

# Benzodiazepine Withdrawal Symptoms

## Common Withdrawal Symptoms

Abdominal pains and cramps  
Agoraphobia  
Anxiety  
Breathing difficulties  
Blurred vision  
Changes in perception  
Depression  
Derealisation (feelings of unreality)  
Distended abdomen  
Dizziness  
Extreme lethargy  
Fears (uncharacteristic)  
Flu-like symptoms  
Heavy Limbs  
Hypersensitivity to light and/or sound  
Indigestion  
Insomnia  
Irritability  
Lack of concentration  
Lack of coordination  
Loss of balance  
Loss of memory  
Muscular aches and pains  
Nausea  
Nightmares  
Panic Attacks  
Rapid mood changes (crying one moment, laughing the next)  
Restlessness  
Severe headaches  
Shaking  
Seeing spots  
Sore eyes  
Sweating  
Tightness in chest  
Tightness in the head (like a band around the head)

## Less Common Withdrawal Symptoms

Aching jaw  
Craving for sweet food  
Constipation  
Depersonalisation (a feeling of not knowing who you are)  
Diarrhoea  
Difficulty swallowing  
Dry mouth  
Feelings of the ground moving  
Hallucinations (auditory or visual)  
Hyperactivity  
Incontinence or frequency and urgency (needing to urinate often and in a hurry)  
Increased saliva  
Loss or change in appetite  
Loss of taste, or changes in taste (e.g. a metallic taste in the mouth)  
Menstrual problems (painful periods, irregular periods or cessation of periods)  
Morbid thoughts  
Numbness in any part of the body  
Outbursts of rage and aggression  
Paranoia  
Painful scalp  
Persistent, unpleasant memories  
Pins and needles  
Rapid changes in body temperature  
Sexual problems (changes in libido)  
Skin problems (dryness, itchiness, rashes, slow healing, boils)  
Sore mouth and tongue (ulcers, cracked lips, cold sores)  
Speech difficulties  
Suicidal thoughts  
Tinnitus (buzzing or ringing in the ears)  
Unusually emotionally sensitive (e.g. unable to watch the news on television)  
Vaginal discharge  
Vomiting  
Weight loss or gain

## Rare Withdrawal Symptoms

Abdominal pains and cramps	Discharge from the breasts	Rectal bleeding
Blackouts (rare with low dose use, but less rare with large doses)	Craving for pills	Sinus pain
Bleeding from the nose	Haemorrhoids	Seizures (fits)
Burning along the spine	Hair falling out	Sensitive or painful teeth
Burning sensation around mouth	Hypersensitivity to touch	Swollen breasts
	Menorrhagia (heavy or prolonged bleeding)	