PATIENT & CAREGIVER EDUCATION

# Meprobamate

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

## What is this drug used for?

- It is used to treat anxiety.

## What do I need to tell my doctor BEFORE I take this drug?

### For all patients taking this drug:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have porphyria.

### Children:

- If your child is younger than 6 years of age. Do not give this drug to a child younger than 6 years of age.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

## What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Avoid driving and doing other tasks or actions that call for you to be alert until you see how this drug affects you.
- This drug has a high risk of abuse and dependence. Use this drug only as you were told by your doctor. Tell your doctor if you have ever abused or been dependent on any drugs or alcohol.
- If you have been taking this drug for a long time or at high doses, it may not work as well and you may need higher doses to get the same effect. This is known as tolerance. Call your doctor if this drug stops working well. Do not take more than ordered.
- If you have been taking this drug on a regular basis and you stop it all of a sudden, you may have signs of withdrawal. This includes seizures. Do not stop taking this drug all of a sudden without calling your doctor. Tell your doctor if you have any bad effects.
- Talk with your doctor before you use alcohol, marijuana or other forms of cannabis, or prescription or OTC drugs that may slow your actions.
- If you are 65 or older, use this drug with care. You could have more side effects.
- This drug may cause harm to the unborn baby if you take it while you are pregnant, especially in the first trimester.
- If you are pregnant or you get pregnant while taking this drug, call your doctor right away.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

## What are some side effects that I need to call my doctor about right away?

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Thoughts of hurting yourself or suicide.
- If seizures are new or worse after starting this drug.
- Slurred speech.
- Fast or abnormal heartbeat.
- Change in the way you act.
- A burning, numbness, or tingling feeling that is not normal.
- Change in balance.
- Change in eyesight.
- Very bad dizziness or passing out.
- Very bad and sometimes deadly reactions (some allergic reactions) have happened with this drug. Call your doctor right away if you have very bad dizziness or passing out; signs of infection like a fever, chills, very bad sore throat, ear or sinus pain, cough, more sputum or change in color of sputum, pain with passing urine, mouth sores, or wound that will not heal; swollen glands; change in eyesight; swelling in the arms or legs; any bruising or bleeding; not able to pass urine; change in the amount of urine passed; feeling very tired or weak; or trouble breathing.
- A severe skin reaction (Stevens-Johnson syndrome/toxic epidermal necrolysis) may happen. It can cause severe health problems that may not go away, and sometimes death. Get medical help right away if you have

signs like red, swollen, blistered, or peeling skin (with or without fever); red or irritated eyes; or sores in your mouth, throat, nose, or eyes.

## What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Headache.
- Diarrhea, upset stomach, or throwing up.
- Feeling dizzy, sleepy, tired, or weak.
- Feeling nervous and excitable.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

## How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take with or without food.

## What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

## How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Store this drug in a safe place where children cannot see or reach it, and where other people cannot get to it. A locked box or area may help keep this drug safe. Keep all drugs away from pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

## General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

## Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical

advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

## Last Reviewed Date

2026-07-27

## Copyright

© 2026 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Meprobamate - Last updated on December 12, 2022
All rights owned and reserved by Memorial Sloan Kettering Cancer Center