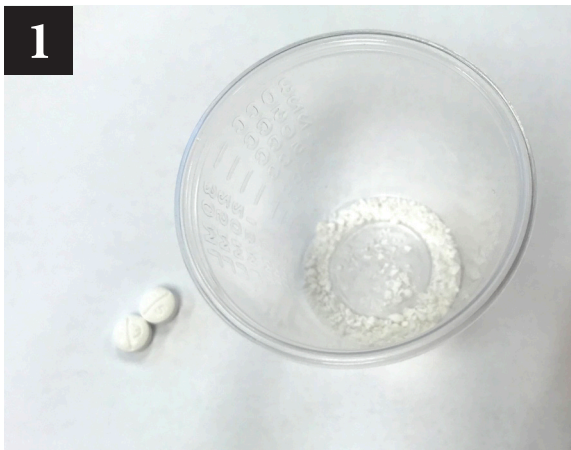
Call a hospice nurse at 513-891-7700. For caregiving tips visit www.HospiceofCincinnati.org/for-the-caregiver.



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Crushing & Dissolving Lorazepam Pills



1. Crush the lorazepam pill into a powder in a small medicine cup or container.



2. Using small oral syringe, add 0.5 ml of room temperature tap water to dissolve.
—May use other non-alcoholic liquid of patient choice.
—May mix with soft foods such as pudding, applesauce, soup.



3. Pull solution up into oral syringe.
4. Can be given to the patient under their tongue or inside cheek.
5. Oral syringe can be rinsed out and reused.

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