

URBANOL – the facts!

URBANOL contains a medicine called clobazam. This belongs to a group of medicines called benzodiazepines. It works by having a calming effect on the brain.



URBANOL can be used for:

- Severe anxiety, over a short period of time
- relieving the short-term (acute) symptoms of alcohol withdrawal syndrome (effects experienced when a person stops consuming alcohol).

What you need to know before you take URBANOL

Do not take URBANOL if:

- You are hypersensitive (allergic) to benzodiazepines, or clobazam or any of the other ingredients of URBANOL
- You have ever had problems with drugs or alcohol dependence in the past
- You have a long-term (chronic) condition in which the muscles become weak and tire easily (myasthenia gravis)
- You have serious breathing problems (severe respiratory insufficiency)
- You stop breathing for short periods during sleep (sleep apnoea syndrome)
- You have serious liver problems
- You are in the first three months of pregnancy or think you might be pregnant
- You are breastfeeding
- The patient of child is 3 years old or younger

Do not take URBANOL if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking alcohol

The most common side effects of URBANOL may include the following indications.

- Insomnia and sleep issues
- Coughs and or fevers
- Painful urination or constipation
- Feeling tired or drowsiness
- Drooling or slurred speech
- Aggressive behaviours

URBANOL makes people feel drowsy to some degree dizziness and tiredness can occur. Patients frequently experience constipation, fevers, coughing, drooling, and sometimes trouble with natural sleep patterns.

How long does URBANOL stay in your system

The half-life elimination time in children who take URBANOL is around 16 hours. Yet for adults, it can be between 36 and 42 hours. There is also a metabolite left behind by URBANOL that has a half-life of up to 82 hours.

Clobazam is a long-acting drug, so stages withdrawal may start long after than that of a drug with a shorter half-life. Users may start to experience withdrawal symptoms anywhere from 24 to 48 h (even longer) after stopping usage. Due to this extended action timeframe, URBANOL can also show up on drug tests for an extended period of time.

Is URBANOL Addictive?

Benzodiazepines or benzos are known to be addictive and you can become dependent on them even if you are taking them as prescribed by your health care professional. Prescription medication such as Clobazam as with other benzodiazepines can lead to dependence or addiction and what is commonly identified as the benzodiazepine withdrawal syndrome or simply “tranquilizer addiction”. Neurons in the brain adapt to the presence of Clobazam and are underactive when it is withdrawn, this causes a physical dependence withdrawal reaction. With longer-acting benzodiazepines, the withdrawal effects can become most prominent inside a month or two; with the shorter-acting medications, withdrawal effects can be experienced inside a week of day to day use.

Precautions and contraindications of URBANOL are the same as for any other benzodiazepine tranquilizer medication that can lead to physical dependence due to the changes it makes to the brain chemistry and functions. Prescription drug addiction is one of the fastest-growing forms of addiction in the world today and benzodiazepines do play a leading role in this modern phenomenon. While these drugs contribute toward addiction cases they simultaneously also provide direct relief for the medical conditions to which they are targeted.

Symptoms are most often related to compulsive or uncontrolled use of the drug outside of the prescribed parameters. Substance use disorders are most often defined as the continued use of a substance in spite of the negative side effects or impacts to the person’s health or wellbeing.

Can You Mix URBANOL (Clobazam) and Alcohol?

The short answer is no.

Both URBANOL and Alcohol are central nervous system depressants. In higher doses symptoms include much the same drowsiness, slurred speech patterns



and loss of motor coordination. Combined with alcohol the depressant effects of both substances exponentially compounded. The risks of overdose or accidents are increased as alcohol intensifies almost all of URBANOLS side effects.

Benzodiazepines on their own rarely cause “overdoses” however in combination with alcohol there are a number of dangerous respiratory conditions that may occur and can potentially be fatal. Mixing alcohol and URBANOL may significantly compound issues related to psychological treatment process of anxiety and depression.

References:

https://www.sahpra.org.za/wp-content/uploads/2020/06/Urbanol_PIL_Sanofi-Aventis-SA_MCC-Format22-January-2020.pdf

<https://www.recoverydirect.co.za/facts-you-need-to-know-before-using-urbanol/>

Contact STABILIS TREATMENT CENTRE for SUPPORT:

012 333 7702 / www.stabilis.org.za / info@stabilistc.co.za