

Risks of Taking Both Opioids and Benzodiazepines



Taking both benzodiazepines and opioids is more dangerous than taking either alone!

The Federal Drug Agency (FDA) has warned that taking benzodiazepines (also known as benzos) and opioids at the same time is very dangerous. Both of these medicines slow down breathing, which can lead to coma or death.



Taking medicine safely is very important. Talking to your doctor about your medicines can help you learn to take them safely. Even if you got the drug from someone else or only take it sometimes, telling your doctor helps keep you safe.

People are at 10 times the risk of dying from an overdose when opioids and benzos are taken together.

Opioids

- Codeine/acetaminophen (Tylenol® with Codeine #3 or #4)
- Hydrocodone/acetaminophen (Norco, Vicodin®)
- Hydromorphone (Dilaudid®)
- Oxycodone/acetaminophen (Percocet®)
- Morphine sulfate ER (MS Contin®)
- Methadone (Methadose®)
- Oxycodone ER (OxyContin®)
- Fentanyl patch (Duragesic®)



Benzodiazepines (Benzos)

- Lorazepam (Ativan®)
- Clonazepam (Klonopin®)
- Diazepam (Valium®)
- Alprazolam (Xanax®)
- Chlordiazepoxide
- Clorazepate
- Oxazepam
- Clobazam (Onfi®)
- Temazepam (Restoril®)
- Triazolam



“Street” Opioids

These are not used by doctors to treat pain, but slow breathing the same as opioids prescribed by a doctor

- Heroin (black tar, white)
- Fentanyl



Some other drugs and substances that raise the risk of overdose when taken with opioids or benzodiazepines are:

Alcohol

- Wine, beer
- Liquor

Antipsychotics

- Quetiapine (Seroquel®)
- Risperidone (Risperdal®)

Gabapentinoids

- Gabapentin
- Pregabalin (Lyrica®)

Muscle Relaxers

- Cyclobenzaprine (Flexeril®)
- Baclofen

If you use any of these, even only sometimes, it is important to tell your doctor.

Questions? Call Customer Service at 1(415) 547-7800.

Monday–Friday, 8:30am to 5:30pm