

Loflazepate

Meilax (Japan) / Victan (France)

This sheet follows Japanese Meilax instructions. Product-specific directions can differ elsewhere.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

NOT FDA-APPROVED

LONG-LASTING EFFECTS: DO NOT DRIVE

Use the schedule on your prescription. Never add a dose or stop regular use suddenly.

What it is used for

In Japan, Meilax is used for anxiety, tension, low mood and sleep problems in certain anxiety-related and psychosomatic conditions. It is not approved in the United States.

It is not a stand-alone treatment for major depression or a cure for a stomach disorder. Ask which symptom it is meant to help and when you will review progress.

How it works

Your body changes it into active products that strengthen GABA, a calming brain signal. This may ease anxiety but can also affect memory, balance and reaction time.

Those active products last for days. Effects can build over the first weeks and continue after the last dose. Do not assume feeling awake means it is safe to drive.

What to expect over time

EARLY ON

Watch for calmness, sleepiness and unsteadiness.

OVER 1-3 WEEKS

Effects may change as blood levels settle.

AT FOLLOW-UP

Discuss benefit, daily function and a stop plan.

Taking your medication

Take the prescribed dose and schedule with water. Remove each tablet from its blister before swallowing; never swallow the packaging.

Do not add a dose because symptoms persist. For Meilax, the patient leaflet says to skip a missed dose if the next is eight hours or less away. Never double.

Do not stop or cut down regular use suddenly. Ask for a written taper when needed and contact your team before running out. Never share your medicine.

When to get help

Call your emergency number: slow or difficult breathing, collapse, inability to wake, a seizure, or throat swelling with breathing trouble.

Get urgent help: severe confusion, hallucinations, dangerous agitation or suicidal thoughts. Use emergency services if there is immediate danger.

Contact your team promptly: falls, marked sleepiness, memory gaps, yellow skin/eyes, or fever with a severe sore throat. Do not drive yourself when impaired.

Early side effects

Sleepiness, dizziness, weakness, poor coordination, headache, dry mouth, nausea and constipation can occur.

Other effects to discuss

Report increasing grogginess, memory trouble, blurred vision or unexpected irritability. Japanese guidance says not to drive or operate dangerous machinery.

What to keep track of

Track symptoms, alertness, balance and memory. Keep review visits even when you feel better. Health conditions or other medicines may call for blood counts or liver tests. Report effects that appear after several days.

Before you start

Tell your team about glaucoma, myasthenia gravis, breathing problems or sleep apnea, falls, memory changes, heart or brain disease, and liver or kidney problems. Review all medicines, supplements, alcohol and other substances. Discuss pregnancy or nursing: exposure near birth can affect the baby, and Japanese guidance advises avoiding breastfeeding. Do not abruptly stop regular use yourself.

Medicines & interactions

Alcohol & opioids

Avoid alcohol. Opioids can add dangerous breathing suppression. Ask about naloxone if opioids are involved; it does not reverse loflazepate itself. Do not stop methadone or buprenorphine on your own.

Other sedatives

Sleep aids, sedating allergy or cold remedies, muscle relaxants and some psychiatric or seizure medicines can add impairment. Check OTC products before using them.

Medicine changes

Cimetidine may increase effects. Other medicines can alter breakdown of active products. Tell your pharmacist about every start or stop, especially maprotiline during a benzodiazepine reduction.

After the last dose

Active products persist for days. Do not assume driving, alcohol or a new sedative is safe immediately after stopping. Ask for specific advice for your situation.

Everyday tips

Agree on one or two symptoms to track.

Include therapy or other treatment for the underlying condition.

Arrange safe transport and avoid hazardous machinery.

Keep a review date and a plan for refills or tapering.

Your questions, answered

Why might effects increase over time?

Active products last a long time, so levels rise toward a steady pattern over one to three weeks. Call about increasing grogginess or unsteadiness rather than changing the dose yourself.

Is two milligrams a universal maximum?

No. Japanese labeling gives two milligrams as a usual total daily adult dose, not a universal maximum. Your dose may be lower. Never use a general dose description to change your prescription.

Does dependence mean addiction?

No. Physical dependence means your body has adapted; it can happen during prescribed use. Addiction involves a different pattern, such as loss of control or use despite harm. Both deserve care without blame.

Why taper if the medicine lasts so long?

Withdrawal can still occur and may be delayed. It can include severe anxiety, shaking, hallucinations or seizures. Your team can plan gradual reductions and adjust the pace to your symptoms.

Storage & safety

Store at room temperature, away from direct sunlight and moisture, secure from children, pets and others. Ask a pharmacist about disposal. For overdose, seek poison-center advice immediately; use emergency services for severe symptoms. In the US: Poison Control 1-800-222-1222; emergencies 911.

A final reminder

Translation is not manufacturer-certified.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. https://www.pmda.go.jp/PmdaSearch/iyakuDetail/780009_1124029F1026_1_17
 2. https://www.info.pmda.go.jp/downfiles/guide/ph/780009_1124029C1038_1_00G.pdf
 3. <https://www.rad-ar.or.jp/siori/search/result?n=8988>
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Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

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